



JOURNEY TO MORE PARS

Practice Smart

PRACTICE SESSION SCENARIO



WITH CHRISTINA IN YOUR HEAD

MY GOAL is to improve contact.

Okay great. What about the contact don't you like?

My balls are not getting airborne.

So your goal would be to get that ball higher on the face. Great. Let's first check your set-up. If all green checks, then move to a drill that has minimal backswing. We need to narrow the focus to impact. We need to go small before we go big. Hit 30 balls doing a drill using one club. Has your impact improved? Check where on the face the ball is hitting with foot spray. Is it center-cut and more toward the belly of the face vs low on the bottom? Is it on the heel or toe?

My balls oftentimes go left.

If toe hits, balls will tend to go left and heel hits, balls will tend to slice. Balls that go low and left, the face is shut at impact. Balls that go right or weak-right, face is open. Check your grip. Is it too strong? Strong will send balls left. How are you setting the face to the ball? Make sure it is set correctly and not shut.

First drill had minimal effect?

Move to another Impact drill. Recheck ball position with the club of choice.

Recheck grip and grip pressure, distance from ball and overall tension levels. Any tension effects contact.

Is your grip pressure consistent from the start to finish? We oftentimes, death-grip through impact.

Check your feet. Are they moving correctly? In fact, select a drill with a focus on feet and knees to confirm this. ***Does your impact point improve?***

If yes, go to random practice. Vary clubs shots and swing lengths.

Example do a L to L PW. Next do a full 8-iron shot to a different pin, Each time, you prep or the shot by following your pre-shot routine. focus on target, include just one focused swing thought, {your mantra} and execute the shot. Evaluate. **Check the contact on the face. Always stay focused on your goal.**



JOURNEY TO MORE PARS Pre-Round, Practice & Drills

My Primary Focus for today:

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Date:

Pre-Round /Practice

Every Practice

- ☐ Grip Pressure Test
- ☐ Angels on Wall
- ☐ Checklist with each Club
- ☐ Shafts for Ball & Posture
- ☐
- ☐

At Home

- ☐ Confirm Plan in Mirror
- ☐ Upper /Stable Lower twist
- ☐ Lower /Upper Stable twist
- ☐ Pidgeon
- ☐ Foot on Couch for Quad
- ☐

Do Every Practice

Select 2 drills that you will use for technique/skill training. With 30 balls perform Drill 1. After the 30 balls, what percentage did you hit well? If above 50% move to Random Practice. If under, move to Drill 2. After 30 evaluate and move to random.

Menu of Drills for More GIRs

Warm Ups

- Palm Presses
- Pelvic Warm-up
- Wrist Warmups
- Orange Twist
- Upper Rotation/Stable Lower
- Lower Rotation/Upper Stable
- Hinge and Bend to Toes
- Leg over wheel if a cart rider
- Cart hang if a cart rider

Improve Set-up

- Shafts for Ball Position
- Set-up CheckPoints

Posture

- Power Cord Drill
- Pass the Ball
- Sweep the Dust
- Knee Flex Focus
- Windmill Turns
- Stay Same Height
- Hip Bar Hinge
- Spine Angle with Shaft

Impact Drills

- Impact - half back- return
- Shaft above ball
- Forearm Rotation
- Motorcycle Drill
- Pump Drill
- Pelvic Power
- Impact Bag

Plane & Sequence

- Step Change of Direction
- Club Cover for Plane
- Tee Frame for Plane

Rhythm/Tempo



- Save the Power
- 25-50-75-100-110
- Pause at the Top
- Swing Arc
- Take A Walk
- 3 Bears for Tempo



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Pre-Round, Practice & Drills

Date:

Objective: Let's ensure you get green checks with all the essentials to get you more solid and more distance from start to finish, Check the thumbs-up  box if you've got this nailed. If not, check the thumbs-down  to indicate a key focus for you.



Set-up

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- Grip: Neutral & Pressure
- Posture Find Neutral
- Stance & Torso: PW-Driver
- Ball Positions PW-Driver

Foot & Knees

<input type="checkbox"/>	<input type="checkbox"/>
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- How they work

Sequence

<input type="checkbox"/>	<input type="checkbox"/>
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- Order of Events

Takeaway

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- Connected
- Hinge

Backswing

<input type="checkbox"/>	<input type="checkbox"/>
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- Checkpoints at Top

Downswing-Impact

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- It's all rhythm
- Impact Square & Center

Finish

<input type="checkbox"/>	<input type="checkbox"/>
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- All Spikes!

My Swing Start to Finish

Key Points & Tendencies