

Learning To Play Your Best Golf

By Cameron Strachan, 2014

I've learned a lot over the last 10 years. In that time I've churned out close to a million words and helped thousands of golfers from all over the place. In this document I want to share some of the most important lessons I've learned...

... and more to the point, I want to show you how you can improve your golf game, find greater meaning and just maybe learn to enjoy the game more.

Here are the 10 most important lessons that will help you play your best golf more of the time.

One final point: Some of my ideas challenge the status-quo and may seem a little strange. This is exactly why they've been included.

Enjoy.

1. Too Much Technique is not a good thing: The golf world is obsessed with golf technique. It almost seems that your golf swing is the only thing that matters when it comes to playing better golf.

Technique is only a part of the game. I would go as far to say that technique is only a small part of your overall ability to unlock your true game.

Before you write to tell me that I've lost the plot. I'm not saying you don't need good technique. It's just if you obsess over it and neglect other parts of your game you'll never be as good as you can.

2. Play Automatically: If you want to play your best golf you need some sort of automation. You can't be thinking a lot and expect to play well. We all know that we play our best golf when we're in the zone - when we're thinking less. But how much do we attempt to play automatically?

For years have been asking golfers to tell me about their best round. And almost always the golfer struggles to explain it.

"I can't remember what I was doing"

"My memory isn't that good"

"I don't know, I was just hitting the ball"

These remarks are a clear sign that the golfer was playing instinctively and clear of mental clutter. They were automatic!

Ask the same golfer to highlight their poor rounds and you get a completely different response.

“I was trying to swing slowly and rotate my wrists”

“My pro had me swinging on plane while I attempted to cock my wrists a little more”

“I was fed up with my game. I was trying everything I could think of”.

If you want to play better best you stop thinking so much.

3. Practice less and play more: The golf course is where the action is. Driving ranges (most of them anyway) are stale and horrible learning environments. Not much good happens there.

If you want to improve your golf game then the simplest advice is to play more. Around 10 years ago I committed to playing twice a week, up from one game. The following seven years were the best of my life (I haven't played much in the last three years)

Here's the really good bit. I hardly hit a practice ball in that time. When I wanted to practice I'd go play instead. You've got to practise like you play and the best place for this is the golf course.

I'm short on time and I don't get a lot of time to practice

See if you can find the time to walk 3 holes. Hit a couple of balls and enjoy the walk. Try some new shots. Explore. Have fun. The exercise is good too. And you don't need to take all of your clubs - just a few is enough to give you some real benefit.

Some of the best practice you'll ever do is learning to gear up or gear down with your clubs. You'll be forced to push your learning system and this can only be good for you.

4. Find a routine that works for you: Maybe the biggest hurdle for golfers is learning to take their game from the practice fairway to the 1st tee. A way to combat this is with a sound routine.

When I say routine, I'm not just talking about the physical stuff. The mental routine is more important.

Becoming clear on your objective and accepting of result might be the most important skill you'll learn. When you can do this you'll train your system to become bullet proof to all of the distractions out there.

To be honest, the physical part of your routine (the walk to the ball, the waggles, the practice swings etc) will sort themselves out. But a good mental routine is not negotiable. When you're under the pump you need something to rely on. Your mission here is to limit the amount of things you're focused on - and where you want the ball to go is most important. Most of the "other" stuff we think about is a distraction.

5. Drive for show and putt for dough is wrong: Maybe this is the most dangerous thinking in golf. If you can't drive the ball between the trees then you're in trouble. You'll be fighting, grinding and straining yourself to a score.

But get the ball in play and the game becomes infinitely easier. You'll hit more greens. You'll be longer. You'll score better as a result.

How To Drive The Ball Longer From The Tee

It's easy. Stop fighting for control. The best players swing freely. They are not thinking about a lot of technique (see point #1). This allows their system to work optimally. When you're swinging naturally you'll be straighter too - the timing required to square the clubface when the club is moving at high speed is not possible. Best you leave it to your subconscious.

6. Find your own golf swing: If I could give you any advice about the golf swing it would be to do anything possible you can to unlock your own natural swing.

In the modern world we get suckered into following the latest swing fads or newest swing theory. Here's the thing:

No swing is better than your natural golf swing. This is the swing that shows up every now and then (when you're playing well). Unfortunately it keeps getting repressed because you're fighting nature. You're trying to do things that YOUR body isn't meant to be doing.

Try this instead.

Tee up some balls and swing. Swing the club in a way that suits you. Strive to swing in a way that feels good to you. Don't analyse. Don't think. Just swing. Keep going into you lock into something that feels good. That feels right to you.

My Golf Swing Never Feels Right. It Just Feels Horrible

This is a sign you're thinking too much. Let go. Hit that ball like there's no tomorrow. Keep playing like this - in fact, you should adopt this mindset for all of your golf.

I like the *Three Round Challenge* - your mission should you choose to accept is to play three rounds of golf with the sole objective of swinging (playing) in a way that suits you.

It's harder than it sounds but I can promise you it will deliver you something remarkable.

Maybe The Best Way To Practice Your Golf

7. Backyard practice: If you've got an important round coming up this weekend and you're concerned that you're out of form then please try this.

Grab your 7 iron and head for the backyard. No ball, not yet. Your goal is to swing that club with full awareness on the clubhead. Can you feel the weight of the club in your hands? Can you sense it moving? Can you feel anything? If not, keep going.

Most golfers are asleep. They're blind to really what's happening in their golf game. But a little awareness sheds some light on your game. Awareness on what you're doing helps fix those little swing flaws and best of all you don't need to kill too many brain cells in the process. Errors are fixed at the subconscious level.

And don't fall for the trap that awareness is trying to control each part of your swing. Nope, that's not it. With the backyard awareness drill you're simply noticing what is. You're not controlling your swing. Understand the difference and I'm willing to bet your weekend game will be a good one.

8. Short game really is important: I know you've heard all this before but it's true. I often tell people of the time a club member beat me in a putting competition.

"I can't believe I beat you. How does an 11 handicapper beat a scratch marker?"

I took this naive golfer to the chipping green and gave him a lesson. He duffed his first chip and bladed his second. Both my chip shots finished near the hole.

"That's why I play off scratch and you don't. A putting comp is hardly a true representation of the game of golf, but chipping is closer to the mark. Next time we might try bunker or lob shots".

He learnt his lesson. In fact, he has never forgotten it.

Putting isn't as important as the short game. This rule only applies if you make most of your short putts (see below) and avoid three-putting.

9. The truth about putting: Brendan was a fair golfer but an excellent putter. He built his game around making putts. Lots of them. But he rarely made the golf team and never really lived up to his potential.

Great putting didn't help him. He was terrible at the short game and was inconsistent from the tee. He would frequently have 22-26 putts per round. But it wasn't enough to save him. Putting is overrated.

Your goal is to make most of your short putts. In fact, you want to be really good at making putts from 3 - 6 feet. You won't make them all (you'll miss eventually) but you want to make most of them. When you can do this you can forget about the rest of the putting game. Why?

Because you'll rarely 3 putt. Your long putts will finish close enough to the hole for you to get the next one. If you happen to sink a long putt then you've beaten the odds. You're in front. But you can't rely on sinking the long putts consistently. No golfer alive has ever been able to do it. Best you work on getting your drives "between the trees".

The Secret of Golf (if there is one)

10. Less Is More (LIM): The observant golfer will find a trend in the above. My ideas are all about simplifying the game. I'm taking things away rather than adding to an already difficult game.

The biggest breakthrough I've made with learning is that the human system is capable of great things, but only if we don't bombard it. This goes against how most of us approach the game.

As adults we think too much. We try too hard. We add rather than simplify. This all leads to a non-optimum way of playing and is the number one reason why golfers are frustrated and confused.

It has nothing to do with talent or skill level. We're all hard-wired the same way. We all have the same capacity to learn, improve and play better golf. We fail because we're going about it the wrong way. We're going against our natural (and utterly brilliant) learning system.

Listen. Just because you're a smart guy, run a successful business and have been skilled at other sports, doesn't mean you can get away with abusing your learning

system. You can't. Intelligence and hard work are not going to help you. These traits are probably a hinderance.

No golfer is smart enough or talented enough to take on Mother Nature. I've seen all the theories (tried most of them) and taken hundreds of lessons. But nothing increases your odds of playing better golf then LIM.

If you want to unlock your A-game and find some serious consistency, then you need simplification. You need a mental shift. You need a change. And you definitely need to stop trying so DAMN hard. There is an easier way.

How To Use LIM to Transform Your Game

The above ideas will help transform your game. But this is just the beginning. I can talk about this all day but limited this report to 6 pages.

In a few days I'm going to show you my best LIM golf lesson - a golf lesson that has never failed and works on all golfers, no matter their age, handicap or ability.

This is a **unique way of approaching golf** that works with you rather than against. Keep your eyes peeled for the next report. It's only a day or so away.

Please leave your thoughts and comments at this link:

www.GolfGooroo.com/lim