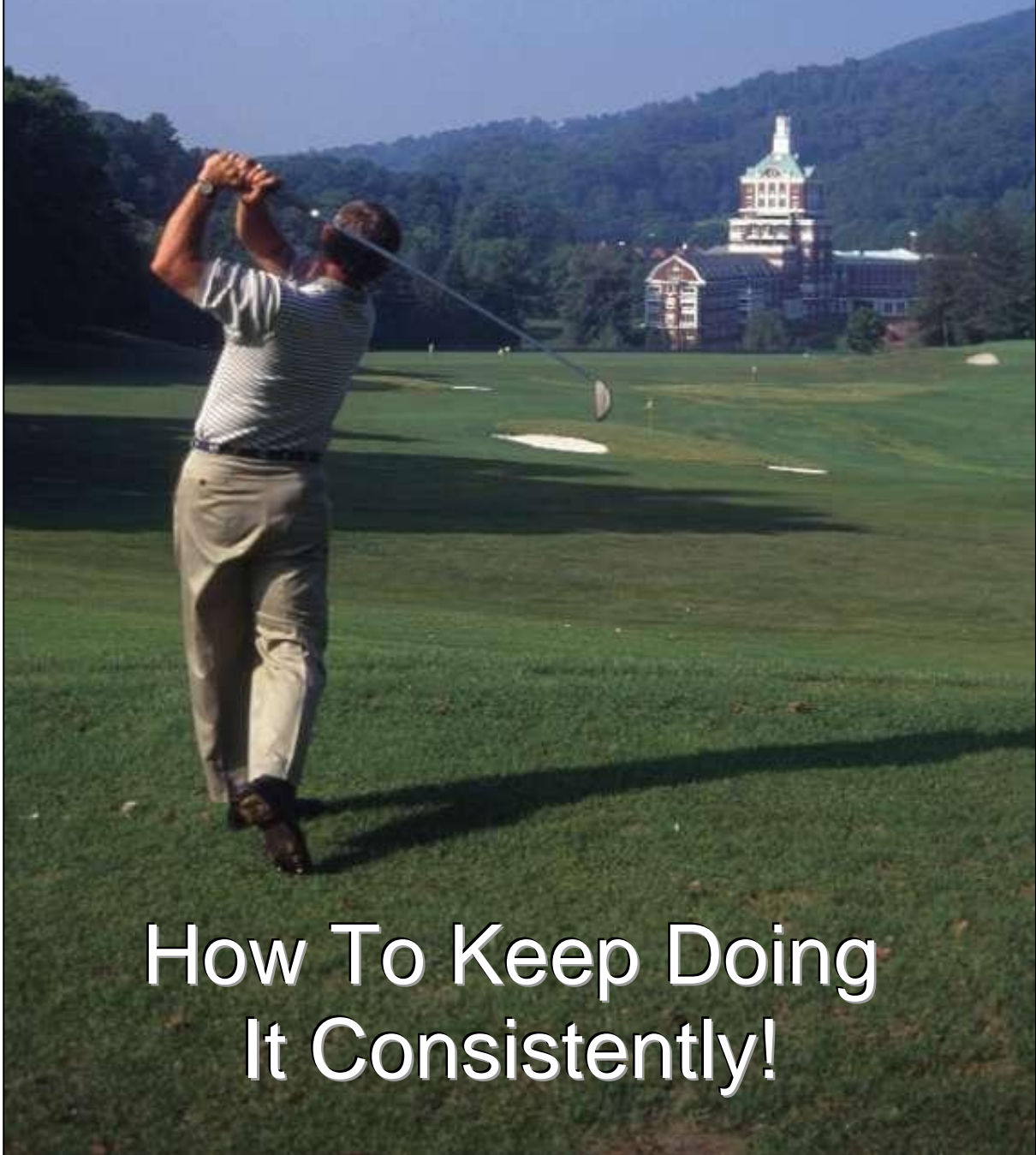


**How To Slash 7 - 12 Strokes
Off Your Next Game And...**



**How To Keep Doing
It Consistently!**

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Introduction

If you can't break 90 consistently I'm convinced that if you implement the suggestions I'm giving you in this book you'll slash 7 - 12 shots off your scores. And if you keep doing these suggestions regularly you'll be able to score better than you ever have before and break through your scoring barriers.

Having said that, please understand that if you now shoot somewhere between 90 to 100 + then chances are very high that you're not going to get into the 70's overnight. I'm not saying that one day with intelligent work you won't get there. I'm just saying that instead of setting an unrealistic short term goal you should instead set a realistic goal of getting into the 80's first.

And to do this it probably won't be a matter of making more pars and birdies but rather it will be about reducing the disaster holes you have, e.g. the triple and quadruple bogeys along with minimising the mistakes. Plus it will be about closing the gap between your bad shots and your good shots.

You see, the professional golfers that you admire so highly are only at the level they are because their bad shots are very close to their great shots. Whereas you on the other hand no doubt have a huge difference between your great shots and your bad shots.

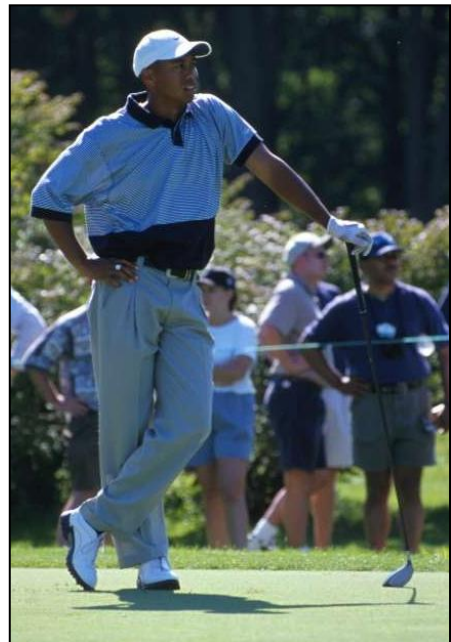
So the instructions in this book are going to help you to close the gap between your bad shots and good shots, which naturally will reduce your disaster holes. And consequently you'll easily slash strokes from your scores. But before we begin with the suggestions please understand this about golf....

Golf has two very separate skills that you need to learn. The first is the ability to play the shots, e.g. to make the necessary swings to execute a good golf shot. And the second is to plan, observe, evaluate and think your way around the golf course to help get the lowest score you possibly can.

And it doesn't matter how good a ball striker you become, if you're not very good at course management then you'll be wasting a lot of shots and never come close to playing to your potential.

In this book I'm more going to cover the preparation, course management side of improving your golf game. However, there are some very important instructions in here about improving your ball striking, short game, putting etc. because breaking 90 does take some measure of shot making ability.

But you don't have to hit drives like a Tiger Woods or Ernie Els to do it.



For example, if your longest ever drive is 230 yards that's fine. You don't need to hit 300 yard drives to break 90. So don't try and do this in your next game of golf. Instead, play with your average 210 yard drives and post the best score you can with what you've got.

That's just smart thinking...and that sort of intelligent thinking is going to help you to score lower than you ever have before.

You need to be realistic so you can get the most out of your current ability to shoot the lowest scores now. Again, that's smart and intelligent thinking and that is going to lead to lower scores.

Now the suggestions that follow may seem simple to you but please don't take them for granted because when you put them **ALL** together they will help you to score better than you ever have before.

But this is only ever going to happen **WHEN** you take action and apply these suggestions to your golf game. Reading this book and then doing nothing will guarantee you no change in your golf game. But when you apply these suggestions look out!

And if you're not currently doing the things in this book, that will give you a big clue as to why you're not scoring better than you are. Because the things I'm revealing to you in this book are how professional golfers approach a game of golf.

Remember, if you want different results you've got to do something different. And I imagine the things I'm suggesting in this book are very different to what you normally do before, during and after a game of golf. So you should be excited about that, because when you apply this information you'll get different and much better results.

So please implement these suggestions in your very next game of golf and watch your scores improve. Then keep implementing them and you'll notice a big improvement in your scores over the long term.

Having said that, don't worry if you don't do everything I outline in this book in your very next game. Just try your best and with consistent use, these things I'm suggesting will become habits and easier to implement.

OK, I'm going to assume you've got a game of golf planned for **tomorrow morning**. So I suggest you print out this book and read it through once....then start putting it into action by using the checklists to make sure you're doing everything you should be doing.

All right, let's get started with what you need to do tonight to help take 7 -12 shots off your normal golf score tomorrow...

Suggestions To Implement The Night Before A Game Of Golf

Suggestion #1

If you regularly play the course you're going to play tomorrow you may very well have a few holes that normally give you trouble. For example, there may be a long par 5 with out of bounds down one side, a lake down the other side plus big bunkers around the green...and this hole may often give you grief, i.e. a big number.

If there are such holes on the course you're going to play tomorrow I want you to form a strategy to help make sure that you minimise any chance of a big score on those hole/s.

An example of a strategy for that par 5 I was just talking about may be taking a 4-iron off the tee to make sure the ball ends up in the fairway and not OB or in the lake. Then you may plan on playing another 4-iron for your second shot and then another 4-iron for your third shot to leave an easy 9-iron for your fourth shot into the green. That way you plan on having another 2 putts and you've got an easy 6 instead of your normal 8 or 9.

If you get lucky you may hole your putt and come out with a real par 5.

Why do I say a "real par 5"?

Because when you're doing this strategising I want you to come up with your own par for each tough hole. So if that means your par is a 6 or 7 on a par 5 that's fine. **Play to where you're at now not the golfer you want to be in 2 years from now.**

Suggestion #2

Carrying on from the previous suggestion...if you're playing a course you know well then you should have a general plan/strategy for each hole.

And this plan/strategy should take into account your ability to hit shots. Because if you are planning to hit a shot that you're not confident about this will translate into a tentative stroke. And tentative strokes **NEVER** produce good golf shots.

So when you're planning your strategy on a hole you should figure out the easiest and safest route to the hole. And when considering your approach for a tee shot and hole you need to think about the risks on each hole. For example, here is a good guide as to the weighting of potential risks in order:

1. Out-of-bounds
2. Water
3. Unplayable lie
4. Deep pot bunker
5. Heavy rough
6. Severe ground slope
7. Shallow, low lipped bunker
8. Light rough

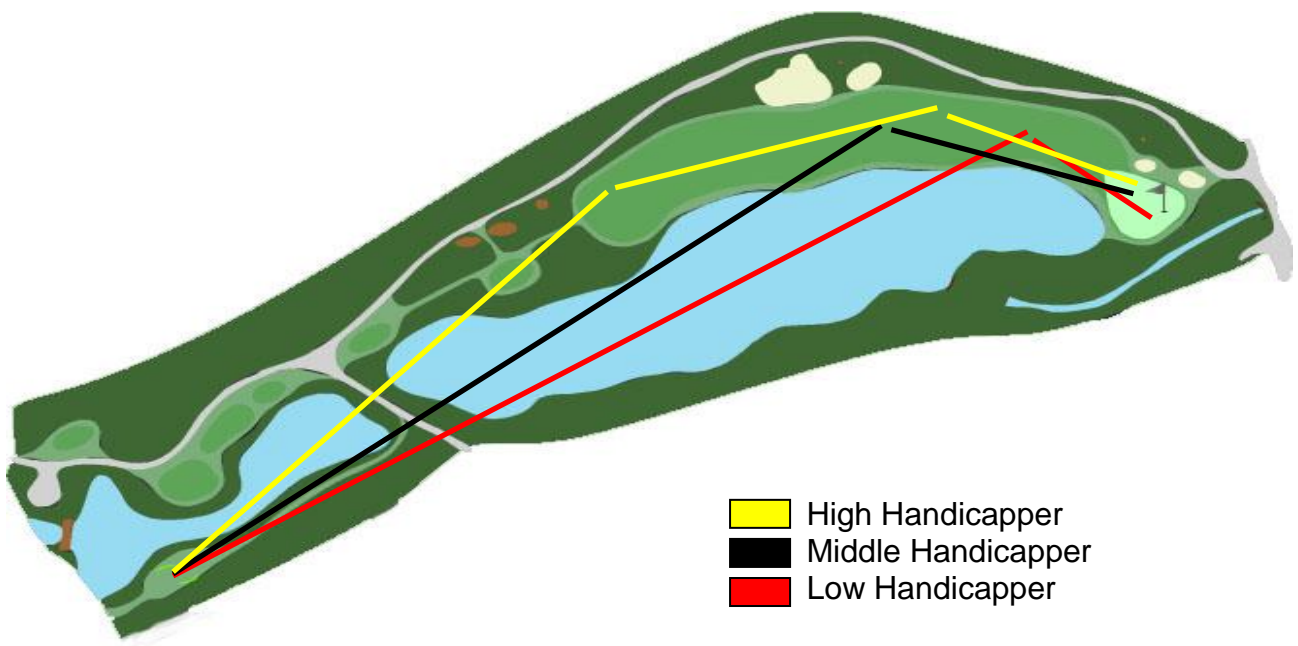
9. Slight ground slope

Having said all of that, your plan/strategy should not be set in concrete. You should allow yourself the ability to change your plan at any given time on the golf course because on the golf course things change.

For example, the wind may be blowing a certain way making a certain shot you've planned very hard to execute. Or you may be hitting your driver extremely well and you feel confident on a hole to hit a driver where you've planned to hit an iron off the tee.

So have a general strategy for each hole, e.g. you're going to play conservatively off a tee by taking an iron etc. but realize that you're free to change that strategy as you're playing. **It's better to have a plan/strategy which you change than it is to have no plan or strategy.**

Now below is an example of how golfers of different abilities may plan to play a hole. So look at this to get an idea on how you should plan to play each of the holes tomorrow. And then go through each hole that you're going to play tomorrow and plot your way around the course in the safest and easiest way possible.



Important Note: The hole above shows a good example of how you can plan out your strategy on a hole but on the day your plan may have to change. For example, the line the low handicapper has chosen would probably account for no wind. And if there is a strong head wind they will then have to change their plan and choose the middle handicapper route or even a line more conservative than that. So planning is important but you do have to be flexible.

Suggestion #3

This may or may not be practical for you but I think it's a good idea to have everything ready the night before you play golf. And when I say everything ready, I mean your golf clubs, golf shoes etc., should be cleaned and in the car.

You should also make sure you have enough balls, a hat, lots of tees, ball markers, a couple of towels, umbrella, rule book etc. Everything you need to be prepared to play your best.

On the golf course you never should be thinking "***I wish I had that***". So if that's happened before, e.g. you got cold and wished you had something else to put on and didn't have anything, then make sure you take that with you. And here's something else you should do the night before...

Get things together for you to snack on as you go around the golf course. I suggest things like peanuts, bananas, apple, a chicken sandwich (wholegrain bread) etc. No fried, fatty or artificially sweet things. Also, take a big bottle of water with you. **This is very, very important!**



Basically I want you to pack the car so that in the morning all you have to do is have breakfast, get dressed etc. and then go to the golf course knowing that everything is already set to go.

In the morning you can double check you've got everything, as I do, but you won't have to rush to pack the car because it's all done. Rushing on the morning of playing a game of golf is the last thing you want to do.

Finally, I suggest you also pick out the clothes you're going to wear tomorrow so that's one less thing to worry about. And when doing this pick clothes so you look as professional (*i.e. like a pro golfer*) as you can.

Suggestion #4

Before you go to sleep I want you to close your eyes and visualize yourself playing a great drive. And picture this great drive over and over again. **But don't do this as though you're playing tomorrow.** I would rather you picture a great drive you've played in the past. And see yourself hitting this great drive over and over again in your mind.

After a minute or two of doing this then do the same thing for...

- an iron shot
- a pitch shot
- a bunker shot
- a chip shot, and
- putting

So spend 5 - 10 minutes before going to sleep relaxing and visualizing great shots you've hit in the past.

Suggestion #5

Make sure you're awake 2 - 3 hours before you're due to tee off (*taking into account how long it takes you to get to the course, get ready etc.*) i.e. set an alarm. And if you have to get up at a time in the morning that is not normal for you I suggest you set two alarms. One powered by electricity and the other battery powered (e.g..a cell phone).

I have heard so many stories of people missing a game because of a power cut. Make sure that doesn't happen to you.



Suggestion #6

To give yourself the best chance of success tomorrow you should make your best effort to be asleep by 10 o'clock.

Why?

Because it's been scientifically proven that the best, most refreshing sleep occurs between 10 pm and 2 am. So try to be asleep by 10 pm.

OK, those are the main things you should do the night before a game of golf. Over the page is a checklist that you can use to print out and check off the night before a game to make sure you're giving yourself the best chance of success tomorrow...

Checklist Of Things To Do The Night Before A Game

Tick When Done

1. Think about the holes you have trouble with and plan out a safe strategy to minimise the chance of a big score.

2. Put together a general plan/strategy for your game tomorrow by plotting the safest and easiest route for each hole -- ***considering your current ability.***

3. Get everything packed in the car and ready for the game tomorrow. (e.g. clubs cleaned, shoes cleaned, balls, tees, ball markers, towels, extra sweater, umbrella, snacks, bottle of water etc.)

4. Before going to sleep spend 5 - 10 minutes visualizing a good drive, iron shot, pitch, chip, bunker shot, putt etc.

5. Set an alarm for the time you have to wake up so you're awake 2 - 3 hours before (*take into account how long it will take you to get to the course, get ready etc.*) you're due to tee off. And if you have to get up earlier than normal set a battery powered alarm for the same time so a power cut doesn't stop you from getting up when you should.

6. Be in bed before 10 pm and try to go to sleep by this time.

Suggestions To Implement The Morning Before A Game Of Golf

Suggestion #1

When you wake up **DON'T** immediately get out of bed but instead spend 5 - 10 minutes visualizing. To start with I want you to visualize yourself playing a great drive. And picture this great drive over and over again. **But don't do this as though you're playing today.** Picture a great drive you've played in the past. And see yourself hitting this great drive over and over again in your mind.

After a minute or two of doing this then do the same thing for...

- an iron shot
- a pitch shot
- a bunker shot
- a chip shot, and
- putting

So spend 5 - 10 minutes before getting up relaxing and visualizing great shots you've hit in the past.

Suggestion #2

You should eat about 2 hours before you tee off. And I suggest you eat some good carbohydrates like oatmeal. And have some protein like eggs along with a piece of fruit. Do **NOT** have any coffee (***have water instead***) and/or sweet things like donuts.

Suggestion #3

Leave home so you'll be at the golf course one hour before your tee off time. And on the drive to the golf course carefully select some music to listen to that helps you to feel good. Do **NOT** listen to music that doesn't make you feel good.

Suggestion #4

As you're driving to the golf course I want you to consistently repeat positive affirmations to yourself like...

- I'm going to play great today
- I feel fantastic
- I'm a great golfer
- I'm a confident golfer
- I have a great golf swing
- I am a great putter
- I can up and down it from anywhere.

When you're saying these things I want you to say them with authority. As though you really believe them. Even if they aren't true just say them with power and authority.

Suggestion #5

When you get out of your car I want you to do something very specific when you move your body. **I want you to move your body with total confidence.** Even if you don't feel confident, move your body as though you are confident. Make sure you do this at all times. It's very, very important if you're going to slash shots from your score.

Suggestion #6

I want you to be conscious of the words you use before you play, and make sure they are only positive. Don't entertain negative conversations with people. For example, if someone says that the golf course is playing tough respond with something positive like....*"that's great, I'm ready for a challenge"*.

Always speak and think confidently!

Suggestion #7

Before teeing off you need to warm up your swing. So make sure you hit about 30 - 40 shots at the practice range. And when you're doing this start by hitting some pitch shots and then hit a few balls (*full shots*) with each club starting with your wedge and moving through your bag until you reach the club you most often drive with. Then to end your **30 minute practice session** I want you to hit a few more pitch shots.

After completing this then go to the practice putting green and get out 5 balls.

But you're not to hit any of these 5 balls to a hole. Instead putt to the fringes of the green and try to stop each ball as close to the fringe as possible without going over it. Do this exercise from a variety of distances between 10 and 50 feet. You're just to work on your distance control. This is very important. After doing that for **5 - 10 minutes** then put all your balls back and get the ball you're planning on using to play with.

Once you have the ball that you're going to use for this round I then want you to putt with this ball from hole to hole. And when you're doing this make sure you're treating each putt as you would if you were out on the golf course, e.g. go through the same routine every putt. **Do this for about 5 minutes.**

Then to finish off your practice session hit a few chip shots if you can. After doing all of this you should have about 10 minutes left before you tee-off.

Suggestion #8

Before you play this round I want you to make a commitment not to worry about your score as you're playing. Instead follow the process I'm going to outline over the rest of this book (***of what to do before, during and after each shot***) and forget about your score.

So consciously make a decision to follow the set process I give you to do before, during and after each shot.

Checklist Of Things To Do The Morning Before A Game

Tick When Done

1. Before getting out of bed spend 5 - 10 minutes visualizing a good drive, iron shot, pitch, chip, bunker shot, putt etc.

2. Eat a good breakfast consisting of carbohydrates (e.g. oats), protein (e.g. eggs) and a piece of fruit (e.g. apple). And eat this meal about 2 hours before you're due to tee off.

3. Leave your home so you'll arrive at the golf course 1 hour before you're due to tee off.

4. On the drive to the golf course listen to music that makes you feel good. And as you're driving repeat positive affirmations to yourself, e.g. I'm a great golfer, I'm going to have a great game of golf today.

5. After you've arrived at the golf course make a conscious effort to move your body with total confidence.

6. Always think and speak confidently.

7. Hit a few pitch shots then full shots (**wedge through to driver - 30 to 40 balls**) for 30 minutes. Then use the distance control drill on the practice putting green for 5 - 10 minutes. After this for about 5 minutes use one ball to putt from hole to hole and go through your entire putting routine for each putt. Finish off your warm up by hitting a few chip shots.

8. For this round make a commitment not to worry about your score but rather go through the process you've learnt to do before, during and after each shot.

Suggestions To Implement Before And During The First Tee Shot

Suggestion #1

When you're waiting to tee off I want you to think about where you want your ball to finish after you've teed off successfully. When you're doing this please be realistic and think about the plan/strategy you worked out for this 1st hole.

But this is very important....no matter what plan you came up with last night, you must **pick a club that you feel confident to help you to hit a good first shot.** So if you struggled to hit your driver well on the practice tee and you were going to use it on this opening shot, don't use it!

Even if you have to hit a 5-iron off the first tee to feel confident then do that. And this is so important I'll say this again, pick a club you feel confident with and that will get you in a good position for your 2nd shot.

Important Note: One big reason why most golfers fail to break 90 is because they simply try and hit the ball too far off the tee. Or should I say they try and hit it as far as they can. To beat your best scores you've got to get out of your own ego and accept reality. So if a good drive for you goes 200 yards then don't try to hit every drive 240. Swing within yourself (*i.e. swing at 80% of your potential power*) and choose a club off the tee that you'll have confidence with.

If you don't have confidence with a driver then don't use it. Take it out of your bag. If you have confidence with a 4 wood then use that off the tee. **To break 90 you've got to play smart.** And if you use a 4 wood or something similar off a tee don't try and hit it like you would a driver. Hit it as you would a normal 4 wood.

So here's a rule you should use off the first tee. **Use the longest club you can in which you have confidence to hit the ball in the fairway and in a good position.** Even if that's a fairway wood or iron then so be it. You want to do everything you can to get off to a good start. That's very important!

Suggestion #2

Once you've selected a club you're confident with and are going to use off the first tee I then want you to find a quiet spot and shut your eyes and visualize yourself teeing off successfully with this club. Do this over and over again for about a minute.

Suggestion #3

When you're standing on the tee and it's your turn to hit I want you to pick out a specific spot that you want your ball to finish. And when I say specific I mean like a small spot on the fairway and zero in on this spot and imagine your ball as already

finished there. Then I want you to visualize yourself swinging and the ball sailing in the air, landing and then rolling to finish where you want it.

Suggestion #4

After you've successfully visualized your upcoming shot I then want you to tighten your arms and hands as hard as you can for 5-10 seconds and then release them. This will help you to swing without excessive tension. Excessive tension in the golf swing is a big score wrecker. And to help you to further relax I want you to take a couple of deep breaths.

Suggestion #5

Before walking to your first shot of the day I want you take a couple of easy practice swings.

Suggestion #6

After your practice swings you need to pick out an intermediate target i.e. something about 2 feet in front of your ball that is on the direct line to where you want your ball to finish.

Suggestion #7

When you walk to your ball to setup make sure you do so with absolute confidence. Even if you don't feel confident, walk confidently.

Suggestion #8

When you're setting the club behind the ball make sure it's pointing directly at the intermediate target you selected previously. Also, make sure your entire body is parallel to the starting line of your shot.

Suggestion #9

When you're setting up to the ball I want you to look at where you want your ball to finish and do this a few times.

Important Note: Only look at where you want your ball to finish. This is so important. Do not focus on anything else apart from where you want your ball to finish. Zone in on that spot and focus on it. It will do you no good whatsoever by looking at other places on the hole. **I repeat (because it's so important)...only focus on where you want your ball to finish!**

Suggestion #10

As you're setting up have a couple of waggles and basically always keep your body moving. You never want your body to be still at any time as you're setting up to the ball.

Suggestion #11

When you're setting up to your shot and looking at where you want your ball to finish I want you to quietly (but out loud) recite a nursery rhyme. And here is one you can use...

"Mary had a little lamb, little lamb, little lamb. Mary had a little lamb, Its fleece was white as snow. And every where that Mary went, Mary went, Mary went. Everywhere that Mary went the lamb was sure to go."



Make sure you have no breaks or pauses as you're saying this.

Important Note: You must start saying this nursery rhyme (or one like it) about 5 - 10 seconds before you start your swing.

So why should you be doing this?

Because by doing this it will help you to swing the golf club without any conscious thought. **It's an amazingly simple technique.**

Try it, you'll see. 😊

OK, that's the main things you need to do to get off the first tee successfully. And on the next page is a checklist you can print out and use to make sure you're following these steps. But please don't worry if you don't do all the suggestions the first game you play. Because with more practice they'll become habits and you'll do them more and more often, which naturally will help you to score better.

Checklist Of Things To Do Before And During The First Shot

**Tick If You Did
These Things**

1. Think about where you want your ball to finish after you've teed off successfully. But when doing this be realistic and **pick a club that you feel confident will help you to hit a good first shot.**

2. Shut your eyes and visualize yourself teeing off successfully with the club you've chosen, and do this over and over again for about a minute.

3. When you're standing on the tee and it's your turn to hit, pick out a specific spot that you want your ball to finish. Then visualize yourself swinging and the ball sailing in the air, landing and then rolling to finish where you want it.

4. Tighten your arms and hands as hard as you can for 5 - 10 seconds and then release them. Then take a couple of deep breaths.

5. Take a couple of easy practice swings.

6. Pick out an intermediate target, i.e. something about 2 feet in front of your ball that is on the direct line to where you want your ball to finish.

7. Walk with absolute confidence when you walk to setup to your ball.

8. When you're setting the club behind the ball make sure it's pointing directly at the intermediate target you selected previously. Also, make sure your entire body is parallel to the starting line of your shot.

9. When you're setting up to the ball I want you to look at where you want your ball to finish and do this a few times.

10. Also as you're setting up have a couple of waggles and basically always keep your body moving.

11. About 5 - 10 seconds before you're ready to start swinging start reciting a nursery rhyme quietly, out loud. And keep doing this until you finish your swing.

What You Should Do After Your First Drive And In Between Every Other Shot

Suggestion #1

After each shot you need to forget about what just happened (with one exception that I'll share later) whether it was a good shot or a bad shot. You need to treat each shot as a separate entity. To help you do this I suggest you use your mind to think about other things between shots. Talk to your playing partners about world events, family...anything! Just don't think about what just happened or what may happen. Look at the surroundings....look at the clouds....try and make pictures with the clouds.

Just do lots of things to take your mind off golf.

Suggestion #2

After you've hit your shot make sure you watch carefully where your ball goes. One silly thing I see high handicap golfers do is to hit a bad shot and then get angry and turn away in disgust. Often by doing this they lose a ball and this adds to the anger and on it goes.

Accept that you're going to hit bad shots during a round....so watch where all your shots go and don't get angry.

Suggestion #3

Sometimes it's very difficult to take your mind off golf. So here's a sure fire way to help you do it. As you're walking I want you to count your steps and breathe in through your nose for 4 steps and breathe out through your mouth for 8 steps. Keep doing this as you're walking down the fairway.

This sounds simple but it's the best thing I've found to help take your mind off golf and what may happen in the future. Plus it also helps you to relax at the same time.

Suggestion #4

To post a good score you've got to have patience. You shouldn't try and force a good score. Instead for each shot you've got to understand that the best you can do is to select the most effective shot that you have the ability to hit. After you've done that then you simply have to follow the suggestions I've given you to do before and during a shot.

If you do this every shot then you can walk off the course proud of your efforts. So remember, between each shot to have patience and do the best you can on each shot for your ability.

Suggestion #5

Understand that golf has never and will never be a fair game. When playing a game

of golf you'll get good breaks and bad breaks. That's just golf. But understand that the good and bad breaks will even out. So you've got to control yourself so you don't get up when you have the good breaks and then down when you have the bad breaks. Try and stay on an even keel when playing golf and treat each shot as just one shot.

Suggestion #6

As you're playing a round you should be constantly snacking on the good things you brought with you, e.g. apples, peanuts, chicken sandwich, banana etc. You never, ever should get hungry when you're playing golf.



Got that!

I'll repeat it again because it's so important...never, ever get hungry when you're playing a game of golf.

Suggestion #7

When you're walking (or in a cart) after a shot try and look at the position of the flags on other holes as you're passing them. This will give you a great advantage when you're coming to those holes.

Suggestion #8

At least every couple of holes you should have a drink of water from the bottle of water you brought with you. **This is very important.** You do not want to get dehydrated when you're playing golf, so drink regularly throughout your game. Little and often.

Suggestion #9

If you are playing a very slow round of golf and you have to sit and wait, it's a good idea just to relax, close your eyes and visualize a few great shots in your mind. This not only will help the time to pass but you'll hit better shots after you've been doing this.

Suggestion #10

When you're walking, make sure you do so with confidence. Walk confidently and you're more likely to play confidently. If you walk without confidence that will likely be how you play.

Checklist Of Things To Do In Between Shots

Tick If You Did These Things

1. Treat each shot as a separate entity. To help you do this I suggest you use your mind to think about other things between shots.

2. Accept that you're going to hit bad shots during a round....so watch where all your shots go and don't get angry.

3. Use this exercise to help you get your mind off golf. As you're walking count your steps. And breathe in through your nose for 4 steps and breathe out through your mouth for 8 steps. Keep doing this as you're walking down the fairway.

4. Try and stay on an even keel mentally and emotionally when playing golf and treat each shot as just one shot.

5. As you're playing a round you should be constantly snacking on the good things you brought with you e.g. apples, peanuts, chicken sandwich, banana etc. Never, ever get hungry when you're playing golf.

6. Look at the position of the flags on other holes as you're passing them.

7. Every couple of holes you should have a drink of water from the bottle of water you brought with you.

8. If you have time (i.e. it's a slow round) close your eyes and visualize a few great shots in your mind.

9. When you're walking between shots, make sure you do so with confidence.

The Process You Should Go Through Before, During And After Each Shot

Important Note: This process is very similar to the one I gave you to do before you tee off. But there are some new things you should implement as well.

Suggestion #1

You need to have a trigger that signals the start of a shot. Whether it's putting a glove on, or saying to yourself "start" or "begin" it doesn't matter. You've got to come up with a trigger that signals to your brain that the break is over, it's time to start focusing on the shot at hand.

Suggestion #2

For every shot you should rate what you're trying to do as an A, B or C rating. And here is what each one of those means:

A = Aggressive

B = Be Conservative

C = Caution (or Cautious)

An example of an A shot would be if you've hit a great drive down a long par 4 and you're in the middle of the fairway with a great lie. You're 190 yards from the pin and that's the perfect distance for a solid 4 wood for you. There's a big bunker in the front of the green but you have a lot of confidence in your 4 wood and you're confident that you're going to hit a good shot over the bunker. So that's a situation where you would choose the A (aggressive) option.

An example of choosing a B shot in that same situation may be hitting a 6 iron so your ball ends up in the fairway with a simple pitch over the bunker to the pin. But here's a clearer example where most golfers should choose a B shot.

Let's say you're playing a short par 5, which is playing downwind, and you've hit a terrific drive straight down the middle of the fairway. You have a good lie and there's 220 yards to get your ball to the pin. But there is a small lake in front of the green that you need to carry. And to carry this lake you need to hit the shot 200 yards in the air. You have a 3 wood that could do this but it's at the very limit of how far you can hit the ball with that club. If you miss-hit the shot slightly it will probably end up in the lake.

So a B shot would be to figure out a distance you'd like to be pitching from. You decide you'd like to pitch from 80 yards as that is a distance you're confident from. So to do that you'd have to hit a shot 140 yards. For you that's a solid 7 iron.

See, that's smart thinking golf and it's those sort of decisions that will help to slash shots from your score.

Now here is an example of a C shot.

You've sliced a shot deep into some trees on the right of the fairway. You get to your ball and amazingly you can have a full swing. You're 160 yards from a small green that is surrounded by deep bunkers. As you're assessing your shot options you notice a small opening in the trees that would be about the perfect for a 6 iron shot. That is the perfect distance for your 6 iron but you decide it's too risky.

You then try and find a way that you can get the ball to finish just in front of the green....before the bunkers. To do this however you'd have to hit a low punch shot and make sure the ball travels the correct height. Because if it goes too high the trees will catch it, and if it goes too low the rough will stop it and you'll still be in the trees. So even though that's a B option you think it's still too risky.

Now the C option (remember, C stands for caution) is to chip the ball out to the fairway and have a shot of about 140 yards. You're confident you can get that 3rd shot on the green so that's the smartest play and one that will greatly reduce your chance of a big number.

So there you go. That's the A, B, C rating that you should use before each shot you play.

Suggestion #3

Before you play any shot you need to determine where exactly you want your ball to finish and pick targets that you're pretty sure you can hit the ball to. It's better to pick a conservative target and make an aggressive swing than it is to pick an aggressive target and make a tentative swing because you're pushing it.

So remember, pick small, realistic targets of where you want your ball to finish.

Suggestion #4

Most golfers that fail to break 90 over estimate how far they hit each club and consequently come up short. Now most trouble is short of the green not over it. So when selecting a club you need to be realistic and understand that you won't hit every shot 100%. You need to factor this in when selecting your shots. And if you have a bad habit of under clubbing I recommend you select one or two clubs more than you think to help you get the ball to your target.

On all shots take the club you believe will get you to the target you've selected allowing for a slight miss-hit. **Give yourself a margin of error.**

This also applies to where you're aiming, because if a pin is set on a side close to the hazard then generally you should hit away from the pin. That's right, don't hit towards the pin. The pro's call this a sucker pin position. The rewards are not worth the risk. Often it's better to have a long putt than it is to risk going in water or be buried in a bunker if a shot doesn't come off perfectly.

Suggestion #5

Before every shot I want you to remember a time when you've been in a similar situation and hit a great shot. This is very important. Remember that shot in as much detail as you can and get the good feelings back that are associated with that shot.

Suggestion #6

Stand behind your ball and visualize the shot you want to hit and see the ball flying how you want and finishing at the target you've chosen.

Suggestion #7

Tense and hold your hands and arms for 5 -10 seconds and then release them. Also, have a couple of big breaths to further help you relax.

Suggestion #8

Take a couple of easy practice swings to help you get loose and ready to play your shot.

Suggestion #9

Pick out an intermediate target, i.e. something about 2 feet in front of your ball that is on the direct line to where you want your ball to finish.

Suggestion #10

Walk with confidence to your golf ball as you're about to setup and also walk to the ball as though you're going to repeat the great shot you remembered in suggestion #6 above. Feel as though it's just going to be an action replay of that great shot, so naturally you'll be confident.

Suggestion #11

When you're setting the club behind the ball make sure it's pointing directly at the intermediate target you selected previously. Also, make sure your entire body is parallel to the starting line of your shot.

Suggestion #12

As you're setting up to the golf ball look a couple of times at where you want your ball to finish and visualize your ball sitting there.

Suggestion #13

Also as you're setting up have a couple of waggles and basically always keep your body moving.

Suggestion #14

About 5 - 10 seconds before you're ready to start swinging start reciting a nursery rhyme quietly out loud, and keep doing this until you finish your swing.

Suggestion #15

If you hit an especially good shot savour it...remember how it feels, remember the result so you can remember this shot in detail another time. Only do this for a minute at the most. Then use the strategies I've given you to switch your mind off from golf and the next shot.

And if you hit a bad shot use the strategies I've given you to get your mind off golf and what just happened as quickly as possible. You've got to train yourself to have instant amnesia after a bad shot.

So that's the process you should be going through before, during and immediately after each shot. Between shots you need to use the strategies I've given you to do at those times.

By doing this (switching on an off) for each shot it is the only way to play golf one shot at a time. And that's all you have to do until you've finished playing your game.

Checklist Of Things To Do Before, During And After Each Shot

	<u>Tick If You Did These Things</u>
1. Begin each shot with a trigger that signals the start of a shot.	<input type="checkbox"/>
2. Decide whether you're going to approach each shot with an A (aggressive), B (be conservative) or C (cautious) manner.	<input type="checkbox"/>
3. Pick a small, realistic target of where you want your ball to finish.	<input type="checkbox"/>
4. Select a club you believe will get you to the target you've selected allowing for a slight miss-hit.	<input type="checkbox"/>
5. Remember a time when you've been in a similar situation and hit a great shot. And remember that shot in as much detail as you can and get the good feelings back that are associated with that shot.	<input type="checkbox"/>
6. Stand behind your ball and visualize the shot you want to hit and see the ball flying how you want and finishing at the target you've chosen.	<input type="checkbox"/>
7. Tighten your arms and hands as hard as you can for 5 - 10 seconds and then release them. Then take a couple of deep breaths.	<input type="checkbox"/>
8. Take a couple of easy practice swings.	<input type="checkbox"/>
9. Pick out an intermediate target, i.e. something about 2 feet in front of your ball that is on the direct line to where you want your ball to finish.	<input type="checkbox"/>
6. Walk to your ball to setup with absolute confidence.	<input type="checkbox"/>
7. When you're setting the club behind the ball make sure it's pointing directly at the intermediate target you selected previously. Also, make sure your entire body is parallel to the starting line of your shot.	<input type="checkbox"/>
8. When you're setting up to the ball I want you to look at where you want your ball to finish and do this a few times.	<input type="checkbox"/>
9. Also as you're setting up have a couple of waggles and basically always keep your body moving.	<input type="checkbox"/>
10. About 5 - 10 seconds before you're ready to start swinging start reciting a nursery rhyme quietly out loud, and keep doing this until you finish your swing.	<input type="checkbox"/>
11. When you hit a good shot savour it for about a minute. When you hit a bad shot forget it by using the strategies I've taught you.	<input type="checkbox"/>

What To Do Before You Play Your Next Game

Suggestion #1

Before your next game of golf you need to visualize the round you just played and I want you to go over your bad shots and I want you to mentally visualize yourself playing those shots how you wanted. So what you're doing is programming your mind on how you want to play golf. Do this for 5 - 10 minutes each night before you go to sleep.

Suggestion #2 - The Long Game

No doubt you hit some good shots in your game of golf....but you probably hit some bad shots as well. Now as I've said before, the major reason why you're scoring higher than you'd like is because the difference between your great shots and bad shots is too big.

The pro's are known for their consistency. But if you watch most pro's it's not that amazing what they do. In fact, you've probably hit many shots as good as pros hit. **BUT** their bad shots are still good shots for most of us. And their bad shots will be a heck of a lot better than your bad shots. So for you to score lower you need to narrow the gap between your good shots and poor shots.

How can you do this?

Well, for starters you should simplify your swing. And I'm convinced that a lot of golfers that can't break 90 would have a lot more chance if they just did three quarter swings instead of full swings. Because the easier you make things the less chance there is of error.

So to help you get a feel for this, before your next game of golf here is what I want you to do. Go to a driving range and only take a 5-iron and two other clubs.

Now before you setup with your 5-iron I want you to place a club (**1st club**) on the ground so it's pointing directly at your target from just behind the ball. Then I want you to place another club (**2nd club**) along where your feet would be, and position this so it's parallel with the first club. Opposite is a picture of this....

Once this is setup then remove the 1st club so you can swing the 5-iron and hit the ball.

OK, now with your 5-iron I want you to setup to the ball with it in the middle of your stance. And then I want you to make sure that all parts of your body are aligned parallel to the target line of your shot.



How To Slash 7 - 12 Strokes Off Your Next Game And...How To Keep Doing It Consistently!

You're now ready to swing, but I only want you to swing until your left arm is parallel with the ground like this...



Only swing back until your left arm is parallel with the ground. Then change directions and swing down and through the ball.

Then I want you to swing down and through and stop once your right arm is parallel with the ground like this...



Stop your swing once your right arm is parallel with the ground.

When you're making your swings your head should remain pretty much in the same position as it was when you setup. Your legs should not be doing much.

So really the main thing that should be happening is your shoulders are turning and your wrists are cocking and uncocking. You need to make the swing as simple as possible so that you can hit the ball consistently out of the middle and on a good line.

With practice you'll be able to do this very consistently with your half swing. Once you can then you should increase your swing a little bit back and through but still keep the concept the same, i.e. reduce the moving parts as much as possible.

By doing this you'll greatly improve your consistency, and you'll be amazed how straight and far you can hit the ball with your greatly reduced swing.

So what are you going to do in your next game of golf...hit half swing shots?

Not necessarily but if you hit better, more consistent shots with a half swing than you do with a full swing then use it until you learn to swing properly with a full swing.

The Short Game

Golfers that shoot above 90 could save heaps of strokes simply by improving their short game. And here are some simple things to help you do this....

Suggestion #3 - Putting

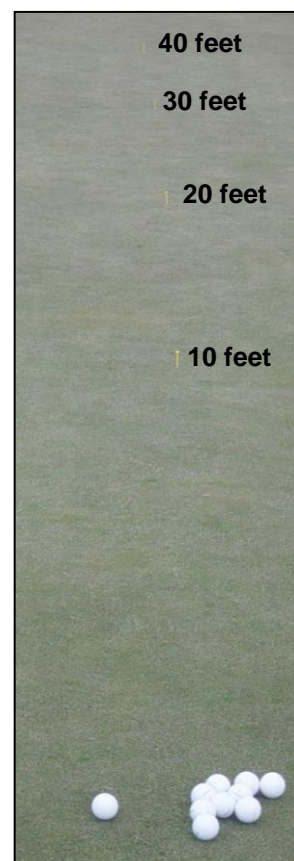
If you can find half an hour to practice your putting before your next game of golf you'll find a big reward when you play. And when you do this I want you to do a couple of things. The first thing I want you to do is practice hitting your putts the correct distance, consistently. And here is one of the best drills I can give you to do this.

The Closed Eyes Distance Control Putting Drill

Place 10 balls on your practice putting green and then place 4 tees in the green. One tee 10 feet from your balls the next tee at 20 feet, the next tee at 30 feet and the last one at 40 feet.

Then you're ready to putt to the first tee (i.e. the tee 10 feet away). And go through your entire pre-shot routine for each putt but before you're about to stroke your putt close your eyes. Then make your stroke, hold your finish and guess where the ball will finish in relation to the first tee you put in the ground. Then open your eyes and see how accurate you were.

Complete this for 10 putts and then go and grab your balls and then repeat this for the 20 foot tee. After that do the same exercise for the 30 and 40 foot tees.

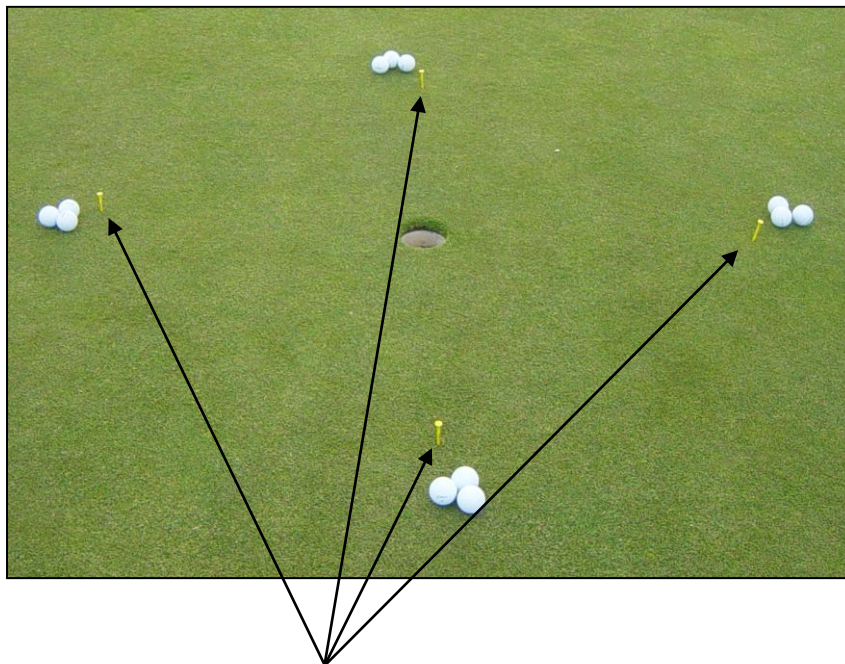


Initially you'll find this quite tough to do, but with practice you'll get very good at guessing where your ball is going to finish in relation to the tees in the ground. And with practice you may even find that you prefer to putt the long putts with your eyes closed. Just experiment and see (no pun intended).

So do that drill for **about 20 minutes** and then I want you to practice your short putting. And here's a great drill to help you do that.

The Wagon Wheel Short Putting Drill

Find a hole on your practice putting green where the surface is fairly flat. Then place 4 tees around this hole 2 feet away from the hole. Put one tee at 12 o'clock, another tee at 3 o'clock, then another tee at 6 o'clock and the last tee at 9 o'clock. After you've done this then position 3 balls next to each tee.



Position four tees two feet away from the hole. One tee at 12 o'clock, one tee at 3 o'clock, one tee at 6 o'clock and the last tee at 9 o'clock. Then position 3 balls next to each tee.

OK, now setup to one putt from the 1st tee (i.e. the 12 o'clock tee). And when you do this go through your mental and physical routine so you replicate what you would do out on the course. Once you've holed the first putt then move around to the second tee (the 3 o'clock tee) and go through the same process. Keep doing this until you've holed all 12 putts. So you essentially move around the hole three times.

Then move each tee back a foot and again, place 3 balls next to each tee. So this time you're going to be putting from a position that is 3 feet away from the hole.

Now if you miss a putt at anytime then you must start the 12 putts again. You can only move the tees back a foot when you've holed all 12 putts. And that's in a row too, so no cheating.

This is great practice because on the last few putts you'll be under some pressure to hole each putt so you can move back. Otherwise you have to start again. Plus you'll be practicing just like you'll be when you're playing, i.e. going through your routine for every putt.

That's very important.

You don't want to just brush each putt in quickly because that type of practice will do you little good out on the golf course.

So that's the drill. If you do this drill it will really improve your short putting. And I suggest you do it for 10 minutes to complete your 30 minutes practice putting session.

Suggestion #4 - Bunkers

If you fear bunkers and lose a lot of shots because of poor bunker play then you've got to fix that problem or if you're ever going to break 90 consistently. And to help you do that I suggest you go and practice your bunker shots for at least 15 minutes and do this drill when you're there.

The Raised Right Foot Bunker Drill

Most bad bunker players have way too much lower body action when playing sand shots. As you can imagine the more moving parts you have, generally the more inconsistent your results will be. To make your bunker play more simple and therefore more repeatable, here's a simple drill you can do.

Go to your local practice bunker and place at least 30 balls in the bunker. Now setup to a bunker shot as normal, but just before you start your swing raise your right heel off the ground (*left heel for a left hander*). Doing this places your weight on the balls of your feet and most of your weight on your left side, which is where it should be for most bunker shots.

Once setup with your back heel off the ground, simply swing **making sure your heel remains in the same position**. Doing this may seem like you're reverse pivoting, but you shouldn't be if you transfer your weight to the balls of your feet and you should be doing that anyway.

So when doing this remember that most of your weight should be placed on your front foot at setup. And when you swing most of the weight should stay on the front foot but the weight that is transferred back should be on the balls of your feet and not on the heels. That's why this drill works so well because it restricts your leg work and gets you into the same good position swing after swing.

Suggestion #5 - Chipping

A lot of golfers that fail to break 90 tend to try and loft a lot of their shots that are just off the green. This is a very risky approach as it's a lot easier to hit your shots a short amount in the air and then let them roll the rest of the way.

And a great way of doing this is to chip how you would putt. To do this simply use the same action to chip as you would a long putt. Even use the same putting grip to do this.

If you practice this technique for 5 minutes it will help you to save many shots around the greens.

Suggestion #6 - Pitching

A lot of 90+ shooters struggle hitting pitch shots, and if you do I recommend you master one pitch shot before trying to do anything else. That one pitch shot is where you take the club back half way, so your left arm is parallel with the ground and then follow-through fully.

So go out and practice hitting this shot with your wedge for 15 minutes....



And with practice you'll become consistent at that swing which will give you a fairly predictable distance that you hit these shots. So when you get to that point you should measure how far your ball generally flies when you make this swing with a wedge.

Then, when you're playing golf try and hit shots to this distance that you know you have confidence at. So if you can hit this shot consistently 60 yards with a wedge then don't hit lay up shots to 30 yards and complain. You should be using your head to leave yourself 60 yard pitch shots. If you do this it will save you a lot of strokes.

On the next page is a checklist sheet you should use after you've played a game of golf. This will help you to improve in between games so hopefully you'll score better.

***Checklist Of Things To Do After Your
Game And Before Your Next Game***

**Tick If You Did
These Things**

1. Spend 5 -10 minutes each night, before you go to sleep remembering your bad shots and then visualizing yourself playing those shots how you wanted to.

2. Spend at least half an hour at the driving range doing the half-swing exercise I taught you in suggestion #2.

3. Practice your putting for half an hour and spend 20 minutes doing the closed eye distance control drill. Then spend 10 minutes doing the short putt wagon wheel drill.

4. Spend 15 minutes practicing the raised right foot bunker shot drill.

5. Spend 5 minutes practicing chipping how you would play a long putt. When doing this get the ball on the green as soon as possible so it's running to the hole like a putt.

6. Spend 15 minutes hitting a pitch shot like I taught you in suggestion #6 and find out how far you hit this shot consistently.

Conclusion

I'm convinced that if you follow these suggestions you **WILL** be breaking 90 before you know it. But remember, that's only going to happen if you actually do these suggestions. Reading them and then not doing anything will be useless.

So apply the suggestions I've shared with you and watch your improvement. You'll be amazed I'm sure. And I would love to hear how they have helped to take strokes off your scores. So when this happens please let me know your results.