

## PRACTICE TIPS:



1. **Instead of long, intense practice sessions, space out your training over time.**

A simple way to do this could be practicing different areas of your game on different days or weeks (example: driving one day then putting the next).

This approach ensures that skills are revisited and reinforced over time, leading to better long-term retention.

2. **After learning a new technique or strategy, actively recall and practice it in various situations.**

This might involve setting up scenarios on the course where you challenge yourself to apply what they've learned, rather than just repeating drills.

3. **Focus on specific areas for improvement rather than just general practice.**

For instance, if you struggle with short-sided flop shots, you should dedicate specific sessions to this, with a focus on recalling and applying different techniques you've learned.

4. **Create challenges/tests for the skills your practicing, in situations that give you a score and/or a result of performance.**

Participating in tournaments or playing games with different formats can be a form of retrieval practice, as it forces you to apply their skills in new and varying contexts.