

Main Topics: Practice Routines and Drills

Main Ideas

- Alignment sticks, you can use a club. Essential for quality practice
 - If a player's lines are off, it can do some very negative things to ball flight
 - Baseball Drill - Helps with baseball players who may hit the big cut/slice

- TEMPO
 - This might be the most used word I use when coaching
 - Players can get anxious and want to swing as hard as they can but that usually throws everything off
 - One Thousand One Drill
 - Getting the club set at the top, keeping transition solid and in sync

- PRACTICE WITH A PURPOSE
 - Emphasize picking a target, often I see players practice on the range and just machine gunning ball into the range, without a target

 - After picking a target, emphasize distance control. For your better players, they can try to envision hitting it past a target on the range, IE: Hitting over a bunker to a tucked pin. Helping them visualize this will pay off on the course.
 - introduce this idea to your more inexperienced players, try to get them to envision in round shots on the range.

 - Visualization of 'in-round' shots during practice is hard to get players to wrap their brains around it, but if you have a practice session, give everyone the same scenario. IE: 105 Yards to a pin tucked behind a bunker, 98 Yards to clear the bunker. This will help get players to understand they must hit the shot at least 98 to give yourself a good look at the pin.

- Understand the cause of draws/hooks and fades/slices
 - Clubface awareness
 - Path and face angles are what make the ball move in the air
 - Grip changes
 - Can be a very simple fix to a player who is struggling

- Keep in mind, our season is very short at the high school level, some tweaking to golf swings needs to be done in the off season leading up to August.

Main Topics: Short game Drills and Mental Game**Main Idea - SHORT GAME**

- Snake Drill

- Towel Drill, pitching work, picking landing spot rather than where they want it to end up.

- Spieth "Blackout" Putting
 - Read from behind
 - Read from low side to see slope (uphill/downhill)
 - Read from opposite side
 - Try to achieve a sense of blackout, where you can draw the line on the green
 - This involves some patience, but can be done in a timely manner if the player is prepared and ready

- Reading putts in a timely fashion. If player is not up, utilize that time to walk around putt without distracting other players

- "Any Lie" practice around greens

- Bunker work, use a line, splash sand onto green. Big wide open stance, open club face towards target

- Visualization of chip shots, narrowing down their landing area for optimal results.

- Switch the thinking of hitting shots at the hole to finding landing spots. (Towel Drill)
 - Same target, same landing area, from a different position around green can help broaden their shot making skills (great for off season work to add different shots to their game)

Main Idea - MENTAL GAME

- Mentally I encourage players to make sure they are going through the same routine whether it is a 50, 15, 5, or 1 foot putt.
- SLOW DOWN. High school players tend to play extremely fast, even when rounds take 6 hours they sit and wait on tee boxes.
- It is our job as coaches to make sure our athletes are prepared. This is a huge stress relief if the weather happens to turn bad or a player is distracted with possibly running out of balls or tees. It is easier to focus in on their golf game rather than thinking about little issues that can take away from that focus.
- Different strategy ideas throughout rounds: Split 18 holes into 3 hole mini tournaments. If a player struggles for 3 holes they can quickly forget about it and go start a new 3 hole tournament. Dividing the round up like that can help keep a player confident if things are not going well.
- FORGET ABOUT THE PREVIOUS HOLE. This saying has a negative connotation but it applies to playing well too. I often see players make a bogey and it compounds and creates a domino effect of high numbers on the scorecard, letting a bad swing or a lip out putt get into their heads and it then affects the next shot. On the other side, forget about birdies and eagles. Golfers tend to get too wrapped up in the fact that they made a birdie or are even with a few holes to go when they have never broken par before, and then things crumble. I like to remind my players that regardless of your score relative to par, you still have to play the last few holes with a clear mind and a positive mental state. This is extremely difficult sometimes, but if you can practice getting in that positive mindset, it will eventually make it to tournament play.
- 10 Step rule. Only get 10 steps to forget about a poor shot, and not let any previous anger or negative mental state lead into another shot.
- It is not all about the long ball. Encourage your players to play to their strength.
- Teach players when to be aggressive, it can make or break a round or tournament.
- TAKE THE BIG NUMBER OUT OF PLAY
 - Tin cup syndrome.
 - Hit clubs that will keep the ball away from the trouble.
 - Take an extra club to be sure to clear the water/bunker
 - Layup to avoid hitting a stray drive out of bound
 - Thinking back to visualizing shots during practice
- Once players see courses a few times, they can start to feel a sense of comfortability
 - Have players think about playing to low spots on the greens, uphill putts are much easier to manage.