# Practice Guide

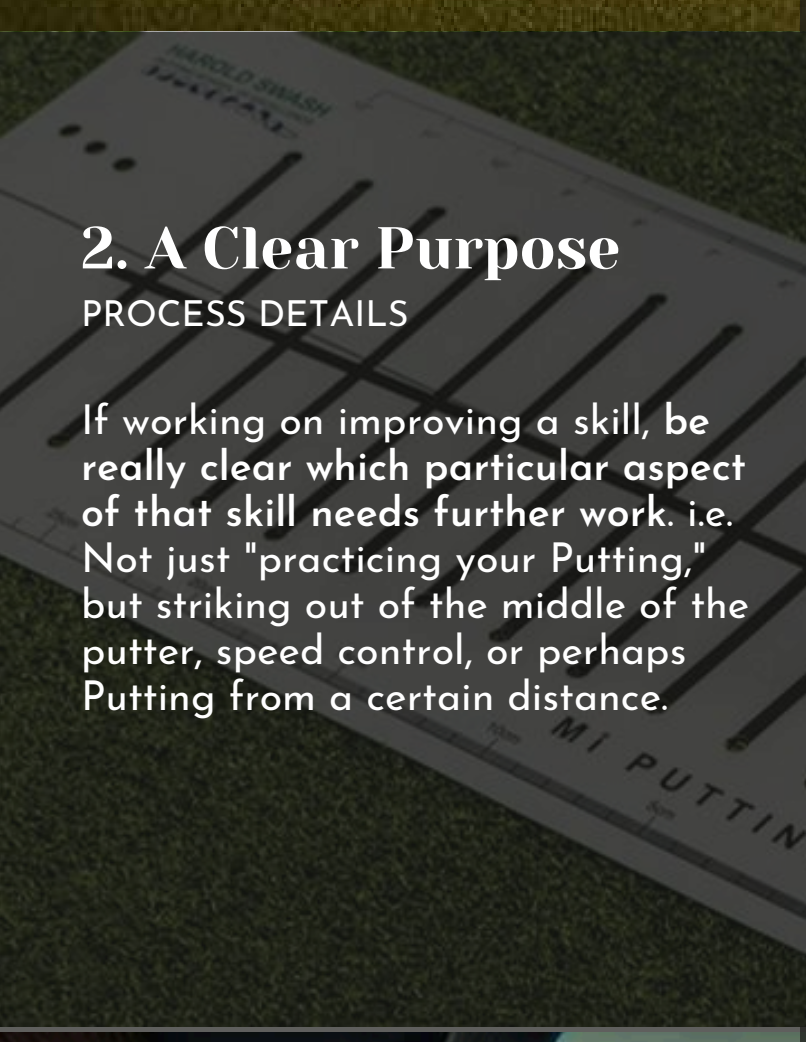
## 8 SECRETS TO PRACTICE LIKE THE PROS



## 1. Goals

SET YOUR TARGET

Align your practice sessions to your goals. Keeping stats helps shape your practice sessions. **Have a clear picture of what you want to achieve in your practice session** and how will this develop the skills that you need to shoot lower scores. Are your goals long term, and based on clear areas of weakness that require development? Or are they reactive goals based on your recent performance or feedback from people around you?



## 2. A Clear Purpose

PROCESS DETAILS

If working on improving a skill, be really clear which particular aspect of that skill needs further work. i.e. Not just "practicing your Putting," but striking out of the middle of the putter, speed control, or perhaps Putting from a certain distance.






## 3. Accountability

PRACTICE BUDDY

Try to integrate a **practice buddy** into the sessions to hold you to account, it's also a great way to accelerate learning. If not feedback to your coach on your practice reflections by completing a training journal. Some great apps available now online for this.

**GO TO EACH PRACTICE SESSION WITH A CLEAR PURPOSE OF WHAT YOU WANT TO ACHIEVE AND HOW YOU WILL ACHIEVE IT.**

# Training Boxes

## SPLIT YOUR WORK INTO 3 AREAS

### Technical



If you are working on a certain movement within your technique then set 20 balls to one side where you are totally focused on the movement. This may include over exaggeration moves, swings at super slow pace, or perhaps the use of training aids to help you relate to the new feeling. You may use video in this box to give yourself feedback on how it looks compared to how it feels "**Feel vs Real**".

I would encourage you to work with a coach that is happy to give feedback to you on information sent from your practice session. In this box, strike and outcome is irrelevant and you are reflecting purely on your technique. You will likely be using the same club for all 20 balls. **HIGH level of Focus and Intensity.**

### Transition



This is where you now try to take what you learnt in the Technical Box and start to apply it with some intent of the outcome of where the ball finishes. Vary the clubs, vary the targets, perhaps even vary the lie or length of swing. Be prepared to make adjustments to different wind directions and therefore vary the trajectory and shape of shot

In this box you are preparing yourself for the Tournament Box. Focus moves more toward the target and start to bring (PSR) Pre shot routine into play and post shot reflection.

### Tournament



In this box we are trying to replicate real Golf as much as possible. Every shot will have a consequence and the score will be recorded. Club/target should be varied every shot. (Unless you are putting) If hitting on grass drop the ball, don't place it. Make the games measurable that challenge your skill level perhaps even beyond your current scope of ability. Work with your Coach to find the correct challenge point.

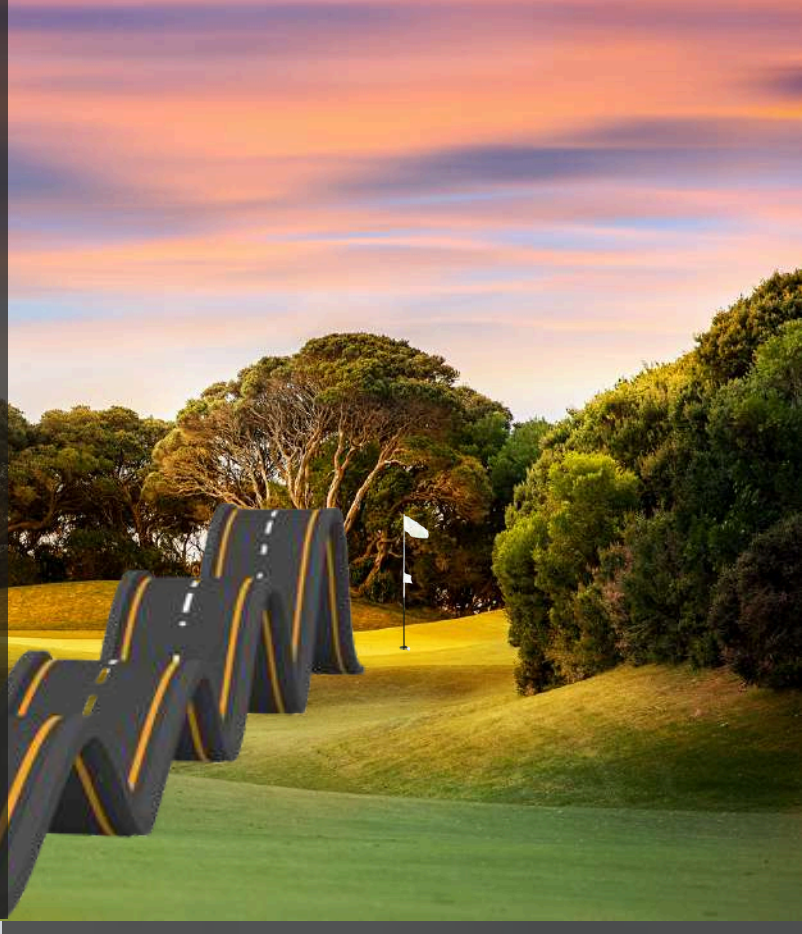
Build in constraints that further challenge your ability, i.e. lose points if you miss left, or mis-strike for example.

**"TRAIN TOUGH...PLAY EASY"**

## 4. Bumpy Road

BE PREPARED

Forget linear progress it doesn't happen very often, and is not how learning works. You won't see direct score improvement every session. Expect your journey to be very up and down.





## 5. Frustration

BE READY

Embrace the chaos of learning that comes with the Journey, **you learn from failure** and at times it will get very ugly, frustrating and lonely. Your coach will understand this.

## 6. Challenge Point

STRETCH GOALS

If the tournament box doesn't make you feel like you do when you are on the Golf Course then you need to revisit this and tweak it as required. Find the appropriate challenge point for you! A challenge that is just out of reach is perfect.





## 7. Mental Skills

GET DIALLED IN

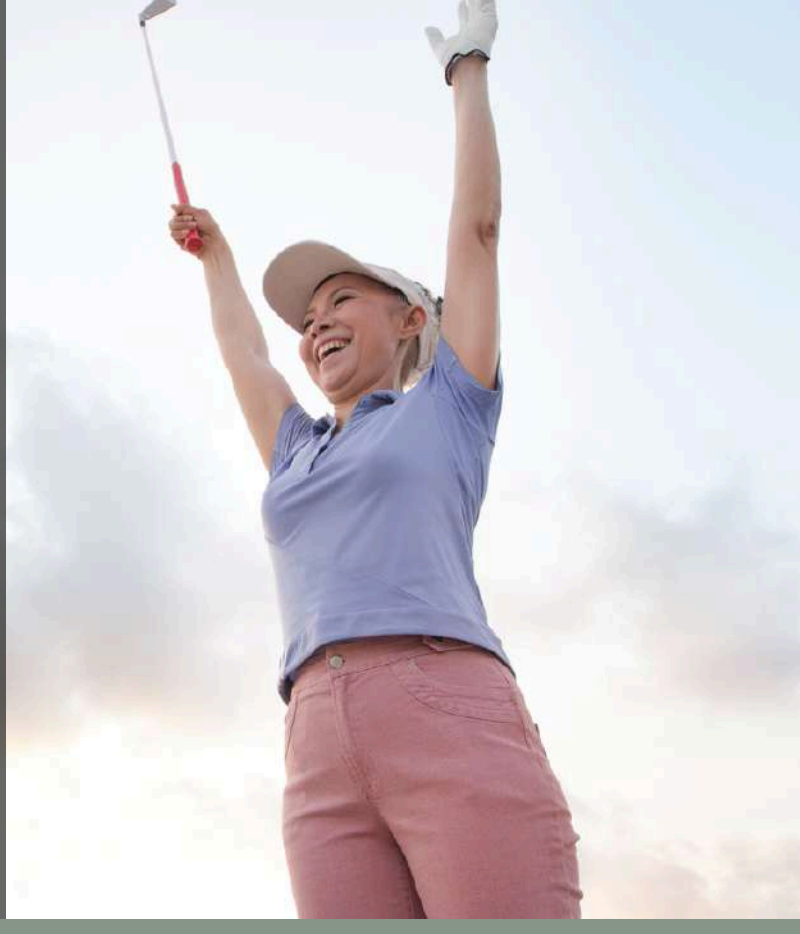
Start to **introduce mental skills** as the tournament box intensifies, dealing with pressure, dealing with distraction, frustration at task failure for example. Your Coach will help you with psychological techniques to help counter these feelings and what happens on that last ball to beat your personal best! Pre shot routines are fundamental

**"HOW YOU SPEND YOUR PRACTICE TIME REMAINS MUCH MORE IMPORTANT THAN HOW MUCH TIME YOU SPEND PRACTICING."**

## 8. Celebrate

WINS ARE WINS

Reward yourself for accomplishments. To step up the context of the practice sessions further, introduce a partner to compete against/ play for money or give yourself a time constraint (eg. must complete this task before I go home) if successful you reward yourself, and if not perhaps there is a consequence.



# Post Practice Checklist

- **Did you achieve what you set out to do?**
- **Is part of it measurable and have you recorded it?**
- **Reflect on your practice session, What went well? What would you change? What will you implement next time?**

# KEY PRACTICE POINTS

- **Work with a coach that understands how quality effective practice can rapidly improve your game.**
- **Technique is only a small part of the game and is unique to you. Don't forget skill development**
- **Find out what is appropriate and realistic for your level of ability.**
- **Measure your development and get people around you that can check and challenge your progress.**
- **Keep it fun - The gratification all lies in the journey**




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