



21 Day GOLF RISE AND GRIND

Step by Step
Daily Guide for
Transformational
Golf





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<http://www.wakeupgolf.com>

Introduction

Ask any single digit golfer or professional player and they will tell you the secret to improving is in following a plan. This is also true for any player who has seen a significant change in their handicap. Let's say from a handicap of 28 to 18 or a handicap of 18 to 10.

Practicing and playing more can easily benefit your overall game. However, too many golfers practice more without a particular plan in mind and waste a lot of valuable time without the results they might be expecting.

The busier you are, the more important it is to follow a plan for improvement. There is only so much time in a day to dedicate to improvement, so why not make it as effective as possible?

The problem is that no one teaches amateurs how to properly progress.

Teaching professionals teach you how to swing the club or correct the aspects of your swing that aren't working. Fitness trainers teach you how to perform exercises that are designed to help your game. Mental game gurus teach you what to pay attention to and what to ignore so you can play a more highly focused game of golf. However, nobody puts it together for you in an easy to follow format.

This type of plan is taught to players at academies who are trying to get on tour, to players who want to get recruited for college golf and to competitive amateurs who want to step up their game. It is also taught to professional players who are striving to get better.

This is the fastest and most efficient way to lower your handicap

and truly play better golf.

This 21 day plan includes the technical, mental and physical aspects of the game. Each day you will be given a set of exercises, drills and parts of the game to develop. Each set of exercises will build upon another so that you will properly progress over the time period.

As an example, you will build stability before adding strength. You will build strength before adding speed. You will build aspects of the swing before adding tempo and timing. Everything will have a purpose and all you have to do is follow the plan.

This plan can also be repeated as you need for years to come. If you are feeling rusty heading into a new season or get frustrated with your game. Simply start the 21 day plan and get back on track.

Are you ready to play transformational golf?

Let's get started.

Day 1

Summary

Grip and Posture

The foundation of a solid grip and good posture are the starting points to a good swing.

Let's revisit the principles of your set up.

Even if you have been playing golf for many years, it is easy to make minor adjustments to your grip and have your swing result in mishits.

If you have had any kind of lay off from golf or you are not hitting the ball as solidly as you like, this is always the first place to turn to.

This applies to the pros as well. Tiger Woods took a long break from golf back in 2006 to grieve his father's passing and returned to the course to review his fundamentals first. "Any time you take time off and start back, you always work on your fundamentals: grip, posture, stance, alignment, said Tiger Woods."

Day 1 golf swing drills and exercises will focus on posture and grip. Fitness exercises will focus on postural strengthening exercises.

Swing Goal

If your grip is too tight, then your left hand is overpowering your right (assuming a right handed golfer) and this results in pushes and hooks. If your grip is too weak, then this results in a common slice among other issues.

The goal is to establish a neutral grip you can always go back to.

1. Look at your grip in a mirror.



- Start by making sure that the club face is square so the leading edge is straight up and down
- Place the club in your left hand, making sure the palm of the left hand is facing down. The club should run diagonally from the palm to the index finger
- Close the left hand - making sure that 2 knuckles are visible
- The left thumb should be on top of the shaft, slightly to the right of center
- The V formation between the thumb and forefinger should point between your right ear and shoulder
- The left hand grip is held in the palm and the fingers.
- The right hand grip is predominantly in the fingers and the club runs along the base of the fingers in a slight diagonal
- Wrap your hand around the club and fit the left thumb into the center of the right palm

2. Look at your golf posture in the mirror.



Make sure you have good golf posture. Your back should not be too rounded nor showing S posture. Once you get into position, be sure to squeeze your abs! Just pull them in slightly and your core strength will absorb the force, not the back. It will also help place your back in its neutral position.

Practice your set up 10 times. This includes practicing squeezing your stomach muscles and holding them for 5 seconds. You should be able to breathe normally.

Fitness Goal

Please perform the following exercises that will help you enforce good posture.



Lying Glute Squeeze

2 sets of 8 to 10 reps

Lie on your back with your knees bent. Lift hips while squeezing your glute muscles all the way to the top. As you become more experienced, try lifting your

toes off the ground for a greater challenge.



Shoulder Stabilizers

2 sets of 8 to 10 reps

Lie on your stomach on the floor. Flex your feet with toes on the ground. Keep your body in a straight line. Keep your head and neck relaxed. Lift your upper body off the ground with thumbs pointed up.



Good Mornings

2 sets of 8 to 10 reps

Stand with your feet hip-width apart. Your hands behind your head with elbows opened wide. Pull your abs in and lower your body until your back is almost parallel to the floor. Keep a slight bend in your knees.

Mental & Strategic Goal

Grip tension is a major distance killer. Once you have practiced getting the correct grip, here's an exercise that will help you release tension when you swing. If your grip pressure is too tight not only will it cost you distance but it will add tension to your swing and can be the main reason for mishits off the tee.

Set up to the ball as you normally would and just before you start your backswing, take a deep breath and then blow all the air in your body out of your mouth.

Day 2

Summary

Body Alignment

Alignment is how you line your body up towards the target as well as club position. Set the club face square to the target and align your body around it. When you are setting up for a straight shot, your body should be aligned parallel to the target line. This includes feet, knees, hips, eyes and shoulders. Ball position controls alignment so make sure your ball is correctly placed.

Swing Goal

When setting up make sure that you aim first with the face of your club. Then align your body square to the face.

How to Perform the Drill:

1. One way to practice good alignment is to lay 3 clubs down on the ground.
2. The first club on the line of the target which sits directly behind your clubface to keep the clubface square
3. The second club should be placed directly between your ball and your toes so you can align your feet, shoulders and hips correctly.
4. The third club sits outside the ball to help you maintain your swing path.
5. Use this drill to get a good feel for your alignment. You can remove the middle club and practice the shot.



Practice this drill for 20 minutes.

Fitness Goal

Please perform the following exercises that will help you work on body alignment.



Side Plank

2 times of 30 seconds per side

Lie on your side with your elbow directly under your shoulder. Place one foot on top of the other in a stacked position.

Push off your elbow and feet. Keep the body position in a straight line.



Front Plank

2 times of 30 sec to 1 minute hold

Start in a push up position with your forearms on the floor. Flex your feet so that your toes are on the ground.

Keep your body in a straight line and

your stomach muscles tight. Keep your head and neck relaxed. Don't let your low back sink down.



Alternating Arms and Legs

2 sets of 10 to 12 reps per side

Tighten your abs and slightly squeeze your glutes in order to press the small of your lower back into the

floor. Alternate arm and leg movements together.



Sumo Squats with Shoulder Raise

2 sets of 8 to 10 reps

Begin in a standing position with a nice wide stance. Lower your body with knees going to the side and arms over your head.

Squat as low as you are comfortable.

Engage your ab muscles and keep good posture.

Mental & Strategic Goal

In golf, it is critical that you have well fitted equipment. This can help your performance instantly. It has been proven to help you with your technique which will help your ball striking. It also helps build more confidence.

There is a huge variety of choices in regards to selecting the right equipment. Seek out an experienced club fitter who will give you the right clubs to help you achieve maximum results.

However, there are certain requirements that must be met. Shafts should be the correct length, flex and weight. The weight of the heads combined with the appropriate shaft length will give you the desired swing weight.

Grips should be the right size to allow your hands to sit correctly on the club. The correct lies and lofts will assist you with the type of shot pattern you are trying to create.

If you've never been fitted, take some time now to look into it.

Day 3

Summary

Body Motion

Body motion is the winding and unwinding of the upper body back and through the golf swing. The lower body resists the turning of the upper body in the backswing and this resistance unleashes power at impact.

The coiling of the body around the spine angle controls the weight shift from one side of the body to the other allowing the arms to swing through impact.

Pivots are excellent drills to practice because they help you improve your stability, flexibility and tempo.

The pivot is the essence of the golf swing – moving around your spine - and by working on controlling the movement of your body you will have more control of your arms and a better feel for impact.

Swing Goal

Club across the Shoulders Drill

How to Perform the Drill:

Place the club in front of your shoulders and cross your arms and assume your set up position

Make sure your left shoulder is slightly higher than your right

Feel your left shoulder move down and across, over your right knee

Your head will move slightly to the right and your weight will shift to your right side



In the transition feel your left knee, left hip and left shoulder move away from your right side and shift the weight to your left side

Uncoil the upper body and feel your right shoulder move across over your left knee

Finish the drill with your weight on your left side and your right shoulder facing the target.



Here is a second version of this same drill. It will give you a slightly different perspective on body movement and positioning.

Simply place your club behind your back and perform some golf swings while focusing on body movement. Perform 2 sets of 15 to each side.

Fitness Goal

Please perform the following exercises that focus on body movement and rotation.



Bend and Rotate

2 sets of 8 to 10 reps per side

Place one foot forward and one back with your weight on your forward foot. Bend your knees and bend at the waist. Hands behind your head.

Pull in your ab muscles so that your back is flat. Turn to one side while also lifting your upper body back to a standing position. Breathe out on the turn.



Adv Side Bend **2 sets of 8 to 10 reps** **per side**

Stand with your feet apart and toes pointed slightly out with arms at your side. Bend to one side as you think about engaging your

mid section. Lean to the side as you bend from the waist. One hand will reach towards the floor while the other hand reaches up.

Body Rotations **2 sets of 8 to 10 reps per side**



Bend at the knees into a partial squat. Keep your lower body stable. You will start with the kettlebell between your front feet, then rotate your upper body (arms and mid section) to one side. Return to the start position,

then rotate to the opposite side.

** You do not need to purchase Kettlebells if you do not already own them. You can replace the Kettlebell with any weighted item like a dumbbell or medicine ball.

Mental & Strategic Goal

In order to be make significant improvements in your game, you must first believe that you can!

One of the few things that you as a golfer can completely control with regard to your game of golf is your attitude.

Wind, rain, poor lies, playing partners who play slowly or talk too much can be frustrating and are outside of your control.

Players who learn to shut out these distractions and have a winning attitude provide themselves the best chance to play at their peak level.

Listen to the interviews as players come off the 18th green. Players who are distracted talk about how tough it was out here, the challenges they faced and the conditions they faced.

Now listen to the winners.

They knew and agree it was tough, but they don't pay too much attention to it. If it's tough, then it's tough for everyone playing at that time. By focusing on it, it is one more thing to have to overcome. Tough players with a single focus only think about their next shot and getting it closer to the hole. That's it.

Practice on having an attitude that sees the playing situation for what it is, yet not paying attention to those circumstances where you have no control.

Day 4

Summary

Swing Positions

With great golfers like Jim Furyk, Matthew Wolffe and others with unconventional swings, we have learned there is not one way to swing a club.

However, it's a great idea to revisit the fundamentals and then adopt your own style from there.

Here are the traditional golf swing positions for you to practice in a 6 step system.

Swing Goal

There are 6 basic positions of the golf swing.

1. **Take away**
2. **Halfway back**
3. **Top of backswing**
4. **Transition**
5. **Impact**
6. **Follow through**



For this exercise, practice each step, then hold each position for a few seconds before proceeding to the next step.

Perform 10 to 15 repetitions of each step. Hold for 3 seconds at the end.

With each position, ask yourself...

Is my body in the right position?

Where is my club face pointing?

Use either a mirror to see yourself or ask someone to film you with their smartphone at end step so you can review it later.

Fitness Goal

Please perform the following exercises and stretches that will help you build strength as well as maintain these positions.



Standing Rows

2 sets of 8 to 10 reps

Grab the handle of a fitness band with wrists pointed down. Your feet should be about shoulder width apart. Pull the handle straight back with elbow pointed back and close to your body. Don't allow it to flare out. Keep your

abs contracted throughout the movement.



Bench Lunges

2 sets of 8 to 10 reps

Place one leg behind you on an elevated platform (bench, chair). Lower front leg and make sure your front knee is not extending past your front toe.



Cross Body Pulls

2 sets of 8 to 10 reps

Kneel down with one knee up and the other on the ground. Grab a cable or fitness band in one hand. Pull the weight from a low position to straight across your back. You will be rotating your body slightly. Pull your abs in

tight and keep your shoulders down and close to your body.



Standing Chest Press

2 sets of 8 to 10 reps

Place your feet in a staggered stance with one foot forward. Contract your abs. Use a fitness band or cable. Keep your arm at shoulder level and elbow pointed back. Your right arm has the weight and your left arm is extended without weight. Now reverse your arm positions. Push the weight forward and other arm comes back.

Mental & Strategic Goal

“It’s more important to be decisive about a read than correct.”

Committing to a plan of action, a shot selection, or a putting line, and actually striking the ball with authority helps develop trust.

Without commitment, there is the tendency to be mentally distracted, have doubts, and second-guess yourself prior to executing. While achieving full trust may take some time, with a simple commitment you give yourself the best chance for something good to happen.

As the late Payne Stewart said, “it’s better to commit to the wrong thing in golf than to be uncommitted to the correct thing”.

So, put in practical terms, how can you implement this notion into your game?

- If you are in between clubs on a shot, pick one, be decisive, and commit fully to that choice.
- If you aren’t sure if the putt breaks six inches or ten inches left to right, choose one and make an authoritative stroke.
- Begin to recognize how many times you’ve hit a shot without being committed, and challenge yourself to pull the trigger only after you’ve eliminated the other options out of your mind.

Day 5

Summary

Stability and Balance

Losing balance in your swing is not only frustrating, but is the cause of a number of swing faults. Today we focus on the drills and exercises that help us with improve balance and a steady base of support to work with.

Your body wants symmetry. With every move you make, one muscle is lengthening while another is shortening. It seeks balance from top to bottom, left to right and front to back. When it doesn't have balance, it breaks down in injury, stress and short and tight muscles. Your body is in a constant battle to try and remain in balance.

Swinging the club on a regular basis and placing the majority of the load on one side of the body is destructive. This is the reason many golfers make sure to train 'bilaterally'.

All this means is that all swings are performed from the right side, then also from the left side.

Swing Goal

Step Drill:

The step sequence helps you learn how to load your right side for a proper weight shift. It's going to feel similar to that of a baseball swing. You're going to be winding up just a little bit on the backswing as your lower body starts to step and rotate. Take the club back. It's going to get about half back-waist high to shoulder high. You're going to feel like you're stepping to the side.

Then you're going to rotate through. Be sure your body is staying in balance.

You should notice that you're actually starting to generate more speed. It's a great drill to give you a sense of synchronization and rotation. You get the feeling of loading to your right side.

The reasons why this drill is so effective is that it forces you to start your downswing with your lower body, not your arms, plus this simple step drill helps you get used to making an effective move towards your target.



Bilateral training:

Most golfers with poor swing speed are swinging out of balance. One side of their body overpowers the other.

By swinging the club one both sides, this drill will begin to correct that.

When we work on bilateral motion, we are going to do left arm only. Then, when we complete the number of repetitions, we will switch to the opposite side.



Begin by placing your left arm at the bicep level of your right arm.

Go ahead and make regular golf swings while you focus on body motion and technique on each side.

You will notice big differences between the two sides. One side will feel normal and the other feel very foreign.

Keep listening for the whoosh sound on both sides. If you typically push or pull shots, you might find this drill will correct this for you by addressing the imbalances.

Perform more repetitions on the side that is difficult to use.

Try 10 repetitions on the left side and 5 repetitions on the right side. Or, you can do 15 repetitions on the left and 10 repetitions on the right.

Fitness Goal

The best way to use exercise as a compliment to balance is to train using one leg and one arm in various exercises. This will allow you to develop any strength discrepancies which is quite common. For example, you may have one dominant side which handles all of the load of the golf swing. It is important to develop the other side.



Standing One Arm Bird Dog **Perform 2 sets of 8**

From a standing position, lean forward as you bend from the hips and engage your abs. Lean as far forward as you can while maintaining balance. Lift one leg behind you and extend one arm

forward and one arm back. Maintain a neutral spine.



Cross Body Rotations

Perform 2 sets of 8 per side

Stand with your feet apart about shoulder width. Hold a medicine ball in both hands above your head. Contract your abdominals and hold them tight throughout movement. Move the ball across your body from high to low in an easy repetitive motion.



Bear Crawls

6 to 8 reps per side

Start on your hands and feet with your knees bent. Start walking forward on your hands and feet. Move your right leg with your left arm and left leg with your right arm. Keep your abs

contracted as you move.



Single Arm Touch

2 sets of 8 to 10 reps

Raise your left arm and leg.

Reach down to touch your right leg while extending your left leg behind you. Try to keep good balance throughout the movement.

Mental & Strategic Goal

Visualization is an important part of the mental and strategic game. All great players have been masters at visualizing a shot before it happens.

Here is what Jack Nicklaus had to say about visualization in his prime playing days. “I never hit a shot, even in practice, without having a very sharp, in-focus picture of it in my head. It’s like a color movie.

First, I see the ball where I want it to finish, nice white and setting up high on the bright green grass.

Then the scene quickly changes and I see the ball going there; its path, trajectory and shape, even its behavior on landing.

Then there’s a sort of fadeout and the next scene shows me making the kind of swing that will turn the previous images into reality.”

Your goal is to practice visualizing a shot off the tee and following through with each shot for a few holes. See how close your visual thought comes to the reality of where the ball went.

Day 6

Summary

Shoulder Rotation

It's very difficult to keep your backswing on plane if you have tight shoulders. The goal for today is to revisit the backswing position and make sure you know what kind of shoulder rotation you are striving for.

Swing Goal

At the top of your backswing, you are in your maximum lag position. Your left arm and your club shaft form a 90 degree angle. If you rotate your body to the target without letting your arms drop down towards the ball your body rotation will carry your lag position to the impact zone.

Turn towards the target first, before you let your arms swing down away from your shoulders.

Learning lag is best shown through a series of positions or the rules of 90.

Your shoulders should form a 90 degree angle at the top of the backswing. If you are right handed, check your mirror when you are in your backswing.

Your shoulders should be rotated away from your hips (2 to 1 ratio)



Practice your backswing 15 to 20 times and hold the movement at the very top of the motion. Take note of your shoulder position at the top.

Fitness Goal

The following exercises and stretches will help you with proper strength and rotation of your shoulders.



Wall Warm Ups

2 sets of 8 to 10 reps

Place your feet shoulder width apart and your elbows at shoulder height. Stand against a wall with shoulder blades and hips touching the wall. Contract your ab muscles and extend your arms straight up trying to maintain contact with the wall.



Shoulder Stabilizers **2 sets of 8 to 10 reps**

Lie on your stomach on the floor. Flex your feet with toes on the ground. Keep your body in a straight line. Keep your head and neck relaxed. Lift your upper body off the ground with thumbs pointed up.



Arm Circles **2 sets of 10 to 15**

Start with your arms down with palms facing out. Squeeze your shoulder blades together slightly to make sure your chest is open. Begin making small circles with your arms. Hands will rotate back and down. Move your arms to a mid-body position while continuing to make small circles. Last, raise your arms to just below shoulder level for the final round of circles.

body position while continuing to make small circles. Last, raise your arms to just below shoulder level for the final round of circles.



Shoulders Stretch **2 sets of 8 to 10 reps**

Grab a golf towel with one hand and place it behind your back. Reach behind with your opposite hand and take hold of the towel. Pull the towel up with the top hand, and then slide the towel down with your lower hand.

Mental & Strategic Goal

Most golf psychologists believe it is fine to have a single swing thought as long as you keep the **swing thought on the process and not tied to the outcome.**

An example of a swing thought for yourself might be “I want to make a smooth takeaway and soften my right arm.” So, you say to yourself ‘soften and smooth’ as you step up to the tee.

What if you hit it poorly off the tee?

It is normal for an amateur to start producing new swing thoughts and further corrections which is a bad plan. It is really important to stick to the original plan when you started your round – regardless of the outcome of the shot.

Recommit to your original swing thought “soften and smooth’ and then hit again.

“No matter what, do not change the swing thought you are working with.”

The ONLY thing he advises to change on the golf course is your tempo.

You NEVER change your swing or swing thought on the golf course, only the range.

Day 7

Summary

Hip Rotation

If your hips aren't rotating or turning, then they are most likely sliding.

Today we work on hip rotation and proper lower body movement.

Swing Goal



Having a good 'pivot' is one of the most fundamental movements in the golf swing. Without good body motion back and through, golfers will have a frustrating and difficult time getting their club on plane and their clubface square at impact.

The basic pivot helps golfers get a stretch in their torso so they can get into a nice coil in their backswing as well as allow their body to make a proper weight shift from one side to the other.

There are many swing faults which occur when a golfer has difficulty with the pivot. This includes: lateral sway instead of a hip rotation, a reverse pivot, difficulty loading your right leg (or the leg you load at the top of your backswing) and hanging back on your right leg at finish as opposed to shifting your weight again

for the point of impact and as you transition to the follow through.

Drill 1



Take a normal backswing.

Retain angle.

Shaft stays at right angle right above your knee.

This allows you to focus on the left hip getting into position.

Practice this 20 to 25 times.



Fitness Goal

These exercises are designed to help you build strength, flexible and explosive hips for rotation.

Side to Side leg Swings

Stand facing a wall for support. Extend one leg to the side as far inward as possible, then back out as far as possible. Switch to the



opposite leg and continue swinging side to side trying to increase your range of motion over time.

Try 10 swings inward and 10 swings outward on each leg. Remember to start slow and

see where your natural range of motion is, then try to improve it with each swing without straining or pushing yourself too far. It should be an easy natural rhythmic movement that slowly increases with more repetitions.



Lateral Heisman
2 sets of 8 to 10 each side
side

Begin in a standing position with both hands at your side and feet shoulder width apart. Bring one knee up and opposite arm down to meet in the middle of your

body. Repeat on other side. Keep moving.



Med Ball Side Pass
8 to 10 reps per side

Standing tall next to a wall, your feet shoulder-width apart, hold a medicine ball in both hands. Extend your arms fully in front of you so that the ball is at chest height. Keeping your

abs tight, rotate your torso away from the wall, quickly reversing the direction to throw the ball against the wall as hard as you can, catching it on the rebound.

Mental & Strategic Goal

For golfers who want to eliminate fear, grief, frustration and anxiety on the course, they need to make a critical shift in their thinking which allows them to stay present in the moment and concentrate only on what is in front of them.

Playing in the present is exactly what it is -- the present. You are in the present when you are without any thoughts or concerns about the past or future. Nothing else exists except the present and the truth of your circumstances.

Learning to play in the present on instinct requires time and effort. That is why experience is such a priceless commodity. By training your mind to play in the present, you can shorten the time required to experience the power of being free to play on instinct and in the zone.

Here is how you approach a shot with the one shot model.

A golfer approaches his or her next shot by collectively relevant information like yardage, wind, lie, slope, elevation changes, etc. Then, they choose the correct club for the conditions.

Here's what it looks like in motion.

Plan Assessment/Decision→Shot Commitment→Shot Execution→Recover

You will notice this is all a very structured and practiced way to stay focused on the task at hand and eliminating needless distractions. The average golfer places their thoughts on distracted thinking like their score at that moment, what is happening with the group ahead of them and behind them, how the playing partners in their group are playing, and, even, who is or is not watching them play.

Day 8

Summary

Lower Body Movement

Here we focus on the movement of the lower body. Before you worry about synching your swing, it's important to understand the movement of your feet, hips, knees and lower body alignment.

Swing Goal



Drill #1

You can use an alignment stick or a golf club as shown.

Place your golf club across your body with the handle pointing out and resting across your slightly bent elbow.

Simply perform a few regular swings and watch how your lower body moves throughout the swing.

Drill #2



Using an iron, make a normal golf swing

As you take the club to your backswing, lift your left foot off the ground. Think about how a baseball player performs his swing.

This will force your weight onto your right side.

Fitness Goal

These exercises are designed to activate the muscles of your lower body.



Partial Squat to Rotate **8 to 10 reps per side**

Place one leg on top of a fitness ball and extend the leg to the side. Lower your body to a full squat position while sitting back on your heels. As you raise your body up,

begin rotating away from the ball until you are in a standing position.

Lie on your back with your knees bent. Lift hips while squeezing your glute muscles all the way to the top. As you become more experienced, try lifting your toes off the ground for a greater challenge.



Step Back to Press **2 sets of 8 to 10 reps**

Place your feet about shoulder width apart and your abs contracted. Hold 2 dumbbells at your side. Take one step back and lower your body into a lunge. Raise your arms above your head into a shoulder press at the same time. Push through your back foot to return

to the starting point.



Duck Walks **2 sets of 8 to 10 reps**

Lower your body to a squat position with your feet pointed out slightly. They should be

slightly greater than shoulder width apart. Only lower your body as far as you are able. You should feel this in your quad muscles and not in your knees. Begin taking steps slowly.

Hip Lift

8 to 10 reps per side



Lie face up with your legs bent. Place one foot flat on the floor and pull the other knee up towards your chest with your hands. Push through your heel to lift your glutes off the ground. Keep your abs contracted and your pelvis neutral.



Leg Circles

10 to 15 reps per side

Place your hand on the floor, directly under your shoulder. Place your bottom knee under your hip. Lift your top leg in line with your top hip. While moving from the hip, draw 10 small circles in one direction, and then reverse the circle for another 10 repetitions. Switch sides.

Mental & Strategic Goal

By using a pre shot routine, all of the distractions are eliminated and focus is given to only this moment in time.

Develop your own pre shot routine similar to the example given. Make sure to use either a single deep breath or relaxation technique like squeezing the grip tight, then letting go to release tension. There is not a right way or wrong way to set up your routine as long as it has all of the elements of a plan>commit>execute>recover.

Example of Pre Shot Routine

- Take a full-tempo rehearsal swing standing next to the ball
- Get four to five steps behind the ball and look down the line of the shot
 - Pick a very specific target to which you are hitting the ball
 - Visualize the shape of the shot flying through the air
 - Take a big, deep, cleansing breath
 - Pick an intermediate target (12-24 inches in front of the ball) to which you will square your clubface
- Walk into the shot with your eyes fixed on the intermediate target until the clubface is square to the target and your body is appropriately set-up to the club
- While wagging the club, stare at the target and glance at the ball
- GO!

Day 9

Summary

Upper Body Movement

Let's take a look at the motion of the upper body as it is in the golf swing.

Swing Goal

Drill #1

This drill will also give you a feel of the clubface being square throughout your swing. You will also feel your grip more in the fingers.

Take your athletic set up. Grip way down on the club - about 8 inches from the clubhead. Then place the grip end on your left hip.



Fitness Goal

Please perform the following stretches for golf.

All in One Stretch



2 sets of 10 to 12 reps; Hold for 1 to 2 seconds

Take one step backward and extend your left leg into a modified lunge position. Place both hands around your knee and lean forward into the bent knee while maintaining your spine angle.



Standing Lower Body Stretch

2 sets of 10 to 12 reps; Hold for 1 to 2 seconds

Begin the movement by bringing one knee in towards your chest and wrap both hands just below your knee. Once you have your balance, try elevating onto your toes. Hold and then return the bent leg to start position. Be sure to pull the navel towards the spine throughout. Keep the eyes and chest lifted. Alternate legs and keep the body moving.



Standing Side Bend 2 sets of 10 to 12 reps; Hold for 1 to 2 seconds

Place hands about shoulder width apart on golf club, Slightly flex knees and raise hands over the top of your head. Keep your

hips stable while you rotate over to one side, then another. Hold each side for a count of two.

Mental & Strategic Goal

A revolutionary concept was developed by Pia Nilsson and Lynn Marriot who have trained many champions including Annika Sorenstam with their Golf54 approach.

One of their key concepts was in playing golf with a visual ‘Think Box’ and ‘Play Box’. The Think Box was the area where you evaluate all aspects of the shot in front of you. This is where you will be determining your shot selection by factoring in critical information.

- Yardage from target (measuring to lay-up area/front edge of green/pin position, etc.)
- Wind (downwind/headwind/crosswind)
- Lie (ball on sitting down in rough/perched up on tuft of grass/sitting on short grass)
- Slope (ball above/below feet, upslope/downslope)
- Course conditions (wet/hard/soft)
- Elevation change in shot (uphill or downhill to target)

You will also be evaluating the specific target, shape of the shot and club selection from these details.

Once you have made these decisions, you take a step forward into the tee box or ‘play box’ where the only thing you are now thinking of is execution of the shot.

Once you cross the decision line between the two, you must be fully committed to the shot at hand.

Day 10

Summary

Swing Plane

When new golf drills are performed at a slow and deliberate pace, you will have a more clear understanding of your swing, develop the right feel for your body motion and movement patterns and build confidence in your abilities as a player.

The following drill will help you reinforce body motion and positions of the golf swing.

Swing Goal

Club Awareness Drill



It forces you to swing both clubs in balance using your arms, wrists and upper body and allowing the lower body to remain stable.

Grip two clubs - one in each hand - and make sure you choke up on the clubs and start with both of them off the ground. Keep your hands a few inches apart during the drill.

Perform this drill for 15 to 20 minutes.

Fitness Goal

Please perform the following exercises and stretches.



Bent Over Rows **2 sets of 8 to 10 reps**

Place your feet about shoulder width apart and bend over from the hip. Use dumbbells or a barbell (or a couple of golf clubs) in your arms with wrists pointed down. Squeeze your shoulder blades and contract your abs as you bring the weight straight back. Keep your elbows pointed back and close to your body.



Split Squat **2 sets of 8 to 10 reps**

Place one leg behind you on an elevated platform (bench, chair). Lower front leg and make sure your front knee is not extending past your front toe. Hold a light pair of dumbbells at your side.



Low Back and Glute Stretch

2 sets of 10 to 12 reps, Hold 1 to 2 seconds

Lie flat on your back with your legs straight. Raise your right leg up so that the knee is bent and then cross your legs, resting your left ankle on your right knee. Grasp your left knee with your hands and pull it in toward you, keeping your left ankle on your right knee. Continue gently pulling until you feel the stretch. Switch and stretch your right leg.

Mental & Strategic Goal

A great mental exercise which forces your mind to be more focused was revealed in the book, *The Inner Game of Golf*, by Timothy Gallwey. The exercise is called Back-Hit-Stop.

Draw your attention on the feel of the clubhead as you move through your backswing to its furthest position. Now, say the word 'back'. You should be able to sense the position without worrying about its exact position.

Next, say the word, 'hit' at the moment of impact when the clubface meets the ball. Again, notice the feel.

Last, say the word 'stop' as your body completes the follow through and is in its final resting place.

Day 11

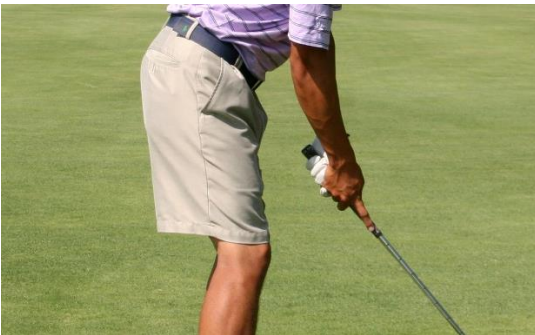
Summary

Synchronized Swing

Up til now we have been working on individual components of the game. Now it's time ot put it all together so you can have a synchronized swing that is built to last.

Swing Goal

Drill #1



Finger Down the Shaft

This drill helps keep the club face square throughout the swing and improves impact position.

Assume your set up position. Extend your right index finger down the shaft making sure that the right hand V is pointing to your right ear.



Make a $\frac{3}{4}$ golf swing and feel your right hand to release at impact, causing the ball to draw.

Drill #2



Next, put your golf club down. It's time to work on body motion and holding the club prevents you from 'learning mode' as you revert to old habits.

Take your left hand on top of your right in a criss cross pattern. Get into your good golf posture and begin to swing. The position of your arms forces your left shoulder to stay down, helps your right shoulder stay high and helps you find the coil naturally.

Just repeat this drill for 5 minutes or until it starts to feel more natural to you, then pick up your club and begin to swing again.

Fitness Goal

Please perform the following exercises and movements.



Kettlebell Rotations **2 sets of 8 to 10 reps**

Bend at the knees into a partial squat. Keep your lower body stable. You will start with the kettlebell between your front feet, then rotate your upper body (arms and mid section) to one side. Return to the start position, then rotate to the opposite side.



Core Plank Pulls **2 sets of 8 to 10 reps**

Place a fitness band underneath one foot and make sure it is secure. Your body will be in a plank position with hands and feet touching the floor. Abs are contracted. Bring the opposite end of the fitness band up to shoulder level.



Back, Glutes and Hamstring Stretch

2 sets of 12 reps; Hold for 1 to 2 seconds

Lie on your back with your arms extended to your side and left leg straight. Cross your left leg over your right thigh keeping your leg straight. Place your right hand on your left leg and pull it slowly toward the floor, until you feel a stretch on the outside of your left hip and low back. Keep your shoulders in contact with the floor.

Mental & Strategic Goal

“Hit the shot you know you can hit, not the shot Arnold Palmer would hit, nor even the shot you think you ought to be able to hit.”

Bob Rotella believes all players should have a conservative strategy on the golf course, but use a ‘cocky’ swing to execute each shot. The opposite of this would be to have a bold strategy with a shot you are not likely to be able to execute and with a swing that lacks confidence. This second combination rarely, if ever, turns out well on the golf course.

When you practice your swing and you have learned to trust it, then you should be free to execute it with total confidence on the course. This means you can swing more aggressively.

Day 12

Summary

Stance Adjustments

All great players throughout history have been great iron players. This requires a solid shot as well as control over distance. It's also important to learn how to control the ball.

Today we will practice hitting draws, fades and changing your stance and ball positions.

Swing Goal

Practice on the range with specific outcomes. For example, 10 draws to a target or 10 fades to a target with short, middle and long irons.



Drill #1: How to hit a draw

ball position will be back in your stance

body alignment right of your target (feet, knees, toes and shoulders)

swing path from inside to outside





Drill #2: How to hit a fade

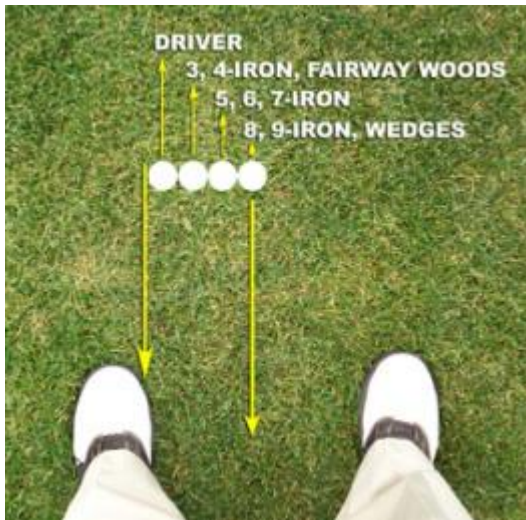
ball position will be forward in your stance

body alignment left of your target (feet, knees, toes and shoulders)

swing path from outside to inside



Drill #3:



Pay attention to ball position with each club and shot selection.

Hit 10 balls with each ball position as shown here.

Fitness Goal

Please perform the following stretches to help with your golf flexibility.



90-90 Hip Stretch

2 sets of 10 to 12 reps. Hold 1 to 2 seconds.

Place both your front and back legs bent to 90 degrees.



Place one hand inside your thigh and one hand outside the same thigh.

Keep a flat back and bend forward from the hip as far as you can maintain the same spine angle.



Lying Back Stretch

2 sets of 10 to 12 reps. Hold 1 to 2 seconds.



Lie on the floor with your arms and legs extended out.

Begin by placing your left leg over your right with the knee bent.

Place your right hand on the knee joint and allow the bent knee to reach towards the ground. Keep both shoulders on the ground.



Shoulder Stretch

2 sets of 10 to 12 reps. Hold 1 to 2 seconds.

Place one arm next to your head with palm facing forward. Take your opposite arm and bend it behind your head. Grab your straight arm on the

backside of your elbow joint.

Gently pull your straight arm back into a stretch. Be sure to keep your body straight as tight shoulders will want to pull on your whole upper body backward. Keep your stomach muscles taut with good posture.

Mental & Strategic Goal

Managing your emotions on the golf course is a critical part of the game. Allowing your emotions to go too high or low can have a negative impact on your performance and create needless distractions.

Some mental gurus recommend creating a 'groan zone' on the golf course. Your groan zone is a physical boundary that you designate to express your emotions. It helps you stay mentally composed.

Having various emotions are normal. It is the way you react to them that creates the issues with your game. Let's say you are on the tee and go through your regular set up routine. You hit the ball and it does not go where you want it to.

You can feel anger, frustration and disappointment. However, these emotions should be contained within a physical boundary that you establish in advance as part of your routine. This process creates a healthy boundary for your emotions.

Examples of physical boundaries that you can set might be as you walk to put your club back into your bag. Once you place the club back into your bag, the emotion has been expressed. You can also use the tee box as a physical boundary.

Once you hit your shot and return your club to your bag, you can use the short walk to express your emotions. However, you need to train yourself that once you leave the tee box area, your shot and an emotions related to it are done.

Day 13

Summary

Tempo and Timing

Let's work on tempo and timing so you can develop a repeatable, consistent swing.

Swing Goal

Drill #1



- Practice with your shoes off. By hitting balls with your bare feet, you have a better sense of balance. You can feel your leverage as you shift your weight to the right foot on your backswing and then over to the left foot on the downswing.
- This is also a great practice idea for golfers who use too much of their hands and arms in the swing as it reminds them how to feel the swing from the ground up. It helps you to get more in tune with proper foot work.

Drill #2



Perfect for golfers with too much arm swing and those with too much body movement.

If the arms are too “locked up” to the body with insufficient swinging action.

Put your two feet together (touching each other) and hit some 6 irons or 7 irons. Do it off a low tee until you get a feel for it. You’ll notice that when you overuse the body (swaying, dipping, getting

in front of the ball, etc.) you’ll lose your balance.

Fitness Goal

Please perform the following exercises and movements.



Squat to Press

2 sets of 8 to 10 reps each side

Begin in a wide stance with toes slightly pointed out. Place your dumbbell in your right hand. Start in a squat position with dumbbell on the ground. Raise your hand out above your head as you raise your body up. Bend

your knees and lower the dumbbell back to the ground.



Mountain Climbers **2 sets of 8 to 10 reps each** **side**

Begin by contracting your abs and placing your body in the top of the push-up position. Pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate. Return your leg to the start position. Alternate sides in a rhythmic movement.



Knee Touches **2 sets of 8 to 10 reps**

Begin in a push up position with hands directly below your shoulders. Arms should be slightly bent. Bring your right leg up towards your shoulders. You should feel tension in your ab side muscles.

Mental & Strategic Goal

This is a great time to learn about swing tempo. According to a popular book called *Tour Tempo*, it is recommended that a 3 to 1 ratio of backswing to downswing is best. It can also be used by coming up with 2 to 3 words as you wind up, then one word as you downswing.

He states that Nick Faldo used the term 'wind it up' on his backswing. Jack Nicklaus used 'low and slow' on his turn. Basically, these words can be used as cues to start your swing as well as tempo phrases to keep you on track.

Come up with a 2 to 3 word phrase for you and use it in practice to find your perfect tempo.

Day 14

Summary

Ground Reaction

We have placed a lot of emphasis on building a foundation up until now. It's time to change focus to ground reaction and speed production.

Your body is only connected to outside sources: the ground you are standing on and the club you are holding.

The ground provides a critical leverage point for power. Think of it in the same way as if you were in a swimming pool and wanted to springboard your body off the wall by using your feet.

In this case, a golfer wants to use his ground forces to create a vertical lift. Even if small, you can see the application of power.

Day 14 golf swing drills and exercises will focus on ground reaction forces and power production.

Swing Goal

This is a great drill to improve ground reaction. Here is the key to making it work. Keep in mind your body is only connected through



two outside sources: the ground you are standing on and the club you are holding.

- The ground provides a critical leverage point for power. Think of it in the same way as if you were in a swimming pool and wanted to springboard your body off the wall by using your feet.
- In this case, a golfer wants to use his ground forces to create a vertical lift. Even if small, you can see the application of power.
- Begin with a partial squat to get your leverage point. Then, by applying force to the ground, jump up or lift yourself quickly while whipping the club through.

Fitness Goal

Please perform the following exercises and movements.



Jump Squats

2 sets of 6 to 8 reps

Start in a deep squat position with your hands behind your head. From this position, explosively jump up as high as you can before returning to your starting position.



Hip Lifts

2 sets of 8 to 10 reps

Lie face up with your legs bent. Place one foot flat on the floor and pull the other knee up towards your chest with your hands. Push through your heel to lift your glutes off the ground. Keep your abs contracted and your pelvis neutral.



Lunge and Reach **2 sets of 8 to 10 reps**

Take one step forward with your right leg. Keep your body centered (not leaning forward or backward.) Raise your left arm up with palms facing in and right hand down. Bend slightly to the right side until you feel a stretch along your left side.

Mental & Strategic Goal

Play a practice round of 'nonjudgmental golf'. Think of it like a game where after every single shot you **MUST** remain neutral or happy. If you mishit the shot, then you must immediately say something kind to yourself or remain neutral. However, in no circumstance can you pass judgment on the shot or yourself. Give yourself a rating of 1 to 5 so you can measure how successful you were at achieving this goal.

Day 15

Summary

Speed Training

Now it's time to work on speed training.

One of the reasons it wasn't introduced earlier is because speed training should be performed after you have developed good swing mechanics and a synchronized swing.

Swing Goal

There are two primary parts to this drill. First, you will perform this drill listening to where you hear your lag so you can adjust your swing.

Once you perform this drill and make some adjustments, perform this drill 10 times as fast as you can as you accelerate through the bottom. Perform this drill on both sides of your body.

Where are you releasing YOUR lag?

One of the best ways to tell is by performing the Whoosh Drill (also called the Swoosh Drill).

To do this drill, use a lightweight club. Some golfers simply turn their club upside down so they are holding the club head instead of the grip. Take a couple of swings and **pay attention to where you hear the whoosh sound.**

Where you hear the whooshing sound is where your club is traveling the fastest and it is where you are releasing your lag. If you hear your whoosh at the top, then you are releasing your lag too early. It is also called casting.



If you hear the whoosh at the back of the swing or the bottom of the swing, you are releasing too early. You are stopping your rotation at the ball.

The objective is to move your 'whoosh' as far forward in your swing as possible.

The reason is because you still want to be accelerating at the target as you rotate through the impact zone.

Fitness Goal

The following exercises can be performed with speed.



Mountain Climbers

10 to 15 reps per side

Begin by contracting your abs and placing your body in the top of the push-up position. Pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate. Return your leg to the start position. Alternate sides in a rhythmic movement.



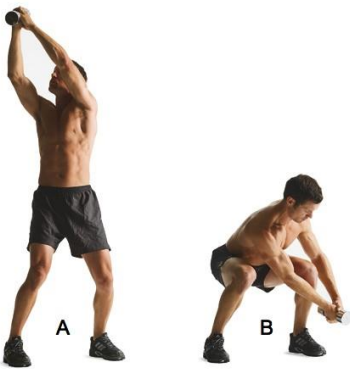
Split Jump

6 to 8 reps per side

Assume a lunge stance position with one foot forward with the knee bent, and the rear knee nearly touching the ground.

Ensure that the front knee is over the midline of the foot. Extending through both legs, jump as high as possible, swinging your arms to gain lift.

possible, swinging your arms to gain lift.



Reverse Wood Chops

2 sets of 10 reps

Start in a squat position with weight slightly over your left foot. Stand up while rotating your arms up and across your body. Extend your arms fully at the top of the movement.

Lie on your stomach on the floor. Flex your feet with toes on the

Mental & Strategic Goal

Performing your best and playing your best is more about knowing your game and your limitations. When we “play within ourselves”, we are playing the shots that we have a high probability of making based on our experience. They are shots we have practiced over and over and shots we typically make. It does not refer to the one time you made a crazy shot that you were never able to duplicate.

Playing within yourself doesn’t have to mean laying up, playing safe or being weak. In fact, it is quite the opposite. It means you are confident with your game and the shots you know you can

make (or your probability is strong) and you engage the mental strength within to play just within that boundary.

It creates an air of invincibility that has been demonstrated over and over by Tiger Woods and Jack Nicklaus. They were both famous for playing within themselves as a guiding principle to keep making smart decisions, shot after shot, only focusing on the task at hand.

Watch and observe the best players on tour and you will see them selecting a precise target within the boundaries of their comfort zone and capabilities, then aggressively executing the shot. By playing this way, they can play with more comfort and ease instead of trying to force shots that can push their limits too far.

Playing within yourself requires trust, commitment and honesty about where your game is and where your capabilities lie at any given time.

Exercise #1

Remember 'playing within yourself' has to do with knowing and playing your usual shots, not your best shots. Of course, you won't know this until you try this drill.

Mark off a practice area that represents an average fairway. With the average fairway being 40 yards wide, get a visual to work with.

-Hit 10 balls with your driver.

-Hit 10 balls with your fairway woods.

-Hit 10 balls with your hybrids.

-Record your results in a notebook.

Now, repeat with an area you mark as the green. The average green is about 20 yards at its widest.

-Hit 10 balls from 100 yards

-Hit 10 balls from 125 yards

-Hit 10 balls from 150 yards

-Record your results in a notebook.

Day 16

Summary

Short Game

Today will be focused on chipping set up and drills. Tomorrow will be pitching.

Swing Goal

Chipping



- The feet are narrow and stance is slightly open. Grip down on the club with a regular grip, hands forward (butt end points to left hip) and weight favoring the left side. Ball position is back in your stance which will encourage a descending blow through impact.



- Overall, the body controls the club. Wrists are slightly hinged in the backswing from the weight of the club and unhinge in the downswing. The butt

end moves with the chest from impact to finish. Arms and the body control the release of the club to the finish.



- Distance and speed is controlled by your arms, length of the backswing and club selection.
- Direction is controlled by alignment, path, and face

Use this shot for:

- Around the greens
- When you want the ball to run (less spin)
- For different lies



Right Foot Back Drill

This drill helps your club face come down on a descending angle

Stand with your normal set up with your right foot back. The sharp angle of the club leans ahead of the ball. Your weight is shifted to the left side.



Fitness Goal

Please perform the following exercises and stretches.



Single Arm Touch

2 sets of 8 to 10 reps

Raise your left arm and leg. Reach down to touch your right leg while extending your left leg behind you. Try to keep good balance throughout the movement.



Single Leg Med Ball Rotations

2 sets of 8 to 10 reps

Start by standing on one leg with knee flexed. Hold a 2-4 lb medicine ball out directly in front of chest with arms extended. Rotate your shoulders as if you are performing your backswing. Then rotate to your follow through.



Hip Flexors and Obliques

2 sets of 10 to 12 reps

Take one step forward and lower your body to the ground with your knee bent at a 90 degree angle and your foot flat on the ground. While maintaining balance, raise your opposite arm up and extend it above your head. Hold this for a few seconds and then switch to the other side.

Mental & Strategic Goal

Struggling with the outcome of poor shots is more of an issue with amateurs than the pros. Pros have typically been well trained in the mental game and know how important shot recovery can be. Here are the biggest problems amateurs face when they hit a poor shot on the course.

- they become too quick when they get frustrated and pick up their pace leading to a future train wreck on the course

- they immediately start thinking of too many technical thoughts about how to fix the issue. Golfers begin playing 'golf swing' instead of playing golf.

- they start worrying about their score as a result of one bad shot which creates more stress and worry

- they start taking more risk because they want to make up for the previous poor shot

Here is where he suggests you place your focus:

- bad play happens to good golfers and they make mistakes. Never compound one problem by adding more mistakes to the list.

- immediately default to your plan or routine. This is why it's important to have one. Once you hit a bad shot, take a nice cleansing breath in and exaggerate the exhale. Use the exhale motion to let go of the poor shot.

- move back to the question at hand – what's my new target and refocus on what is in front of you. Make a fearless swing at your target and keep moving forward.

Day 17

Summary

Short Game

We will be exploring the proper set up, execution and drills for good pitching technique.

Swing Goal

Pitching

Set Up



- Grip down on the club making sure you have a light grip so you can feel the clubhead during the swing.

- The stance is narrow at address with the lower body open to the target with shoulders square.

Feel the impact position (keep secondary spine tilt), knees toward target, ball position middle (depending on length of shot and trajectory), arms hang, hands ahead of ball, and weight about 60% left.



- The swing is a miniature

version of the full swing where your arms and chest control the motion. The wrists hinge to ensure a good plane and a



fluid motion.
Accelerate through impact with a follow through to match the length of the backswing.

The difference between a chip and a pitch is distance and time in the air.



A pitch, unlike a chip shot, has maximum air time and minimum roll, stopping quickly due to spin on the ball.

- Control distance by width of stance (longer shots need wider stance), length of backswing (longer backswing for longer shots) and club selection.
- Direction is controlled by alignment, path and face.

Use this shot for:

- Distances of 20 – 100 yards to the green
- For recovery shots



Drills:

The key to pitching is distance control. Practice with your different wedges to various targets and make sure that you have a way to measure the distance of each club.

For example, place targets at 20, 40, 60 and 80 yards. Practice pitching balls to each.



Right Arm Swing Drill

Practice some pitch shots with your left arm behind your back. The right arm swings will help you swing the wedge on plane and control the release with your right side moving

through impact.

Fitness Goal

Please perform the following exercises and stretches.



Bear Crawls 10 steps forward

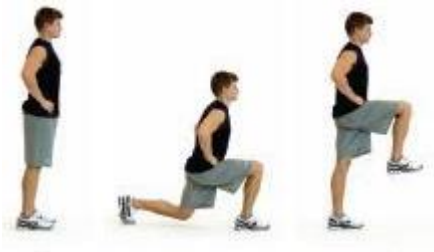
Start on your hands and feet with your knees bent. Start walking forward on your hands and feet. Move your right leg with your left arm and left leg with your right arm. Keep your abs contracted as you

move.



Weighted Side Bends 2 sets of 8 to 10 each side

Stand with good posture and knees slightly bent. You can hold a dumbbell, kettlebell or nothing in your hands. The opposite hand will be on your stomach. Pull in your stomach muscles slightly and bend to the opposite side. You are not leaning, but rather bending at the waist.



Lunge to Step Up **2 sets of 8 to 10 each side**

Take one step forward and lower yourself to a lunge. Push off with your forward foot to return to the start position. Then lift your right

knee up. Keep your abs contracted throughout the movement.

Mental & Strategic Goal

Most tour players have learned to quiet their mind by incorporating deep breathing exercises into a pre shot routine. Try this technique before your next shot to see what difference it makes for you.

Here is one of Tom Watson's favorite breathing techniques.

Step 1: Take a deep breath and slowly let it out.

Step 2: Take another deep breath and let half of it out.

Step 3: Start your golf swing

When you breathe, make sure you are inhaling through your nose and diaphragm. This will activate your parasympathetic nervous system which slows your heart rate and induces a state of relaxation.

Day 18

Summary

Putting

We will spend two days on the putting green. One day focuses on proper set up while the next day has a number of putting drills to work on technique.

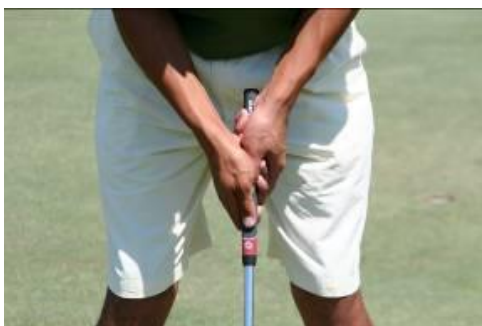
Swing Goal

Putting

Set Up



1. Grip - the thumbs sit on top of the grip and the palms of both hands oppose one another. Reverse overlap grip to eliminate wrist break and keep the pressure light.



2. Ball position is forward in the stance, under the left eye. The eye line is over or slightly inside the ball.

3. The hands should be under the shoulders and the arms resting on

upper chest with the elbows close to the side.

4. Posture is created by the length of the putter and weight is 50/50

5. Slight knee flex and bend over from the knees and hips
6. Direction starts with a square club face at set up

The Stroke

1. Controlled by the arms and shoulders.
2. The path moves back straight and through for short putts and gradually moves inside on long putts.
3. The putter head will always move on an arc due to the lie of your putter.
4. Distance is controlled by the length of your backswing and the speed of your stroke.
5. Your head and lower body must stay quiet throughout the stroke to create a consistent path back and through.



The Path Tee Drill

Place tees on the green on the putting path to help you square your club face at address and improve the path of your stroke.



Fitness Goal

Please perform the following exercises and stretches.



Core Shoulder Swings

2 sets of 8 to 10 reps per side

Hold dumbbells in each hand while bending forward at the hip. Keep your abs tight. One arm goes forward and the other back to shoulder level. Reverse the movement. Make sure the movement is slow and controlled.



Knee Touches

2 sets of 8 to 10 reps per side

Begin in a push up position with hands directly below your shoulders. Arms should be slightly bent. Bring your right leg up towards your shoulders. You should feel tension in your ab side muscles.



Back and Hips

2 sets of 8 to 10 reps each side

Step forward with your left foot into a lunge. Bring your right arm across your forward knee and open up your right arm as far back as possible. You will feel a stretch in your back and side muscles. Repeat on the opposite side.

Mental & Strategic Goal

‘Always putt to make it’. This may sound simple, but many golfers are still thinking about trying to get it close. That small shift in thinking can make a big difference.

The other big difference maker is developing a putting routine. Similar to a pre shot routine, the putting routine allows you to collect relevant information about the break that you see and any distance estimations, then commit to the shot.

First impressions are usually better than 2nd, 3rd or 4th reads. Don’t be afraid to go with your gut instincts.

And, never putt out of fear. This is what a good routine will help you overcome.

See if you can come up with a putting routine.

A sample might include:

Read the green

Visualize it going in from stroke to finish

Setting up your alignment

Take a deep breath

Then hit it in!

Day 19

Summary

Putting

Today we continue with putting practice. It's time to practice a number of distance and control drills.

Swing Goal

Drill #1



Place an alignment stick parallel to your target line on the right edge of the hole

Practice making putts using the alignment stick

This helps you follow the right arc as well as make sure your putter is square

Drill #2



hitting the tees

Set your putter on the ground, then place a tee at the toe of the putter and one at the heel

Practice hitting through those tees without touching or

If you hit the tees, then it is important feedback to let you know that you are not swinging back and through which is the hallmark of a good putting stroke.

Drill #3



Place golf balls in a criss cross pattern or a T around the green.

Each ball will be placed about a foot apart

Start with 3 balls from each direction

Start with one set of balls as you work towards the green. Then move to the right for the next set of balls.

Fitness Goal

Please perform the following exercises and stretches.

IT Band-Obliques

2 sets of 10 to 12 reps each side



Place your left foot across your right foot with your knees slightly bent. Extend your right arm overhead while your left arm hangs comfortably at your side. Begin by leaning your body to your left side. Repeat the stretch on the other side of your body.



Hamstrings

2 sets of 10 to 12 reps each leg

Place your left leg on a bench (or stair) and place your hands on your hips. Bend forward from your hips. Do not round your back when bending. You are leaning forward not bending your back. You will feel this in your

hamstrings.

your knees bent. Lift hips while squeezing your glute muscles all the way to the top. As you become more experienced, try lifting your toes off the ground for a greater challenge.



Knee Ups

2 sets of 10 to 12 reps each leg

Place your feet about shoulder width apart and arms at your side. Place your hands around one knee and pull it into your chest. At the end of the movement, lift your heel off the ground to incorporate your calf

muscles as well as challenge your balance.

Mental & Strategic Goal

Did you create a putting routine yesterday? If not, take time to practice a few steps in the exact same order as we suggested yesterday.

Practice this for 25 to 50 balls. Perform the same routine before you hit every single putt.

Day 20

Summary

Sand Practice

Many practice areas these days also have a practice bunker. Grab a bucket of balls and make sure you place a small handful of balls in different areas to represent different lies.

Swing Goal

Sand Play



Set Up

- The most important thing to remember with your sand play is to open the face of the club before you grip it.
- Begin with a wider stance with your weight slightly favoring the left side. The ball is forward in your stance, and your body is open with the knees flexed towards the target.
- Your hands are positioned low and your feet will dig into the sand for balance.
- Swing the arms along the body line keeping your arms and body connected in the backswing.

Swing the club face towards the target in the follow through, keeping the right heel on the ground. This will allow the body to

keep correct angles during the swing which will produce a shallow divot and help you control the trajectory and distance of each shot.

•Distance is controlled by alignment – the shorter the shot the more open your body and clubface needs to be to the target. The longer the shot the body and clubface will be aligned square to the target.

Fitness Goal

Please perform the following exercises and stretches.

Multi Directional Lunges **2 sets of 8 to 10 reps**



Place your feet about shoulder width apart and place a light bar or golf club over your shoulders to help with posture. Take one step forward and lower your body into a lunge. Step back and

repeat with the opposite leg. Then take one step to the side and back. Alternate forward, backward and side to side lunges.

Squat and Reach **2 sets of 8 to 10 reps**



Squat down with good posture. Arms will be raised straight out to each side. Lift one arm up to the ceiling and the other towards the floor. Keep your body balanced in the center.

Mental & Strategic Goal

There is a psychological theory that stipulates that all of our

behavior falls into two basic categories. We either behave to get something we want or we act to avoid something that we don't want. Sigmund Freud called this the pleasure/pain principle. We seek pleasure and stay away from pain, whether or not we're conscious of this motivation.

Whether or not you put much stock in Freud, this theory, applied to golf psychology, has very real applications to you as a player. The players who think the best are those who have a picture in their mind of the type of shot they desire.

"I want to hit a draw, starting on a line toward that tree just beyond the fairway".

"I'm going to roll this downhill putt so that it dies right in the hole."

"I'm going to slow my tempo down so that I can put a smooth swing on the ball".

Those who struggle with this thought process more commonly fill their heads with pictures or words that describe things they're trying to avoid.

"Don't hit it left here."

"Don't blow this by the hole or you might be looking at a three-footer coming back."

"Don't start the club so far inside."

"Stop swinging so darned fast."

While avoidance motivation can be very powerful, its weakness is that it's primarily influenced by fear. No matter how talented or skilled you are, it's very difficult to play your best consistently when you're confronted by fear. The challenge for all of us in golf is to keep our thoughts and pictures in our minds on the things that we *desire*. This motivation is healthier for the psyche, easier on the blood pressure, and more likely to produce the results over time.

Day 21

Summary

Situational Training

If you want in on one of the most understood secrets to winning in competitive golf, it always comes down to who is most prepared. Few golfers truly understand the sacrifices that have been made and enormous amount of time and effort that it takes to win. Take, for example, players on tour. They have been **preparing** for a win for many years. Winning is the culmination of all the physical, technical and mental training that has happened throughout all those early years.

Can you just get lucky from time to time and that's enough? Sure.

However, in most cases, a significant amount of time and effort has been invested.

The goal of this program was never to get you on tour. It was designed to help the average player follow a step by step plan to simply play better golf.

Since almost no golfers ever prepare with situational training, you will be miles ahead of any potential competitors by practicing in this way.

99.5% of all typical amateurs prepare and practice ways to hit the middle of the fairway. Unfortunately, real golf can be less forgiving and your ball (just like the pros) can end up in 100 different scenarios that you should have some experience navigating.

So, situational training is practicing all of the possibilities where a ball could land and figure out the best ways to get out.

Swing Goal



This water shot is a typical shot practiced by up and coming pros who want to play on tour.

The goal for today is to find 3 to 4 places or scenarios that you would never normally practice and see how you do getting out.

Here are some scenarios you can

set up:

- place your ball a few feet behind a tree
- place your ball in a very challenging area of a sand trap
- place your ball in shallow water (like the photo)
- play in a weather that you normally might like to avoid (rain, high winds, etc.)
- practice downhill lies, uphill lies or awkward stances.

Choose any scenario that looks uncomfortable and would challenge your skill set. Practice 10 to 15 shots per area.

Fitness Goal

Here are some exercises and movements that might be more challenging for different reasons. See how well you do.



Single Leg Squat **6 to 8 reps per side**

Stand on one foot with one leg behind you. Hold a medicine ball in front of you. Squat as low as you can and push through your heels to return to your start position.



Advanced Plank **6 to 8 reps per side**

Place both hands on top of a bench with your feet extended. Make sure your body is in one straight line from the shoulders to your ankles. Hold your stomach muscles in tight. Lift one arm off the bench while keeping your body as stable as possible.



Advanced Side Plank **2 x Hold 30 seconds per side**

Place one arm below your shoulder and push yourself up onto your side. Your feet can be stacked or with one foot slightly in front of the back.

Hold your body in one line for 15 to 30 seconds. Watch your hand position so it is at or below your shoulder level.



Hip Raises **2 sets of 8 to 10 reps** **per side**

Lie on your back with your arms extended out to each side. Your hips should be raised with your feet

underneath your knees. Place your upper body on top of an exercise ball. Lower your hips, then raise them back to the start. Use your glute strength to raise your hips.

Mental & Strategic Goal

Many mental golf experts teach the principles of playing in the present. This is a concept that is fairly easy to understand, but much more difficult to follow in practice.

The key principles are that once you begin play, there can be no judging or evaluating of your golf shots. No over analyzing or reverting to technical cues or thoughts.

On the golf course, “there is only trust and acceptance.”

To stay and play in the present, only one thing matters and that is the target in front of you. You have a shot to make and the only thing on your mind in that moment is your plan of execution.

You pick a target. Then visualize the ball moving towards the target. Swing freely. Accept the outcome. Move forward.