

Any Goal Without A Verifiable Plan, Is Merely A Wish

Your Plan, for your game, is a very personal endeavor. There is no such thing as a universal plan because everyone's situation is unique. Previous parts of this series allowed you to understand your current swing profile, including distances, flight tendencies and physical issues. You should have also recorded impact positions with each club group to serve as the starting point to work toward consistent solid contact. Any plan to improve your game will not succeed without a focus on maintaining or enhancing contact. After all, **golf is a contact sport**.

Experimentation is a good place to start. Over the years we have had many golfers tell us that they are uncomfortable taking in-person lessons or have a very hard time following swing tips in any form. Using our impact labels allows a player to practice with purpose. A great advantage of impact recorder practice is their multi-impact capability. No one knows your swing or your physical abilities like you do. You will be impressed by what you can accomplish reasoning through ways to cure issues that give you trouble. A tendency to hit shots off the toe might have you try setting up closer to the ball. A few more swings with the same label will verify if your impact position has moved toward the sweet spot. No luck: go back to your original setup position and add a fresh label. **Never stack changes on top of changes**, if something doesn't work, start over. Other potential adjustments might involve changing and holding your spine angle or moving your arms further from your body. Watching your impact positions change will tell you if you are on the right track. This is a very basic example, but it reflects experiences shared with us by golfers over the years. You will be surprised by how much you can accomplish with common sense adjustments focused on good contact as opposed to random tips, equipment changes or just plain flailing at the range without a structured routine. The full color Correction/Instruction guide included with all versions of our labels offers some of these basic corrections.



Staying put and improving your ball striking could be the best option for many golfers. Maybe breaking 100 or getting into the 80's would be a solid goal that makes your rounds far more enjoyable. If you are not willing or able to dedicate the time and resources needed to take your game to a whole new level, then your focus needs to be on changes you can realistically execute. Contrary to what you might hear, there is no secret swing tip or new club that can turn a double-digit handicapper into an instant scratch golfer. Becoming good is doable, becoming really good requires a lot of work and dedication. The aim of this series is to provide the tools and structure to build your game around good contact and to emphasize that staying on the right path requires basing your goals on keeping it. Without contact and regular verification, golf becomes a one step forward, two steps back exercise in frustration.

Aiming high is the hope of many who watch the pros bomb monster drives and drop lengthy birdie putts with ease. There are problems with setting the bar that high. The most obvious is that there are very few players in the world that have the physical skills, mental toughness, and pure dedication to function at that level. That doesn't mean that if you are realistic about your abilities and willingness to put in the work you can't develop a consistent "A" game. The common denominator among tour players is that they expect to make good contact and work on everything else with that as a given. If you reach for higher performance in any one area without making sure you have not diminished your abilities as a consistent ball striker, you are setting yourself up for disappointment. The same holds true for equipment changes made without considering their effect on sweet spot contact. If you are at this level of play, you should at the very least have a good idea of your swing data and physical abilities. Using your journal entries and impact records will make it easier to be honest with yourself in setting goals. Golf is a difficult game that no one ever fully masters because conditions, physical limitations and outside influences constantly change. Accepting that and following a structured approach to maintaining and improving will give you the best chance to enjoy what the game offers. Even a touring pro will shank a shot or blow a 2-foot putt on occasion, but they understand that golf is mainly a game of managing your misses and what the course throws at you. A player in a constant state of disappointment over not being perfect is one that has not embraced a structured path to the basics of good golf.

Verify, the concluding chapter in this series, will go into the best ways to make sure you stay on path with your practice routine and evaluation of game improving changes. It is not difficult, time consuming or costly to adopt our approach to smoothing out golf's inevitable ups and downs. This is supposed to be an enjoyable pastime.

Own Your Swing will always acknowledge golf's guiding truth; **good golf cannot be achieved or maintained without good contact**. LongShot Products will lead you to, and keep you on, the path to your best game.

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Remember: Practices Makes Perfect ... Unless You Are Practicing Wrong

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