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# Your FREE Guide to Better Scores



PHOTO CREDITS: KEVIN MURRAY & TOM MILES



# 1 Pre-Shot Routine

## PICKING THE RIGHT TARGET

Alignment to your target is vital if you want to have any hope of starting your ball online. The target you pick has to be as small as possible so trying to aim your clubface at a target that is 150-200 yards away is incredibly difficult and can lead to mistakes.

Instead stand behind your ball and draw an imaginary line from your target back to your ball, then pick out a spot that is no more than 3 to 4 inches ahead of your ball along this imaginary line and aim your club face at this point. Look for an imperfection in the grass on that line as a visual aid.

Now build your stance around your club face. From here you can now commit to the shot knowing you're aiming in the right direction.



## Quick Guide Check List:

- Picking your target
- Aim the Face 3 to 4 inches in front of the ball
- Build your stance around the face
- Commit to your shot

# 2 Pick the Right Club



## KNOW YOUR YARDAGES

If you want to improve your scores, it makes sense to do some homework, finding out how far you carry the ball on average with each club is vital. Make sure to allow for the environment (lie, wind, slope etc)

Your yardages are exactly that – yours. They have no relation to how far anyone else hits the ball and they should form the foundation of your strategy.

When working out which club to hit into the green, ALWAYS work to the back of the green number. Few amateurs miss long but many hit it SHORT of the green way too often.

Pick the club you can hit full and even if you flush it won't go over the back of the green. This way if you miss hit it the chances of hitting the green have just risen dramatically!



## Quick Guide Check List:

- Check the lie, wind etc
- Check the yardage to the back of the green
- Select the club to match your shot
- Commit to your shot



# 3 The RED ZONE



## Quick Guide Check List:

- Narrow stance
- Ball central
- Soft hands
- Turn ribcage back & through
- Look to brush the ground
- DON'T try to lift it up

## USE THE BOUNCE, IT'S THERE TO HELP YOU

One of my 'Golden Rules' to better scores is NO 2 CHIPS. What I mean by this is you must chip the ball onto the green using only 1 stroke (not hitting over the green or duffing it so you have to chip again !!!).

As these shots don't require speed your set up position must be different from your full swing. Think of your full swing as 'POWER' and your short game as 'FINESSE'. The finesse swing needs a narrow stance (approx the length of the club head) with more pressure pushing through your lead foot and your ball position central. Get yourself in closer, your hands will feel higher than in your power set up.

Now it's all about the turn. Keep your arms connected to your ribcage and turn your ribs away from the target in the backswing and then back towards the target in the downswing. Having a 5/10 grip pressure will allow you to feel the club head swing. Let the sole of the club brush the turf, don't worry about being precise with the strike as the sole will glide along the turf around the length of a £10 note/\$10 bill. TRUST IT, DON'T TRY TO LIFT IT!!!



# 4 On the Green

HOW TO START AN ONLINE BUSINESS



## STOP 3 PUTTING - YOUR SET UP CAN HELP YOU

Another one of my 'Golden Rules' is "No 3 Putts". This must be the most frustrating thing a golfer can do and yet with a little bit of care and attention in the set up we can start to reduce the number of times you 3 putt INSTANTLY!

Like with all of the shots we hit playing golf, we can make a lot of gains from a good set up. In the images above you see my stance is approximately shoulder width, the ball is just forward of centre and the putter face is in the centre. This will help promote a slightly upward angle of attack as I strike the ball and help prevent the ball from "skidding" too much.

The brush pole I use in practice has some electrical tape at set intervals. This is a guide for the length of the stroke I want to make back and through (black to black, green to green. etc). With a good tempo hit 4-6 putts swinging the putter from "black to black" and pace out the distance to the middle of the group. Don't worry if the forward stroke goes a little beyond your colour tape. Doing the same for each colour of tape will see your skill level at controlling the distance improve so you can avoid leaving putts too short or racing them too far past, saving you shots from reduced 3 putts!

## Quick Guide Check List:

- Shoulder width stance
- Ball slightly forward of centre
- Putter in the middle
- Length of stroke at least the same back and through
- Maintain a good tempo
- Pace out the distances





# 5 Golf Is Fun

## YOU WILL HAVE WHEY MORE FUN ON THE COURSE IF YOU PLAY BETTER GOLF

Being on the golf course or driving range and NOT enjoying yourself is one of the most frustrating feelings I know. No matter what pain point your shot patters produce the feelings of FEAR, DREAD and FRUSTRATION are unfortunately far too common amongst golfers old and new.

EVERYONE should enjoy playing golf and practicing and EVERYONE can PLAY BETTER GOLF. The key for me starts with understanding why you hit the frustrating shots that currently sap your enjoyment and confidence. If you understand the WHY you can then start making progress.

Your progress in my opinion comes from a coach who cares about you, provides you with 24/7 support along your journey together, they are invested in your mental health, your fitness as well as your golf game. If they're as invested in YOU as YOU are in them then you have a recipe for success. There is nothing better than warm friendly, comfortable environment for YOU to learn, explore, develop your skill set and regain your love for the game.

From here I believe you can learn how to change the outcome of your shots, REMOVE the fear, ELIMINATE the dread and MINIMISE the frustration. All this makes for better more enjoyable experiences both on and off the golf course.

I believe that YOU can play YOUR best golf in 2023 and beyond..... DO YOU BELIEVE??



**Book now**



For more information on how YOU can Play YOUR Best Golf call 07941 885743

**OR**

 **SCAN** the QR code to book your lesson and I can start helping YOU play YOUR best golf