



JOURNEY TO MORE PARS My Awesome Practice Day

Date: May 3, 2018



Today's Practice

- ☒ I did awesome!
- ☒ A mixed bag
- ☐ Ahhh... not so good.

Today's Primary Focus

I would like to improve contact with my irons because my balls are going low and nowhere.

Today's Assessment

Did you achieve your goal?

☐ YES

☒ ALMOST

☐ NO

Technique Practice

Drill No 1:

Balls Hit: small bucket



Drill No 2:

Balls Hit: small bucket



Set-up Checklist / adjusted my:

- Grip and grip pressure
- Ball position and stance width
- Feet pressure points
- Overall tension levels

Random Practice *what I did*

I went up and down the bag twice from PW-5-Iron.

My Mantra *one Key focus thought*

Rev the motorcycle...

Explain

I didn't do too great on first drill, so moved to the second and hit 55% - much better. I then moved to random practice using different clubs and shots, always making sure that I performed my pre-shot routine, stated my mantra with full conviction and executed the shot. After each shot, I evaluated and occasionally sprayed to ensure center contact.

Questions for my Pro

1. My balls often went left even though I hit it in the center?
2. I am not clear on why my 7 seems to go as far as my 5?
3. The second drill was a bit confusing. I need clarification next time I see you.





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Explain

Questions for my Pro

Random Practice *what I did*

My Mantra *one Key focus thought*

