



THE SCORING ZONE



Part 1

THE NEW WAVE

THE ULTIMATE GUIDE TO LOWERING YOUR SCORE

STEVEN GIULIANO

foreword by Stacey Keating

The Scoring Zone

The Ultimate Guide To Lowering Your Sore / by Steven Giuliano. 1st Edition.

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Published in Australia by:

Innate Studios Pty. Ltd.

Studio 324, 87 Gladstone Street
South Melbourne, Victoria
Australia 3205
www.innatestudios.com.au

Cover design by INNATE STUDIOS

Photography by Giusep Cosentino © All rights Reserved.

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THE FOREWORD



Since 2005 I have had the pleasure of being coached exclusively by Steven Giuliano, and I firmly believe the working relationship has been hugely beneficial. I have come to understand his philosophies on the game, which means we are on the same page as we work towards a common goal. This experience has really helped me remain focused on my game and has made me much more confident in my training and on-course play.

Playing golf globally I encounter innumerable world-class golf swing technicians week in, week out. Often it seems too much time is spent complicating areas of the swing and the game, especially during a tournament week. I believe the focus should be on the scoring element of the game, simplifying thoughts and getting the golf ball in the hole in the fewest strokes possible.

The turning point in my game arrived when my attention switched from technique to target-orientated practice with a focus on scoring. The more I began to train using the many scoring-based drills and games throughout this eBook series, the better my scoring became. As a player seeking to get the most out of my game, I enjoy having multiple ways to keep track of my scores during training and making practice time more like game day. This is something easily forgotten in our sport, however it's a key focus Steven has done a fantastic job of highlighting in this series of eBooks.

People who know me well - especially my coach - understand my competitive nature. Whether it's to win

a \$2 bet on the putting green or when I'm in contention down the stretch in a tournament, my focus remains the same. I truly believe Steven's ideas have added another dimension to my scoring game and helped me harness my competitive nature during training and tournaments.

These eBooks share the countless drills Steven has researched and developed to keep me, and many other students stimulated during training. As a result I have a variety of techniques that I can employ during practice that enable me to constantly test, measure and evaluate my training and keep me in the scoring mode and scoring zone when tournament time arrives. Having trained under the guidance of Steven for many years means the hard work, dedication and commitment to practice has seen me work toward and achieve my goals.

So why am I recommending The Scoring Zone to golfers? Well, not only is the literature a fascinating read, it's a definite eye-opener. All levels of golfers can benefit from the knowledge Steven shares, and if they are prepared to put in the work and follow the training drills, real improvements lie ahead.

I hope you enjoy the eBook series as much as I did, and don't forget to put in the work if you want to reap the rewards.

STACEY KEATING
BACK TO BACK WINNER - LADIES EUROPEAN TOUR
LPGA PLAYER

ABOUT THE AUTHOR



As a member of the Australian PGA, Steven has established a global presence as a high performance golf coach and short game specialist. Every day he assists golfers to reach their optimal potential through structured training and personal development of their game.

Since his early days as a teaching professional Steven Giuliano has been on a pursuit to better understand and teach the scoring element of the game. Learning to play the game in the challenging and changing weather conditions of Melbourne, Australia where it's often common to see four seasons in one day. It was during this period that Steven developed a creative mindset on how to practice, train and play the game. Having the opportunity to work with many elite amateurs and professionals, Steven observed how some players would progress very quickly and lower their scores while others seemed to be walking a treadmill.

Steven works closely with a range of talented male and

female amateurs and professionals on various tours across the globe - namely Australia, Asia and Europe - and has been coach to both the no.1 ranked female and male amateur golfers in Australia concurrently. His current stable of students includes Stacey Keating, - back to back winner on the Ladies European Tour; Danny Chia - Asian Tour winner; and top ranked amateur in India - Aditi Ashok.

Steven employs an integrated approach to coaching and is on a constant pursuit of education, gaining valuable coaching knowledge from some of the world leaders in the industry. Steven's hands-on approach and life experiences have earned him the reputation of being one of the top golf instructors for young elite professionals and amateurs.

Steven has developed this eBook series to bridge the gap between the traditional practice mode to game mode, and move you toward breaking those scoring barriers you've only dreamt of!

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ACKNOWLEDGMENTS

01

To my parents for always encouraging me to play sport while growing up, for the time you spent driving me to practice and instilling in me the value that "if you're going to do anything in life, do it right and to the best of your ability".

02

To my cousin and best friend Giusep Cosentino for coming on board to assist with this project. For flying overseas to shoot many of the quality images throughout this eBook series. Giusep adds so much punch to the text and shares my passion for the game.

03

To all my students for pushing me to understand more about the scoring game; you've helped me to dig deep and develop new and inventive ways to help you to lower your scores.

04

To Dato Sri and Southwest Greens Malaysia & Singapore for the use of the putting green. I was fortunate to have such a clean, quality and quiet area to shoot the putting videos you see throughout eBook 2.

05

To The Mines Resort & Golf Club in Kuala Lumpur Malaysia, a world class golf course, facility and training ground where we are always welcome to shoot images and videos seen throughout this eBook series.

06

To the team at Nike Golf Asia Pacific for providing me year-after-year with the quality clothing and equipment you see me wearing and using throughout this eBook series.

07

To the team at Square It Up, this has been a huge project which we've both worked tirelessly on to produce the highest quality eBook and cutting edge information on this topic. Your insights, time and hard work are always appreciated.

08

To the many golf industry leaders I've had the pleasure of learning from, and who helped me to understand there's more to the game than the swing. Special thanks to Steven Bann, Lawrie Montague, Jamie Donaldson, Mark Sweeney, John Graham, Andrew Rice and Kevin Smeltz.

Thank you, Steven.

**IS THIS EBOOK
RIGHT
FOR ME?**

THIS EBOOK WILL BE DIFFERENT FROM MOST BOOKS YOU'VE READ ON GOLF. THAT'S BECAUSE IN THIS EBOOK YOU WON'T READ ANYTHING ABOUT WHERE TO POSITION YOUR HANDS ON THE CLUB, WHERE TO STAND, OR HOW TO MOVE YOUR BODY.





This eBook series will be different from most books you've read on golf. That's because in this eBook you won't hear about the swing plane, impact conditions and where to release the club for speed and timing. In this eBook, these are not words or topics you're going to read about. What you will be shown is how to take the techniques you have, assess what stage you're at in specific areas of your game and learn to identify the key areas you will need for continual improvement. In fact, I'm so convinced that this information is on the very cutting edge of golf coaching, that I believe if you can successfully apply these techniques you will see improvement above and beyond what you've currently struggled to achieve.

If you have ever found that practice - or training as I like to call it - has become monotonous or boring, or if you find yourself standing on the range beating ball after ball, then read on. If your golf lessons tend to follow the same pattern of receiving technical advice, followed by ball-beating on the range with hardly any improvement on the golf course, then read on!

This eBook series is designed with a set of tools in mind to help take your practice game to the course and break those scoring barriers you've been struggling with for years. With the technical skills you currently possess, you can get the most out of your game and get back to playing golf by learning to practice and train for a seamless transition to the golf course.

Don't get the wrong impression, if you're at a stage in a particular area of your technical development or struggling to achieve a certain quality of shot, then seek technical advice from a trusted & trained golf instructor. But for the most part, if you feel you've hit a roadblock with scoring, this eBook series is for you.

**I DO HOPE THAT I'VE STRUCK
A CORD HERE. IF YOU FEEL
YOU'VE BEEN GUILTY OF
BALL-BEATING TRAINING
THEN I'M SURE YOU WILL
ENJOY WHAT'S TO COME...**





A PLAYERS GUIDE TO DETERMINING YOUR LEVEL

Initially, many of the ideas drills and exercises I've put together covering putting, short game and long game were designed with the advanced to tour player in mind. However as I compiled more and more ways for golfers to train and lower their scores, I've also found some suitable drills relative to the novice and intermediate golfer.

While some of the training techniques covered in this eBook series are geared slightly more toward the advanced or tour player, I know there is information for every level of player that will help improve your game. The following pages describe the five key levels, one of which you will fit into, in your current development as a golfer. I've also colour-coded each level so you'll be able to easily identify which drills are best suited for your standard. So your first task is to identify who you are as a golfer and which level and colour best matches your current standard of play.

In parts 2-4 of this eBook series, I'll cover a variety of drills and exercises for each area of the game. With each drill you will notice these colours appear on the left of the page; this is to help you easily identify if a particular exercise is right for your current level. From there, you can determine if your level matches the content you are about to read and the drills you are about to complete.

SO YOUR FIRST TASK IS TO IDENTIFY WHO YOU ARE AS A GOLFER, AND WHICH LEVEL AND COLOUR BEST MATCHES YOUR CURRENT STANDARD OF PLAY.

100+ THE NOVICE GOLFER

1.



AS A NOVICE GOLFER, YOU SHOULD HAVE A BASE LEVEL OF KNOWLEDGE OF THE GAME AND HAVE A SOUND GRASP OF THE FUNDAMENTALS. THE COMPETITIVE DRILLS ASSIGNED TO YOU ARE WITH THE INTENTION THAT YOU HAVE A BASE LEVEL OF CHIPPING, PITCHING AND FULL SWING AND ARE ABLE TO ACHIEVE SOLID CONTACT AT LEAST 50 PER CENT OF THE TIME.

90-99

THE INTERMEDIATE GOLFER

2.

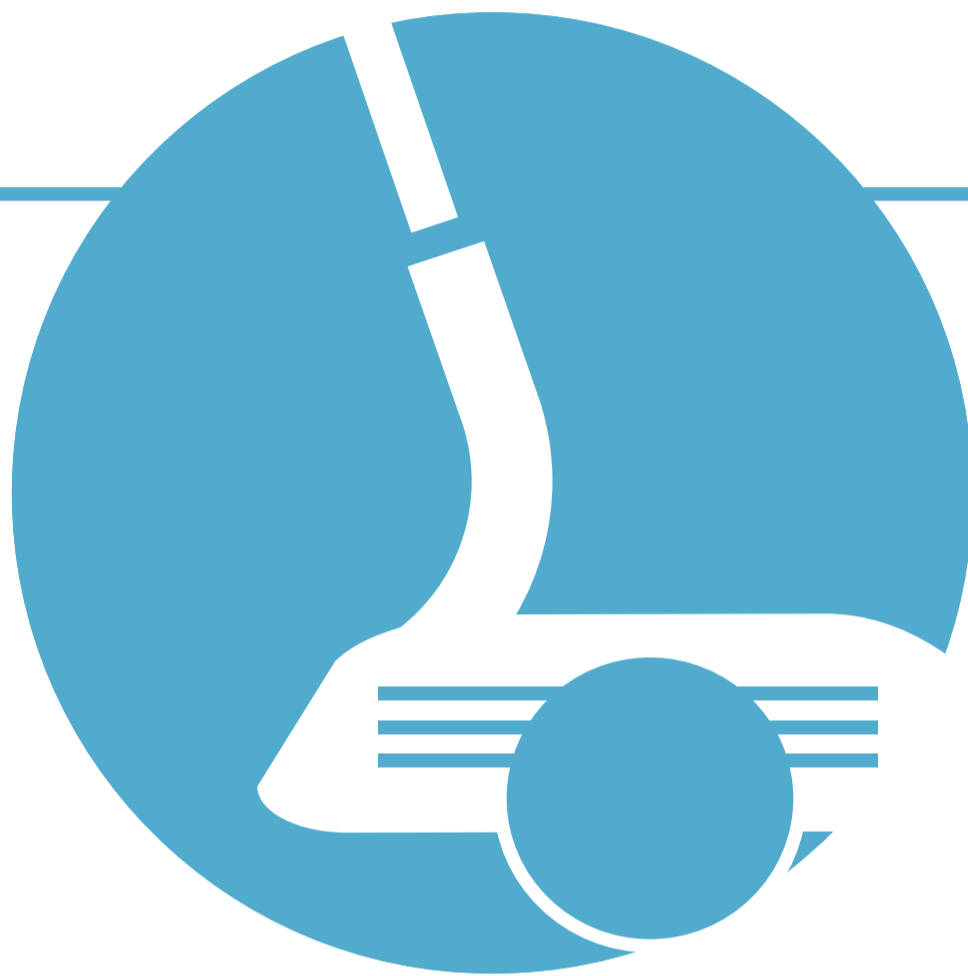


AS AN INTERMEDIATE GOLFER SCORING BETWEEN 90-99, YOU SHOULD BE DEVELOPING AN UNDERSTANDING OF WHAT CONTROLS BALL-FLIGHT AND WHAT INFLUENCES SOLID CONTACT. YOU SHOULD BE WORKING TOWARDS A CONSISTENT BALL-FLIGHT AND BE ABLE TO ACHIEVE SOLID CONTACT 60 PER CENT OF THE TIME. YOU SHOULD ALSO BE DEVELOPING A SOLID BASE AND UNDERSTANDING OF ALL SHORT-GAME SHOTS.

80-89

THE INTERMEDIATE GOLFER

3.



AS AN INTERMEDIATE GOLFER SCORING BETWEEN 80-89, YOU SHOULD HAVE A SOLID UNDERSTANDING OF WHAT CONTROLS BALL-FLIGHT AND WHAT INFLUENCES SOLID CONTACT. YOU SHOULD BE ABLE TO ACHIEVE A CONSISTENT BALL-FLIGHT AND BE ABLE TO ACHIEVE SOLID CONTACT 70 PER CENT OF THE TIME. YOU SHOULD ALSO HAVE A SOLID BASE AND UNDERSTANDING OF ALL SHORT-GAME SHOTS.

70-79

THE ADVANCED GOLFER

4.



AS AN ADVANCED GOLFER, YOU SHOULD BE ABLE TO ACHIEVE A CONSISTENT BALL- FLIGHT WITH A MINIMAL DISPERSION PATTERN. A HIGH LEVEL OF SOLID CONTACT 90 PER CENT OF THE TIME SHOULD BE YOUR TARGET. YOU SHOULD BE LOOKING TO ACHIEVE AT LEAST 50 PER CENT OF YOUR UP-AND-DOWNS AROUND THE GREEN.

-70
THE TOUR
GOLFER

5.



AS AN ELITE LEVEL GOLFER OR TOUR PLAYER, YOU SHOULD HAVE THE ABILITY TO WORK THE BALL BOTH WAYS WITH A MINIMAL DISPERSION PATTERN. YOUR SOLID CONTACT TARGET SHOULD BE AS HIGH AS 95 PER CENT PLUS. YOU SHOULD BE LOOKING TO ACHIEVE AT LEAST 70 PER CENT OF YOUR UP-AND-DOWNS AROUND THE GREEN.



FOR MORE THAN A DECADE, THERE HAS BEEN A NEW WAVE OF GOLF INSTRUCTION AROUND THE GLOBE. YOUNG PROFESSIONALS AND AMATEURS ARE BEARING THE FRUITS OF THIS NEW HOLISTIC AND INTEGRATED APPROACH TO COACHING AND TRAINING GOLFERS. THEY ARE SHOOTING SCORES LOW ENOUGH TO COMPETE AT AN INTERNATIONAL LEVEL — SOME BARELY IN THEIR TEENAGE YEARS.

In 2012, we had male amateur Andy Zhang, at 14, become the youngest male ever to compete in the men's US Open. South Korean-born New Zealand amateur Lydia Ko, at 14, became the youngest golfer, male or female, to win a professional event. Since winning her first professional event in 2012, she has won three more times on the LPGA Tour and Ladies European Tour. At the beginning of 2014 16-year old Lydia is in the top-5 in the world, and is an established force in women's golf.

Then we have Guan Tianglang, a 14-year-old from China who became the youngest competitor ever to play & make the cut in the 2013 US Masters. Surely, this is not a coincidence. The landscape has certainly changed and the new wave of golfers, and the way golfers are trained and coached, has arrived and is here to stay.

THE TREND CONTINUES

COACHES ARE MUCH MORE AWARE OF WHAT IS REQUIRED FOR THEIR STUDENTS TO COMPETE AT THE MOST ELITE LEVEL AND GOLF INSTRUCTION HAS TAKEN A TURN FOR THE BETTER. SIMILAR TO THE WAVE OF YOUNG TENNIS PROTÉGÉS THAT FLOODED THE TOUR BACK IN THE LATE 1990S AND EARLY 2000S, WE ARE SEEING THE SAME TREND IN GOLF.

MAJOR CHAMPIONSHIP WINNERS

BELOW IS A TABLE I HAVE COMPILED COMPARING THE AVERAGE AGE OF MAJOR WINNERS OVER A FIFTEEN-YEAR SPAN (1985-1999) AND WHEN WE STARTED TO SEE THE NEW WAVE OF GOLF INSTRUCTIONS AND TRAINING EMERGE FROM 2000 ONWARDS.

WOMEN'S WINNERS

MAJOR CHAMPIONSHIPS	KRAFT NABISCO	THE LPGA	THE US OPEN	AVERAGE WINNING AGE
1985 – 1999 PRE-WAVE WINNERS	31.55	30.00	31.55	31.05
2000 – 2013 NEW-WAVE WINNERS	25.85	27.45	27.80	27.00

MEN'S WINNERS

MAJOR CHAMPIONSHIPS	THE MASTERS	THE US OPEN	BRITISH OPEN	THE US PGA	AVERAGE WINNING AGE
1985 – 1999 PRE-WAVE WINNERS	35.30	34.80	31.50	33.90	33.90
2000 – 2013 NEW-WAVE WINNERS	32.55	30.10	33.30	32.30	32.10

Both tables clearly show the average age of the modern-day golfer is clearly trending downwards. In woman's golf, the new wave of major winners is over four years lower than the pre-wave time period, while in the men's game we see the trend just less than two years lower. Certainly, you could look at this from many different perspectives and give a number of reasons why this trend is happening.

While I believe coaches are more educated than ever before and understand their students on a much deeper

level, we cannot underestimate the research, knowledge and pathways modern day coaches have laid out for us. World-renowned coaches like David Leadbetter, Jim McLean and Dave Pelz, to name a few, have been at the forefront of innovation, training and putting golf instructors on the map. They have helped to pave the way for the younger bred of coaches with information becoming much more usable now from technical, physical, mental and skills acquisition. Little wonder students are better prepared at an early age to take on the big league of golfers.



HOW TO USE THIS EBOOK

The content in this eBook was originally designed as a resource manual for training the various areas of the game. Over the years, I've collected hundreds of drills, tests, games and exercises to train golf and work on the scoring area of the game. While taking lessons, observing lessons and literally inventing different ways to train while giving lessons, I was able to come up with a large list of training skills at all levels and for any area of the game. The following sections of this eBook include putting, short game and long game. The purpose of this eBook is to begin by setting a framework for how to train correctly and effectively – firstly by identifying what your current standard of play is by using a variety of testing and measuring tools.

Well, I can hear some of you say, "Steven, I know my standard. I'm a 15 handicapper" or "I'm a single figure player". That's all well and good and is certainly a great place to start, but we need to get more specific and

zone in the areas that are lagging behind. Too often, I have students come to me for a lesson and say, "Hi, I'm Joe a 25 handicapper? Can you help me with my swing – I want to be able to break 90". Then a tour player will come to me and say, "Steven, if I could just hit two more greens per round I'd be making cuts and be competing".

The reality is that after doing some profiling and digging a little deeper, the 25- handicapper actually hits it like a 12 marker and blows the hole every time he is in a bunker. He's also averaging 39 putts per round and – you've guessed it – he has never taken a short-game lesson before. On the other hand, the tour player is averaging 12.7 greens in regulation, which is more than adequate although a closer look at his dispersion from 100-120 yards is alarming. It's nowhere near a world-class level and really is holding him back from breaking into the mix in the bigger events.

Breaking down the various areas of your game is very important as it relates to getting the most out of your scoring game. Understanding that the long game includes driving, fairway clubs, short, medium and long irons and these need to be played in a variety of lies, grass conditions and often at different trajectories and varying curvature. The short game consists of a basic chip shot, bunker play and pitching as well a variety of scrambling and trouble shots we're faced with around the greens, but the latter areas are rarely worked on.

Then we have putting, which in itself can be a game within a game. Essentially, my goal in the following parts of this eBook is to show you how to test these various areas of your game so that you are clear on where you stand relative to your overall handicap. From here, you can begin targeting the specific drills to improve the areas that are lagging behind and track your progress when you train by keeping score. This adds more variety, more fun and a competitive element to your training.

...IN GOLF, WE MEASURE MUCH OF OUR PROGRESS BY KEEPING A SCORE...

In golf, we measure much of our progress by keeping a score. "What did you shoot today, John?" "I had a terrible day, Jim. I shot 94 – my putting was off, thanks for asking."

So John heads to the practice green, throws down three balls and starts hitting the same uphill right-to-left ten-foot putt until he starts to hole a few putts and feels better about his game. There is no measuring, no score, no simulation of what he faces on the golf course and no competitive element to his putting. Ultimately, there is no real progress made. The same type of practice I often see being applied to driving, iron-play or some other area of the game.

...I'LL HAVE STUDENTS WHO COME TO ME FOR A LESSON AND THEY SAY "HI I AM JOE. I'M A 25 HANDICAPPER, CAN YOU HELP ME WITH MY SWING?..."

This is where I feel you'll get the real benefit from this eBook series. Firstly being able to identify what level you're at by testing that area of your game. Secondly to be able to effectively train that area with specific drills. And thirdly to be able track your results by measuring them for ongoing improvement. If you've already dedicated yourself to a game improvement program and have yet to see results, then working through this eBook series and following specific drills relating to weak areas of your game, will surely be the spark you've been looking for!

It would be impossible for me to include every drill or exercise I've come across over the past 30 years or so I've been involved in the game. So I've chosen my favourite, up to date and most effective drills. I've used these drills and exercises with the varying levels of amateur golfers I work with daily as well as talented amateurs and tour pros I work with across the globe.

...I'VE CHOSEN MY FAVOURITE, UP TO DATE AND MOST EFFECTIVE DRILLS.



FROM TEACHING TO COACHING

In early 2000, I remember listening to Butch Harmon, who, at the time, was coach to world No.1 Tiger Woods. "The most teaching I've ever done was with Tiger Woods although there comes a time when the teaching stops and the coaching carries on," he said. Today most of the work done with the many tour pros he works with is in getting the most out of their games on a coaching level rather than teaching them on a technical level.

No wonder Butch has had so much success with a broad variety of students with varying swing characteristics and styles. He coaches the player and not the swing.

What follows is a philosophy of coaching and training and a formula for success, although not in the traditional way you may have been taught. As mentioned earlier, no technical advice will be given in this eBook as far too many books have been written on the technical aspects of the game of golf and it's fair to say I possess many hundreds of these types of books. I am also aware of the importance of technique and, like many of my peers

who I respect and gain knowledge from daily, I have a system and structure for teaching the game.

The reality is that many students hit a roadblock when it comes to instruction because they aren't taught when to stop learning technique and when to begin being coached and trained on developing skills for playing. We all know that the longest walk in golf can be from the practice fairway to the first tee and many golfers struggle to take their range game to the golf course. Does this sound like you? Hitting it great on the range and not being able to transfer this to the playing field is still a mystery to many golfers and coaches.

HITTING IT GREAT ON THE RANGE AND NOT BEING ABLE TO TRANSFER THIS ONTO THE PLAYING FIELD IS STILL A MYSTERY TO MANY GOLFERS AND COACHES.



DEVELOPING A REAL PLAN FOR IMPROVEMENT

Most sports require technical development in the way of creating new movement patterns through structured training and drills, and for the most part the sports listed in the far column on the right require training to be carried out on the field of play. However in golf, the direct opposite applies for a large amount of the technical development. This is certainly the culture in many countries because access to golf courses can be limited and golfers essentially become what we call “range rats”. They spend all their time on the range simply beating golf balls, many times without any real plan or purpose for improvement.

So the challenge is to open up your mind to the idea that being taught the technical aspects of the game is one thing and being able to train and be coached that technique to maximise your scoring ability is another. Given your current level of ability, I want you to look at ways you can spend your time training your game for maximum gain on the golf course. That will take a shift in your thinking, especially if you believe that if you just “dig it out of the dirt” somehow the scores will come.

I’m here to challenge your beliefs and ensure that your training and practice henceforth is very specific and high on quality. Going forward, quality practice rather than quantity practice will become the mantra when you begin to train.

LET’S TAKE A LOOK AT A LIST OF SPORTS THAT ARE TAUGHT AND PLAYED ON AND OFF THE PLAYING FIELD:

OFF THE FIELD:

**GOLF
BOXING
MARTIAL ARTS**

ON THE FIELD:

**BASKETBALL
TENNIS
BASEBALL
HOCKEY
FOOTBALL**

NEW RULES NEW GAME

Now that we've established the idea that golf training and the development of golf as we once knew it has taken on a new wave, there are certain guidelines we need to be able to follow in order get the most out of our time spent on the training ground or golf course. There is an old saying, "plan your work and work your plan", which I first heard about two years ago from Dr Andrew Argus although I'm sure it's been around for a long time. Below I've listed nine rules of training and although they might not be all new as this section is titled, I feel they are fresh and will get your mind headed in the same direction as mine.

SMART - GOAL SETTING

S PECEFCIC
M EASURABLE
A TTAINABLE
R ELEVANT
T IME BOUND

01 **START WITH A GOAL IN MIND**

This may sound a little hard to believe, but I see many golfers head to the practice ground with no clear goal in mind and no set plan for the session ahead. You need to have a clear objective of what you are looking to accomplish. Many golfers believe that by hitting X-number of golf balls, they have achieved something. This couldn't be further from the truth. Plan your training session and create a vision by setting some mini goals along the way and you'll walk away from the session with a sense of achievement. Over the course of this eBook, I'll be encouraging you to measure your progress at training just as you do on the course when keeping score so you can begin to challenge yourself and set mini goals and targets to work towards. I love the S.M.A.R.T. way of thinking and encourage my students to adopt this thought-process.

02 CHALLENGE YOURSELF

It's human nature to want to challenge ourselves. I don't know of too many world-class athletes that aren't striving for the next step to be the best they can be. As we know practice can at times be too safe too easy, though when in the heat of battle it can be quite a different situation. Too often golfers make practice either too easy or they're attempting to do what the tour professionals do making practice way too difficult.

Only practicing by hitting twenty balls to one target when chipping is too one-dimensional and won't challenge you to excel, this type of block practice is ok for repetition and honing a new skills. Though be sure to include some competitive drills as well to get you out of your comfort zone. Competitive training can include making your practice time harder than your playtime and this can certainly accelerate your scoring and competitive ability. Plan every session to fit your current level ensuring you challenge yourself enough so your pushing beyond your comfort zone though not so difficult that you won't to quit.

This is why it's key to identify your current level at the beginning of each exercise I've listed. If it doesn't fit your current level then don't attempt it until you've up-skilled yourself with the technical know how from your instructor.

03 GET FEEDBACK

Feedback can come in many forms, although at times it can be difficult to know what type of feedback you should be looking for when practicing. Oftentimes, golfers may lose focus on what is important during the session such as concerning themselves with the ball-flight instead of staying focused on a certain movement they may be working on with their instructor. In this case you may take notes on what you felt or how well you have stuck to the process.

When working on ball-flight or impact, record results during training on a scorecard so it becomes measurable. If your focus is on contact, measure or make a note of the number of quality shots hit versus mishit shots. You can also keep measurement in the form of direction through target feedback. We'll cover more of this topic later when we get into how to measure the various areas of the your game and how to keep score in the short and long game eBooks.

IT'S HUMAN NATURE TO WANT TO CHALLENGE OURSELVES. I DON'T KNOW OF TOO MANY WORLD-CLASS ATHLETES THAT AREN'T STRIVING FOR THE NEXT STEP TO BE THE BEST THEY CAN BE.

04 SLOW DOWN

Having been around this great game for almost thirty years, it's interesting and somewhat disturbing to witness the differences in how the novice and intermediate golfer trains compared to the advanced and tour player. Too often it's a rapid fire approach whether working on the long game or chipping balls onto the green. Frequently, I see that little to no thought goes into their practice time and, as I like to say, golfers are merely "exercising their golf swings". The next time you head to a PGA Tour event, go to the range early in the week and watch some of the top-level players go through a proper session on the range. I don't necessarily mean a warm-up session, but a proper session where they're incorporating drills and even working with their coach. They're certainly in no rush to hit as many balls as possible in the shortest time – unlike many "range rats". So, remember, next time you have some quality time to practice – slow down, incorporate a drill and go through your pre-shot routine focusing on a target. This will ensure the quality of your practice time is at a premium.

05 REPETITION IS THE KEY

This is a contentious point. Despite repetition being the mother of all learning, we must ensure that the reps are completed with a high level of quality. I believe golfers and sports people in general are working smarter and harder than ever before. In years past, with misinformation and lack of technological advancement, I feel golfers didn't always work as smart as they could have. In any event, we can't go past the fact that a high level of repetition combined with a high level of quality training must be carried out by any athlete in order to achieve any long-term progress.

06 BORED WITH PRACTICE

Boredom has driven many golfers away from the practice ground. Repetition is certainly a key ingredient when it comes to ingraining a new technique. At some point, you'll have to complete a certain amount of reps in order to become comfortable playing with a new feel you may be working on. Nevertheless, ensure you have a variety of ways to hone that new skill. Being creative and adding a competitive element to your practice will enable you to stay fresh and focused. This will ensure you remain highly enthusiastic when training while improving in the process.

07 RECORD YOUR PROGRESS

If you're not doing this already you are lagging behind. Keeping a log of not only of your playing statistics, but also your off-course training. This is vitally important as it relates to your improvement process. By having reference for your strengths and weakness relating back to your game, you can then begin to formulate a plan for improvement.

Quite simply by setting a benchmark for your game you can track your progress to see if you are moving forwards or backwards. A results sheet will accompany each drill listed in this eBook. This will allow you to record your score and measure your progress along the way.

08 FIND A PARTNER

Having a training partner is something that is extremely common in many team sports and pushes athletes to greater heights. What we're really talking about here is some healthy competition; constantly trying to surround yourself with golfers who are better than you. This will accelerate your learning and development.

Playing match-play against one or more opponents when working on putting, short game or long game shots as well as on-course scoring games are great way to push you out of your comfort zone and put you into a competitive frame of mind. In the following eBooks, you'll see I've included many drills and exercises you can complete with a partner and sometimes multiple partners.

09 LEARN BY PARTS

Many years ago, I remember watching world-renowned instructor Jim McLean present to a group of instructors about developing technique with his students. If the student could not make a certain motion with the club, he would take the club away. If the student could not make the motion with the arms and body, he would fold the arms away until the student was able to perform the task with just the body. McLean is also renowned for coining the 8-step swing, which allows the swing to be taught in certain parts – chunky pieces of the swing together wherever the student might need it most. Create a short sequence of movements first until mastered then piece them together.



TECHNIQUE VS COMPETITIVE

When I was a trainee golf professional in the late 1990s, we were fortunate to grow up in a time when golf was starting to really boom. With a new wave of young talent coming through, we saw the likes of Robert Allenby and Stuart Appleby emerging and flying the Australian flag. Greg Norman had well-and-truly stamped his mark as the greatest Australian golfer of the modern era. In many ways, we were fortunate as we had a new wave of coaches such as Steve Bann who, in 1990, was appointed the founding head coach of the Victorian Institute of Sport (VIS) program. With partner Dale Lynch, they created a model in Australia which, for the first time, saw golf training align itself with similar training methods used in other national and Olympic sports. This saw many great players emerge from the program including Geoff Ogilvy and Aaron Baddeley to name a few. I've been fortunate enough to spend time with Steve Bann and one of the early lessons I learned from his teaching as it relates to training is that we can categorise our training into two basic forms – technique and competitive training.

When basketball legend and golf addict Michael Jordan first went to a PGA Tour event and stood beside the practice ground he could not believe what he saw.

“The rule in basketball is that you make practice more difficult than the game – most of these guys are just going through the motions,” he said. In fairness to these players, this isn't the way all of them work at their game although it seems like the range culture of ball beating has certainly spread across the globe and has become the norm for many wannabe golfers working at improving their game.

Too often, I hear players talk about their struggles of taking their range game to the golf course – they hit it great on the range and yet cannot transfer that range game to the course. Bugged down by the technical aspects of the game, these golfers are often labelled “range rats”. Then they practice hitting twenty to thirty shots from one position around the green and wonder why their first chip shot on the course doesn't produce the same result they were getting in practice. As you know, on the course you are in a new environment each time. You get one shot at it, no mulligan and no second chances so we need to begin training our game in a manner that can replicate those type of situations we face on the course.

It's therefore vitally important that we understand there are two ways to train golf. Many golfers are absorbed in the first way, which is technique training or, for most, it is training their golf swing. There is no question that at every stage of your development as a golfer, your swing is a key factor – be it novice through to tour player.

Then we have competitive training, which is taking the techniques you have learnt – be it long game or short game-related – and applying some skill-based competitive training. Contrary to what many golfers believe, competitive or scoring-based training can be learned at any stage in your development as a golfer and can be developed on and off the course.

Once you have acquired competency in a particular area of the game, for example, the short-iron approach. You have now learned to consistently execute shots with these clubs and can make solid contact with your nine-iron 70-80 per cent of the time with reasonable accuracy. Now it's time to incorporate some other ways to use these clubs:

- Can you play these off various slopes?
- Can you also do this off varying lies?
- Can you hit a specific target area 7/10 times?
- Can you do this using your pre-shot routine?
- Can you also do this with a small side bet with your practice partner?

This type of practice takes you out of your comfort zone and puts you back into the reality of what you're going to face on the golf course – one shot and one chance to execute. Think about a time in the past where you were too afraid to try something new. Perhaps you are scared of heights and your friends asked you to go bungee jumping or perhaps it was a scary ride at a theme park. After convincing yourself that you could do it or otherwise been forced to do it, you came off the ride and couldn't wait to do it again. You took yourself out of your comfort zone and grew as a person. There is a saying in sport, "if you're in your comfort zone, you're still warming up".



DON'T LET THE BALL BE THE BOSS

Below are a few of the rules for Training Technique and training for Competitive Play or for scoring. This will give you an idea of how to incorporate both into your training time, for many of you, you have limited time and so that time should not be wasted.

When working on your technique, don't always let the ball be the boss. Where the ball goes is not always the number one priority. Tiger Woods is a great example of this. While working through his most recent swing changes with Sean Foley, Tiger would hit some very uncharacteristic shots in competition. While he understands the process and the amount of repetitions and time needed to ingrain a certain technical change, Tiger continues to stay the course and not let the ball dictate what he is working on.



01 DRY DRILLS

Completing dry drills or exercises is an excellent way for you to work specifically to enhance technique. Dry drills are executed without the distraction of a golf ball and often without a club in hand. When working on full swing world-ranked top-5 instructor Jim Mclean would firstly remove the ball, then the club and, if the student still struggled to carry out the correct move, he would get the student to complete the move with the body motion only.



02 PHYSICAL

More than ever, the physical and technical component of golf is now integrated. Being able to improve core movement of the body is certainly a way to fast-track improvement in technique. This can be done on the range with limited resources such as medicine balls, stretch bands or teaching aids. These movement patterns help to assist physical change or, more specifically, can be completed in a gym environment where you might be working through a golf specific workout.



03 SHORT TO MEDIUM IRONS

When hitting golf balls and working on technique, stick with using a short to medium iron ranging from 9 to 7 irons to ingrain technique. Remember, when working on technique you're trying to build on some success and confidence, and these clubs will help to encourage that. This medium range club will also help to offer feedback on contact and direction versus a long-iron or driver which, in the developing stages of your game, can be much more erratic. When Nick Faldo went through his swing changes with coach David Leadbetter in the mid-to-late 1980s, he would hit thousands of balls with his nine-iron only, ingrain a specific move in his swing.



04 MIRROR WORK

Completing drills or movement patterns with the use of a mirror for visual feedback is a great way to encourage correct set-up positions as well as posture. It's a great alternative to video and offers feedback on new positions you may be working on in your swing. Legend has it six-time major winning Nick Faldo once worked on his posture for two hours with the use of a mirror as visual feedback – no ball hit or clubs swung.



05 QUALITY OVER QUANTITY

This is an area we have touched on already, but it's important to emphasize that you stick to quality, not quantity, when working on your game. Hit a maximum of 30-50 balls at any given time. Once completed, take a short break and move onto another area of the game. You can always go back to hitting another series of 30-50 balls if you wish to continue working on your swing, but remember to break it up and stay fresh. Of course, if you have the time to put in quality practice for extended periods then go for it. A word of warning: it's very easy to switch to auto-pilot when hitting a large quantity of balls and become fatigued. When this happens, it's very easy for the quality of your practice to drop off and even injury can occur.



06 SLOW DOWN YOUR SPEED

When working on your long game technique, do so by using between 20-80% of your normal effort level. This will begin to engrain the correct feel of a new movement you're working on, much more easily than going at normal speed. Completing a movement slowly will give you greater awareness of club and body, allowing for your conscious mind drive to the movement. If you're working on technical change and going at normal speed the subconscious will take control and you'll find it much more difficult to plug in the new feel or move.

Pia Nilsson and other great coaches often use a technique called Tai Chi Swing, which challenges the student to make practice swings which last longer than a minute. This is the ultimate drill to encourage feel and awareness of club and body when swinging.



07 USE A TEE

Use a small tee if necessary to encourage solid contact. This will give you some leeway if you're not striking the ball 100 per cent. Remember, not to let the ball be the boss. When Karrie Webb practices or warms up before any round or is working on an area of her swing she kicks the ground up so she has a perfect lie. She understands that when the mind is in technique mode, it's difficult to put all the pieces together and still make solid contact every time. By giving herself a little assistance helps achieve that. She's also looking for confidence on the range and by slightly propping up the ball she can gain that even if her mechanics aren't 100 per cent on.

DON'T LET TECHNIQUE BE THE BOSS

When working on competitive training or playing skills the opposite applies. Don't let technique be the boss. Play the game, make a decision on where and how you want to hit the ball and paint that picture in your mind's eye. Bubba Watson, winner of the 2012 US Masters, is the epitome of this style of thinking and play. He lets the most skillful part of him go to work without mechanical thoughts. We see this so often with Tiger Woods and many artists of the game including the late Seve Ballesteros. When they are presented with the impossible, they come up with the improbable. Invariably, when forced to use their instincts they find a way to get it done.



01 SWING KEYS

The use of swing keys as well as your natural instinct to play, are all great keys to focus on in competitive mode. Limit or completely restrict technical thoughts when you are in a competitive mode. The use of heavy thoughts will tame the most powerful weapon you have – being able to let go at the subconscious level. Instead, play with a key thought or feel for that particular day. Jack Nicklaus has openly stated that he would play with between 4-6 simple swing keys per round, such as 'smooth takeaway', 'complete the backswing' or 'balanced finish'.



02 INCORPORATE A PRE-SHOT ROUTINE

Competitive training and play should also encompass developing a consistent pre-shot routine and sticking to it throughout training and play irrespective of the situation. As stated in the previous paragraph, it's not only about clear decision-making. It's about having a habitual way of how you walk in to a shot and a consistent time-frame from when you walk in to the shot to the time you pull the trigger. Be deliberate with your shot routine when on the practice fairway – just as you would in the heat of battle.

As a basic rule of thumb, all standard long-game shots and putts should follow the same amount of practice strokes and time spent executing the shot. When it comes to all scrambling shots, trouble shots and short-game shots around the green, which require more feel, a more random approach is acceptable.



03 BE DECISIVE

Be decisive in your training and decision-making on the range and golf course. Train all areas of your game and develop the trust required to use it during competition. Before playing any shot, you should have a clear vision of how you will play the shot. Any indecision or second-guessing will be a sure-fire recipe for disaster.



04 USE YOUR IMAGINATION

Having a great imagination, as it relates to your golf game, is often an area not talked about and not taught. Artists of the game, such as Seve Ballesteros and Phil Mickelson, have pulled off shots at times that have left commentators and crowds amazed and impressed. Learn to be creative and competitive in every way adding maximum variety to your training. Tiger Woods regularly shows his brilliance around the greens by playing shots that seemingly look impossible.

Growing up as a young junior he was encouraged to open his imagination and use the creative side of his brain. In the following sections of this eBook, we explore some cool ways to open your mind and practice in a way you've never previously considered.



05 SIMULATE ON-COURSE PLAY

This is one of the key ways we can make the walk from the range to the first tee seamless. Playing a variety of shots to various targets as if on the golf course is a great way to put you in a game-like situation. When you're in competitive mode on the range, simulate on-course play by playing to different targets switching clubs regularly. Consider going through your full pre-shot routine taking the same amount of time you would in a competitive round. This will take you out of your comfort zone and prepare you for the playing field.



06 PREPARE BEFORE YOU PLAY

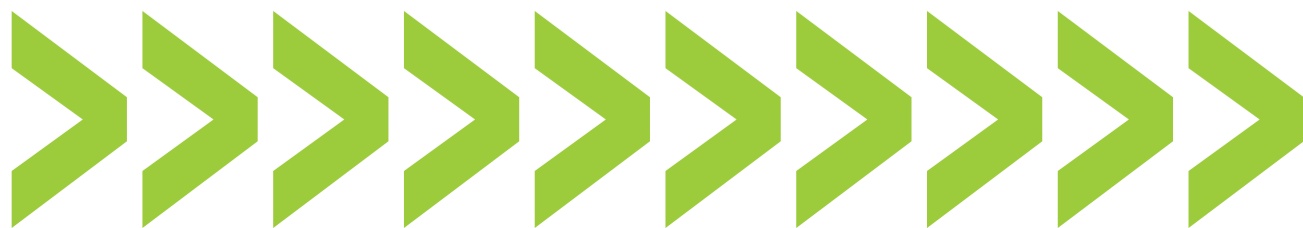
As a final thought, before you play, understand the course and its pitfalls. Really, there is no excuse for wasting shots through lack of understanding of the golf course. A little bit of knowledge can certainly save you a number of shots. For example, knowing the distance you need to carry a greenside bunker or knowing that a three-wood is a better option than a driver. This is a large topic to get into but no matter what level you play the game, having the knowledge of the playing field and how that fits into your strengths and weaknesses, is a real key for maximizing your ability to go low.

GROWING UP AS A YOUNG JUNIOR, TIGER WAS ENCOURAGED TO OPEN HIS IMAGINATION AND USE THE CREATIVE SIDE OF HIS BRAIN.



SO THERE IT IS — THE NEW WAVE CONCEPT. I'M SURE YOU NOW HAVE A BETTER UNDERSTANDING OF SOME OF THE KEY PRINCIPLES FOR CORRECT TRAINING AND PRACTICE.

I CAN'T EMPHASIS ENOUGH THE IMPORTANCE OF UNDERSTANDING WHO YOU ARE AS A GOLFER AND WHAT IT TAKES TO REALLY IMPROVE SCORING.



WHAT'S NEXT

The following parts of this eBook series will cover putting, followed by short-game and long-game and will outline a blueprint on how to accurately target these areas of the game. It will guide you through a testing phase firstly showing you how to accurately measure these areas then you'll be able to see where you stack up on that particular area compared to your perceived level. Following this is a list of relevant activities and drills for golfers, who finally want to change their practice habits and develop the skills to shoot lower scores.

Also, these activities and drills can be used for teaching and coaching purposes and for those who want to add a new dimension to how they train their students. You'll find a variety of ways to spice-up practice time both on and off the course with extensive drills on all areas of putting, short-game, trouble shots, long-game and challenging ways to play on-course activities are also included. The activities and drills are designed according to the strengths and weaknesses of the individual, therefore adding variety and challenging your practice habits, which sometimes makes practice more difficult than the game.

Performing these games and activities will encourage better scoring and on-course play. All activities are measurable allowing you to keep score as you go. This is a simple and effective way to gauge whether or not you are making improvements in a certain areas of the game.

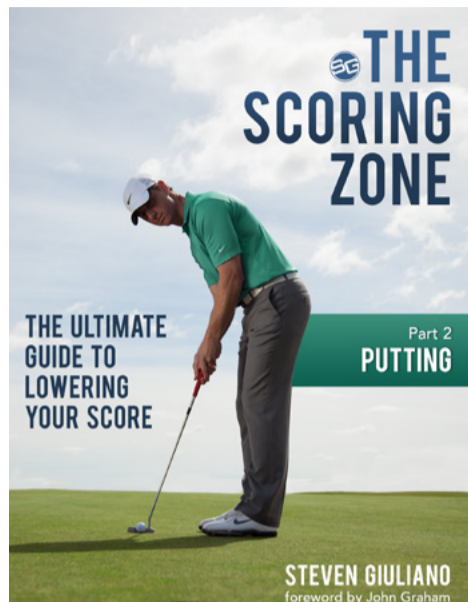
**GOOD LUCK APPLYING THESE
TECHNIQUES!**

**YOU ARE NOW ON YOUR WAY TO
SHOOTING SCORES YOU HAVE
ONLY DREAMT OF!**



GET THE COLLECTION

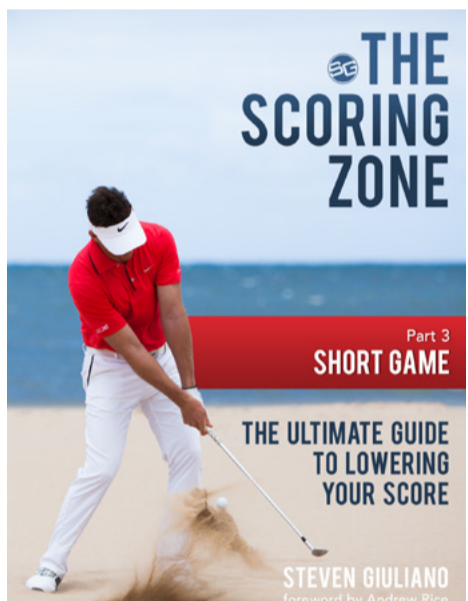
NOW IT'S TIME TO TAKE YOUR TRAINING TO THE COURSE!



PUTTING

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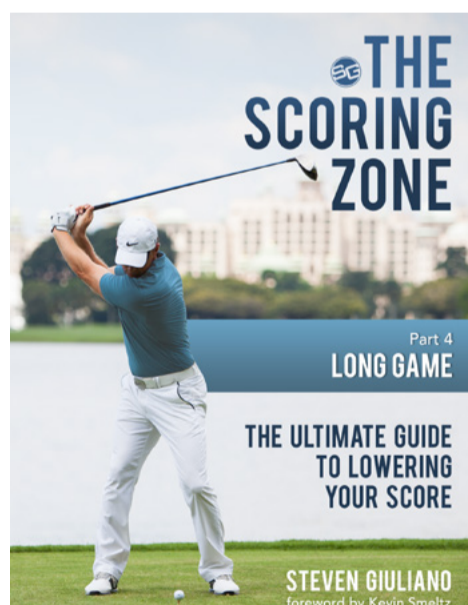
The putting section of this eBook series features over 75 pages of solid content to help you with your putting performance. With over 20 HD video and drills covering all areas of the putting game. Often referred to as the game within a game, we'll firstly take a look at how to test your putting skills and then I'll show you how to train and track your putting for optimum results on the greens.



SHORT GAME

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The short game section of this eBook series features over 50 pages of solid content to help you with your short game scoring. With over 12 HD short game videos covering all areas of the short game. Without the creativity, imagination and variety of shots around the green a great putting game will be placed under stress. Throughout part 3 of this eBook series you'll learn some fresh ideas on how to train the short game covering chipping, pitching, high shots and bunker play, I've also included the all-important scrambling and trouble shots you'll be faced with around the green.



LONG GAME

[DOWNLOAD NOW](#)

The long game section of this eBook series features over 40 pages of solid content to help you with your long game using on and off course training techniques. With over 13 HD long game videos covering a variety of drills and on-course games. For many golfers the idea of training the long game involves beating a large quantity of golf balls into an open range with little or no thought to a target. The new wave of golf coaching and golfers is now more focused on target orientated practice. Training is much more measurable and purposeful, the new wave of golfers understands that time wasted is time they can't get back. So be prepared to learn some fresh ideas on how to test, train and track the long game covering a variety of competitive drill and on-course scoring games.

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