



PRACTICE RESOURCE



The following is provided by: Dr. Deborah Graham and Jon Stabler GolfPysch – Think Like a Champion

RESIST THE DESIRE TO “RAKE AND HIT”

Practice with a goal in mind and structure your practice accordingly (even if it is just to get good temp and feel). Once accomplished, leave. Practice too long and you will likely create problems due to increasing fatigue, tension and poor concentration.

ADOPT YOUR OWN STYLE OF PRACTICE – NOT THAT OF OTHERS

Always find the balance between drills and play that fits your learning style and current needs (i.e. more technique when incorporating a new skill, more creative when maintaining skills). Do not copy the practice style of someone else who may have a different personality.

PRACTICE FOR THE RIGHT REASONS

Your practice should be for productively learning or maintaining skills, not as punishment for poor play, to relieve guilt or boredom, to please someone else, to quell fears of losing ground to others, because you have nothing else to do, etc.

REGULARLY IDENTIFY AND DEFINE STRATEGIES FOR STRENGTHENING WEAKNESSES

Use some method of journalizing to help monitor skills and defining strategies for strengthening weaknesses (lesson, drills, play, etc.) and incorporate these strategies into your practice schedule.

KEEP PRACTICE IN BALANCE WITH THE REST OF YOUR LIFE

To play golf well, golf must be kept in balance with other things that are important in your life such as family, friends, hobbies and other responsibilities. Keep time for practice in balance with other things in your life so that golf remains something you do, not who you are.

RESIST OVER PRACTICING

Watch for signs of over practice such as outcome thinking, fatigue, strains, injuries, burnout, etc. If noticed, take a break and change your approach.

RESIST UNDER PRACTICING

Watch for signs of under practice such as low performance confidence, poor touch, bad timing and tempo and feeling undeserving of playing well.

PRACTICE LIKE YOU PLAY

Spend at least some of your practice playing shots just as you would in competition. For example, use your imagination to simulate competitive and challenging situations (such as a one stroke lead going into the 18th hole in your favorite tournament paired against a tough opponent). Use deep breathing to relax and a strong mental routine to execute the shots or putts confidently and consistently under the imagined pressure.

PLAY LIKE YOU PRACTICE

Think of how you managed yourself in some of your all-time best rounds with friends, in practice, at fun outings or events. If you were relaxed and carefree, did some chit chat or daydreaming between shots, or used first impressions when committing to shots. Try to emulate these types of things when you play. Challenge yourself to hit shots and putts in competition with the same composure, peace of mind and tempo you had in one of your very best practice sessions.

INCLUDE SOME CREATIVE, ATHLETIC, “RIGHT BRAIN” PRACTICE IN EVERY SESSION

Creative practice keeps the “athlete” in your game instead of just the “thinker”. It includes such things as warming up your mental routine (along with the physical routine), hitting shots around or through imagined obstacles (such as a tree or goal posts), imagining playing a hole or holes in competitive situations, competitive practice “games” with yourself or another player, or the fun drill of creating shots by having someone call the type of shot you are to hit as you begin the downswing.

SEPARATE MENTAL PRACTICE FROM PHYSICAL PRACTICE

Make a hard and fast rule with yourself that you will separate mental “athletic” practice (routine, process, temp, visualization, great feel, etc.) from the physical “thinker” practice (drills, chalk lines, set-up, technique, positions, problem solving, etc.). Trying to do them simultaneously will only frustrate you and hurt your game. Before you start, decide which one you are working on and organize your practice accordingly.

UNDER PRACTICE	IDEAL PRACTICE	OVER PRACTICE
Too few hours / insufficient coaching Practice does not fit personality Uncertain expectations Low performance confidence Fear, anxiety Poor touch, little feel Bad timing Poor practice goals Too social in practice Feels undeserving of good play Practice has little purpose or structure Golf effort does not match goals	Good quality and quantity Practice matches personality Practice has purpose Practice has performance goals Appropriate coaching and feedback Balance between mechanics and feel Great touch, tempo, and timing Great performance confidence Physical and mental skills remain high Restored for competition Minimal injury Keeps life in balance with golf	Too many hours / too reliant on coach Practice does not match personality High expectations Excessive outcome thinking Fatigue, burnout Impatient, easily frustrated Very mechanical Overuse injuries and illnesses Excessively structured practice Practice for faulty reasons Little creative practice Life out of balance relative to golf

PUTTING

35%

TECHNIQUE

Palm Putting
Push Putting
Putting Line
Rhythm and Feel

DISTANCE CONTROL

Eyes Closed Predicting
Alternate Putting
Look at Hole
9 Hole - Draw Back Putting

READING THE GREEN

Roll the Ball
Place the Tee
Ultimate Target / Intermediate Target
18 Holes on Instinct

SHORT GAME

35%

CHIPPING

Technique Evaluation
Distance Control / Club Choice
Pick Your Landing Spot
Side Hill Lies

PITCHING

Technique Evaluation
Distance Control / Club Choice
Shape Your Shot
Side Hill Lies

BUNKER

Technique Evaluation
Hit the Line / Spray the Sand
Distance Control
Specialty Shot

FULL SWING

30%

IRONS

Technique Evaluation
Eyes Closed to Balanced Finish
Call Your Shot
Pre-Shot Routine 9 Holes

FWY. WOODS / HYBRIDS

Technique Evaluation
Eyes Closed to Balanced Finish
Football Posts
Call Your Shot

DRIVER

Technique Evaluation
Eyes Closed to Balanced Finish
Sweet Spot Evaluation
Driving Accuracy

GAMES

4 Corners
9 Hole par 2
18 Hole Draw Back
18 Hole Match Play

GAMES

Chip - Par 2 Up & Down
Chip - Up & Down Match Play
Pitch - Blind Prediction
Pitch & Putt Golf (The Ridge)
Bunker - Par 3 Match Play

GAMES

Golf Course Simulation
HORSE Game
Aussie Rules Golf Test
3 Club Challenge

Percentages indicate how much time you are to spend on each area of the game.

Conversion to 1 hour of practice: Putting - 21 mins. | Short Game - 21 mins | Full Swing - 18 mins.



PUTTING

Technique:

Palm Putting – Feel Drill: eliminates any wrist action in putting

1. Place palms on grip, one palm facing the other.
2. Feel the “triangle” between shoulders, arms and hands working as one unit.
3. Stroke, equal distance back and forward, making a pendulum motion:
 - a) 10 strokes without a ball.
 - b) 10 putts with a ball to the fringe or head cover (not to a hole).

Push Putting – Feel/Auditory Drill: promotes a follow-through in the stroke vs. tapping/jabbing

1. Set up 4' from the hole, with 10 golf balls.
2. Normal hand hold on the grip.
3. Place putter head against a ball (no space between putter and ball).
4. Push the ball to the hole (no backswing), while keeping head steady.
5. Hear the ball drop in vs. seeing it.

Putting Line – Visual Drill: eliminates rigidity to maintain a straight back and through stroke

1. Lay a 4' piece of string on the ground with a slight arc (not straight).
2. Place a ball at the center, on the outside of the string (R side for R handed golfer).
3. Ball to be 2-4' from the hole.
4. Using this putting line as a guide for stroke path, complete 5 putts from 2', 3' and 4'.

Rhythm and Feel – Feel/Auditory Drill: engages Right Brain or instinctual feel

1. Set up with 5 balls to a non-hole space.
2. Hit 5 putts without looking up, focusing on rhythm and feel only. Repeat 3 times.
3. Place 5 balls in one line and go along the line, putting the balls using the same motion.

Distance Control:

Eyes Closed Predicting – Feel Drill: engages Right Brain or instinctual feel

1. Set up with 5 balls at 5', 15' and 25' from the hole.
2. Hit 5 balls from each location with your eyes closed, after each stroke ask yourself whether you missed left, right or short, long.
3. Open your eyes; how close was your prediction?

Alternate Putting – Visual/Feel Drill: promotes transfer from visualization to feel and trust

1. Set up with 2 balls at 5', 15' and 25' feet from the hole.
2. Putt the first ball with your eyes open, then the next with your eyes closed. Repeat at each distance from the hole.

Look At Hole – Visual Drill: promotes commitment to a target vs. focusing on technique

1. Set up with 5 balls at 5', 15' and 25' from the hole.
2. Putt focusing on the hole for the entire stroke. Do not look down at the ball at any time.
3. Putt each ball from various angles to the hole at every distance.

9 Hole-Draw Back Putting – Pressure Drill: eliminates coming up short

1. Set up with 3 balls at 5', 15' and 25' from the hole.
2. Add a putter length to the remaining distance of any putt that comes up short, putt again.
3. Calculate your 9 Hole score (par 18).

Reading the Green:

Roll the Ball – Feel/Visual Drill: allows for creative discovery of the appropriate line

1. Pick 10 sloping putts to various holes at distances between 5' and 25' feet.
2. Roll the ball to each hole on what you believe to be the appropriate line.
3. How close was your prediction?

Place the Tee – Visual Drill: promotes choosing an ultimate target for your focus

1. Pick any sloping putt, after ready the putt; place a tee in the ground at the point where you believe the break to be.
2. Stroke 3 putts attempting to have the ball curl around the tee and feed to the hole.
3. How close was your first guess?

Repeat with other breaking putts, making note whether you are primarily over or under-reading the break

Ultimate Target / Intermediate Target – Visual Drill: promotes the use of visual cues

1. Pick any sloping putt, after ready the putt, place a tee in the ground at the point where you believe the break to be = Ultimate Target.
2. Stand “down the line” (place the ball between you and the ultimate target) and place a ball marker 1-3' “up the line” from the ball = Intermediate Target.
3. Stroke the ball over the intermediate target on route to the ultimate target (tee).
4. How close was the putt to both targets? What was the end result at the hole? Note whether you are primarily over or under-reading the break.

18 Holes on Instinct – Your Style Drill: trains instinctual trust

1. Play 18 holes on the putting green trusting your first instincts.
2. How good are they?

PUTTING GAMES:

4 Corners

1. Place 4 balls around the hole, making a square.
2. Start at 3' from the hole and continue putting each round of 4 balls until a total of 12 consecutive putts have been completed. If you miss a putt, you must start again.
3. Upon completing your 3' challenge, place ball 1' further from the hole and repeat.

9 Hole Par 2

1. Play 9 holes from 1' – 10' from the hole only
2. Count each hole as a Par 2 and you must finish the round under par.
3. Once you have achieved this, move the distance to 11-20' and repeat.

18 Hole Draw Back

1. Play with a friend or alone.
2. You must add a putter length to the remaining distance of any putt that is missed.
3. You may try and add “double draw back” as extra pressure on any given hole.

18 Hole Match Play

1. Play an 18 Hole Match Play against a friend where only a holed putt counts as a win.
2. If both players miss the putt, then that is a tie and you move on the next hole.

CHIPPING

Technique:

Technique Evaluation – Left Brain Drill: allows focus to be on analyzing chipping technique

1. Review Handout: Chipping
2. Complete the “Ready – Set – Chip” Routine:
 - a. No target is necessary as focus is on technique.
 - b. Hit a minimum of 20 chips.
 - c. How did the chip feel? Solid or thin/fat? Rhythmical or forced?

Distance Control / Club Choice – Left Brain Drill: uses a systematic calculative approach

1. Using the following clubs, complete 15 chips at each distance:

Distance	<u>Short Chip</u>	<u>Medium Chip</u>	<u>Long Chip</u>
Clubs	SW or PW	9 iron	8 or 7 iron
Air:Roll	50 : 50	40 : 60	30 : 70

Pick Your Landing Spot – Visual Drill: focuses on where to fly your ball to, the landing spot

1. Use the distance control/club choice system from above.
2. Place a coin, tee or ball marker at the landing spot for each distance:
 - a. Short chip = 50 % of the distance to the hole
 - b. Medium chip = 40% of the distance to the hole
 - c. Long chip = 30% of the distance to the hole
3. Complete the set-up, practice and chip routine for each chip with a focus on visualizing the landing spot for each shot (using the visual aid you placed on the green).
4. Complete 15 chips at each distance.

Side Hill Lies – Game-Like Drill: encourages game-like practice

1. Practice 15 chips from the following game-like lies:
 - a. Uphill
 - i. same technique as normal lie
 - ii. club will become more lofted, so choose less loft
 - b. Downhill
 - i. exaggerate the follow through in stroke so it reaches down the hill
 - ii. club will become less lofted, choose more loft and place ball further back in stance
 - c. Ball Above Feet
 - i. stance is more upright, hands lower on the grip
 - ii. aim somewhat to the R, as influence on ball flight will be to the L
 - d. Ball Below Feet
 - i. stance is more bent-over, hands at end of the grip
 - ii. aim somewhat to the L, as influence on ball flight will be to the R

PITCHING

Technique:

Technique Evaluation – Left Brain Drill: allows focus to be on analyzing pitching technique

1. Review Handout: “A Systematic Approach to Wedge Play”
2. Work with a partner or mirror for evaluation.
3. Choose all your wedges (if you have a lob, sand, gap and/or pitching wedge)
4. Hit a minimum of 15 shots with each club at:
 - a. 9 o'clock
 - b. 7 o'clock
5. Are you achieving the 9 and 7 o'clock locations on your backswing?
4. How did the pitch feel? Solid or thin/fat? Rhythmical or forced?

Distance Control / Club Choice – Left Brain Drill: uses a systematic calculative approach

1. Complete the following graph for each wedge you have:
 - a. Hit a minimum of 10 shots for each to get an average distance
 - b. Use a target once you know approximately what your distance is

CLUB	FULL SWING	2/3 SWING 9 o'clock	1/3 SWING 7 o'clock
LOB WEDGE			
SAND WEDGE			
GAP WEDGE			
PITCHING WEDGE			

Shape Your Shot – Right Brain Drill: promotes creativity and visualization

1. Always aim and hit to targets.
2. Focus on hitting different ball flights:
 - a. High and Low
 - i. adjust ball position – ball forward for higher, ball back for lower
 - b. Left to Right
 - ii. clubface aimed at target, set-up is left (open) and club path follows this
 - c. Right to Left
 - iii. clubface aimed at target, set-up is right (closed) and club path follow this
3. Hit 15 shots with each shape.

Side Hill Lies – Game-like Drill: encourages game-like practice

1. Hit 15 Pitches for the following game-like lies:
 - a. Uphill
 - b. Downhill
 - c. Ball Above Feet
 - d. Ball Below Feet

BUNKER

Technique:

Technique Evaluation - Left Brain Drill: allows focus to be on analyzing pitching technique

1. Review Handout: "Playing Out of the Bunker with Confidence".
2. Take a tee and place it on the ground, on the top of the grass.
3. Practice the technique of a bunker shot, flying the tee forward.
4. Hit a minimum of 15 shots.

Hit the Line/Spray the Sand – All Senses Drill: trains eye/hand coordination for sand entry

1. Draw a line in the sand, running parallel to the front of the bunker.
2. Place the line in the middle of your stance and take your set-up.
3. Hit the line with your club head and spray the sand forward.
4. Did you hit more often behind the line or ahead of it? Did you spray sand or dig in?

Distance Control – Left Brain Drill: uses a systematic calculative approach

1. Set the Ball Position / Shaft Angle depending on the type of shot:
 - a. Pin in Middle (Rainbow) - ball centred / shaft neutral
 - b. Tight Pin (High to Sky) – ball forward / shaft reverse
 - c. Far Pin (Yard Dart) – ball backward / shaft forward
2. Hit 15 bunker shots for each type or distance.

Specialty Shot– Left Brain Drill: focuses on a certain technique for a specialty shot

1. Review special shots section in: "Playing Out of the Bunker with Confidence".
2. Hit 15 shots for each of the following specialty shots:
 - a. Tight Pin
 - b. Fried Egg
 - c. Fairway Bunker

CHIPPING / PITCHING / BUNKER Games:

Chip - Par 2 Up & Down

1. Play 9 or 18 holes chipping around the green, playing a variety of shots.
2. Go through your pre-shot routine for every shot (ready-set-chip).
3. Be sure to putt out every hole.

Chip - Up & Down Match Play

1. Play 18 holes with a friend hitting to various targets from around the green.
2. Chip and putt out for each hole.
3. Whoever gets the ball down with less strokes wins that hole. The player that wins more holes wins the match.
4. Playing for a small amount of money or lunch will make it more game like.

Pitch - Blind Prediction

1. Hit pitch shots to a target with your eyes closed.
2. Predict to your partner the result of the shot, (short, long, right, left, etc.) before opening your eyes.
3. Score a point for each correct prediction, 2 points if you hit your target.
4. First to 20 wins.

Pitch & Putt Golf (The Ridge)

1. Play 9 or 18 holes from 100 yards
2. Play stroke play and try and shoot under your personal par (handicap) or have a match-play round against a friend.
3. A small wager on the outcome will increase the pressure.

Bunker - Par 3 Match Play

1. Play 9 holes, i.e. 9 different shots from out of the bunker, with a friend.
2. Every shot is a Par 3, hit the bunker shot and putt out every hole.
3. Whoever gets the ball down with less strokes wins that hole. The player that wins more holes wins the match.

IRONS

Technique Evaluation - Left Brain Drill: allows focus to be on analyzing pitching technique

1. Make sure you warm-up and stretch before you begin.
2. Do not concern yourself with the target, focus instead on technique.
3. Start with your longest iron, for example a 4 iron. Hit 5 shots and note your ball flight.
4. The longest iron is usually the most difficult to hit, therefore this will showcase your weaknesses when you hit this club first.
5. Choose your PW and work on eliminating the weaker swing motion you noted.
6. Work through the bag, all the way up to the longest club, hitting a minimum of 10 shots with each club.

Eyes Closed to Balanced Finish – Feel Drill: focuses on a process of feel to balanced finish

1. Swing without a ball with eyes closed.
2. Evaluate each finish position whether it was completed in balance or not.
3. Continue until you have achieved a consistent balanced finish position and note how this position FEELS only (no technique analysis).
4. Hit a ball with eyes closed only focusing on achieving/feeling your balanced finish.
5. Try this with a variety of irons; you may want to start with a mid-iron first.

Call Your Shot – Right Brain Drill: promotes creativity, visualization and commitment

1. Call your shot out loud to yourself or a friend, i.e. describe the shot and visualize it.
2. Now hit the shot.
3. Did you trust that you could do it or did you let doubt creep in?
4. Try a variety of shots with different irons.

FAIRWAY WOODS / HYBRIDS

Technique Evaluation - Left Brain Drill: allows focus to be on analyzing pitching technique

1. Make sure you warm-up and stretch before you begin.
2. Do not concern yourself with the target, focus instead on technique.
3. Start with your longest fairway wood/hybrid, for example a 3 wood. Hit 5 shots and note your ball flight.
4. The longest fairway woods/hybrid is usually the most difficult to hit, therefore this will showcase your weaknesses when you hit this club first.
5. Choose your highest lofted fairway wood/hybrid and work on eliminating the weaker swing motion you noted.
6. Work through all the fairway woods/hybrids, hitting a minimum of 10 shots with each club.

Eyes Closed to Balanced Finish – Feel Drill: focuses on a process of feel to balanced finish

1. Swing without a ball with eyes closed.
2. Evaluate each finish position whether it was completed in balance or not.
3. Continue until you have achieved a consistent balanced finish position and note how this position FEELS only (no technique analysis).
4. Hit a ball with eyes closed only focusing on achieving/feeling your balanced finish.
5. Try this with all your fairway woods/hybrids; you may want to start with the most lofted first.

Football Posts – Visual Drill: provides a game-like target simulation

1. Choose two pins on the driving range or telephone poles in the background to define the left and right side of a fairway.
2. Consider these boundary markers as “football posts” you are to hit between.
3. Hit 10 fairway shots with each fairway club (wood or hybrid) and calculate your percentage of fairway hits.
4. Aim to hit 80% with each club before going on to the next one.

Call Your Shot – Right Brain Drill: promotes creativity, visualization and commitment

1. Call your shot out loud to yourself or a friend, i.e. describe the shot and visualize it.
2. Now hit the shot.
3. Did you trust that you could do it or did you let doubt creep in?
4. Try a variety of shots with different fairway woods/hybrids.

DRIVER

Technique Evaluation - Left Brain Drill: allows focus to be on analyzing pitching technique

1. Make sure you warm-up and stretch before you begin.
2. Do not concern yourself with the target, focus instead on technique.
3. Checkpoints to observe:
 - a. Backswing – shorter is better = more control/power from a compact move
 - b. Impact – slight in-to-out clubhead path through impact, head is across from ball
 - c. Follow-through – complete it = chest to target and weight on target side
4. Tempo is key in completing the above; a proper tempo results in a balanced finish.

Eyes Closed to Balanced Finish – Feel Drill: focuses on a process of feel to balanced finish

1. Swing without a ball with eyes closed.
2. Evaluate each finish position whether it was completed in balance or not.
3. Check tempo if you are not achieving a balanced finish, you could be swinging too fast.
4. Continue until you have achieved a consistent balanced finish position and note how this position FEELS only (no technique analysis).
5. Hit 10 balls with eyes closed only focusing on achieving/feeling your balanced finish.
6. Hit 10 alternate drives, first with eyes closed then with eyes opened.

Sweet Spot Evaluation – Visual Drill: an objective feedback for centeredness of contact

1. You will need face tape or duct tape.
2. Place the tape on the face of the driver and hit 4-5 drives.
3. Evaluate centeredness of contact viewing the marks on the tape.
4. Consider adjustments as follows, if the marks are on the:
 - a. Heel
 - move slightly farther or closer to the ball
 - focus on more in to out swing path
 - slow down your swing
 - b. Toe
 - move slightly closer or farther from the ball
 - complete impact follow through and get to finish position
 - slow down your swing

Driving Accuracy – Visual Drill: provides a game-like target simulation

1. Choose two pins on the driving range or telephone poles in the background to define the left and right side of a fairway.
2. Consider these boundary markers as “football posts” you are to hit between.
3. Play a Match-Play event against your partner or play a 2-Ball Best Ball by yourself.
4. Whichever ball (your partners or yours or your 1st or 2nd ball) hits more fairways wins.

IRONS/ HYBRIDS / WOODS Games:

Golf Course Simulation

1. Play a golf course from the driving range.
2. Go through your full pre-shot routine for every shot.
3. Play stroke play by yourself or with a partner.

“HORSE” Game

1. Describe to a friend the club and type of shot you want to hit before executing it.
2. If successful, your friend must match it or she gets a letter.
3. First one to spell “H-O-R-S-E” loses.
4. Things to consider when calling your shot:
 - a. ball flight
 - b. your landing area
 - c. moving right or left to the pin

Aussie Rules Golf Test

1. See: “Aussie Rules Match Play” below (Brett Saunders Golf)

3 Club Challenge

1. Play 9 holes
2. Use only 3 clubs for the entire round.

BRETT SAUNDERS' ENHANCED GOLF INSTRUCTION

'Targeting your Awareness for Peak Performance'

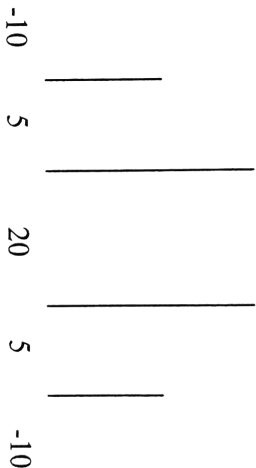
PLAYER A				PLAYER B			
#	Ball 1	Ball 2	Match	Ball 1	Ball 2		
1							
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Record points score as well as match result hole by hole,
(Check 'stroke score' at end as well as final result.

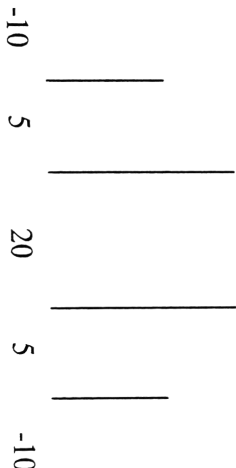
DRILL OPTIONS (X)

9 / 18 Hole Match Play
6 / 12 Hole 2 Ball Worst Ball Match Play

Player A: _____
Player B: _____
Date: ____ / ____ / ____
Club / Shot: _____
Venue & Conditions: _____



Shot Pattern - Player A



Shot Pattern - Player B

Record where each shot lands by
writing the number of the shot for
each player 1, 2, 3 etc

MATCH RESULT

AUSSIE RULES MATCH-PLAY DRILLS

DRILL REVIEW

- What was your swing speed control like?
1 2 3 4 5 6 7 8 9 10
Poor Excellent
- How consistent was your pre-shot routine?
1 2 3 4 5 6 7 8 9 10
Poor Excellent
- What was your eye-control like?
1 2 3 4 5 6 7 8 9 10
Poor Excellent
- What was your target awareness like?
1 2 3 4 5 6 7 8 9 10
Poor Excellent
- What was your shot visualization like?
1 2 3 4 5 6 7 8 9 10
Poor Excellent
- Questions to be answered in your diary:
- What did you do/think/feel after playing a poor shot?after a good shot?
 - What situations did you find your self in that you have seen in real match play situations?
 - When you had to step back and re-group during drill, what kind of technical things were you looking at/considering?
 - What was your biggest match play achievement? What strategy did you use?