

## The **quick guide** to good practice

*This guide is intended to give all golfers an overview of how to correctly practice. It does not go into details of what exactly you are practicing but outlines a general framework for good practice and helps you avoid some of the pitfalls of poor practice.*

### Create a Practice Plan –

*It is not worth spending countless hours practicing your golf game aimlessly. This will cost you energy and time, but most likely won't improve your game, repeating the same bad movements over and over again does not make them better. Have a notebook or practice folder especially to plan and record your practice objectives and results.*

*Use these points to help you structure your practice time:*

- *Decide how long you have to practice, and dedicate a specific percent to an actual outcome i.e. I have 45 minutes on the range to spend on X (part of my game)*
- *Now decide exactly what it is you want to improve?*
- *Split this time now into 3 sections. The **Technical** Section, where you work on changing the pattern of your movement. The **Rhythm** section, where you make the “new” movement first at slower speeds for feedback and awareness, and then working up to close to your normal speed. And finally the **Game** section, which should involve some sort of target orientation or game (skills test) in which you are trying to produce a result (ideally with your actual on course routine) without consciously working or thinking about the movement.*
- *The **Technical** Section - How are you going to do it? (mirror work, slow motion swings, drills, work station, video feedback, ball flight, ball contact, direction etc) plan it!*
- *The **Rhythm** Section – What is your normal Speed? Find the speed at which you are able to consciously feel what it is you want to do, (this is normally almost slow motion) repeat over and over again to help you ingrain the new movement, then work up to your normal speed.*
- *The **Game** Section – How can you make the last part of your practice sessions as realistic to the game on the course as possible? Use your routine, change clubs, pick out a new target for every shot, play the game of golf in your practice to test the new movement. Is it better?*
- *Record your thoughts and feedback – It is very important to record exactly what you felt was good about the practice session in a small booklet or notepad. If you have certain skills tests make sure you record your scores and try to improve upon them next time around.*
- *Without objectives and measurement in practice we can never really understand if we are improving or not. Use your time and your energy wisely and improve your game now!*