

GOLF EXPERIENCE SUMMARY

DAY 1: PUTTING

AREA	KEY MESSAGE
5 foot putting	Tee pegs and ball alignment for line and stroke length.
Pace putting	Random lengths/angles while learning distance control.
Technique	Eyes over ball, equal stroke lengths, shoulders not wrists.
Eye dominance	Left eye: left centre. Right eye: centre.
Equipment	Correct length, preferred grip, right putter style.

DAY 2: SHORT GAME

AREA	KEY MESSAGE
Chipping	Less loft = lower launch, lower spin, more run-out.
Pitching	More loft = higher launch, more spin, less release.
Bounce	Higher bounce reduces digging — vital in pitching/bunker.
Weight	Left-side pressure across all three shots.

DAY 3: IRON PLAY

AREA	KEY MESSAGE
Technique	Right-to-left weight shift, finish the squeeze.
Swing length	Long enough for power, not so long it loses control.
Angle of attack	Hit down to create spin and ball flight.
Ball position	Centre for short, forward for longer clubs.
Grip	Left hand leads, right hand is passive.

DAY 4: DRIVER PLAY

AREA	KEY MESSAGE
Technique	Right then left weight shift, finish the squeeze.
Swing length	Longer creates power — full body turn both ways.
Angle of attack	Hit up on the ball — swing up and out.
Ball position	Driver in line with left foot, body behind.
Grip	Left hand leads, right hand passive for speed.
Equipment	10–14° driver loft based on speed and delivery.

DAY 5: ON COURSE

AREA	KEY MESSAGE
Strengths/weaknesses	Build the plan around what you do well.
Distances	Front, middle, back of every green.
Targets	Aim at the big area of fairway and green.
Ball flight	Play with your natural shape, not against it.
Best miss	Pick the safer side of the hole in advance.

DAY 1: PUTTING

Building confidence from 5 feet, improving pace control, and matching setup, eye dominance, and equipment for more consistent putting.

5 FOOT PUTTING

The Core Concept: Five-foot putting is about start line, strike, and simple structure. Use tee pegs for face control and a back marker for stroke length, then let the ball alignment confirm that you are aimed correctly.

STATION	PURPOSE
Tee pegs either side of the putter head	Keeps the face and strike centered through impact.
One tee peg behind the putter	Acts as a reference for the length of swing.
Ball alignment	Improves face aim and start-line awareness.

KEY COACHING CUES

- Tee pegs either side help monitor the putter path and strike.
- One tee peg behind acts as a reference for the length of swing.
- Ball alignment gives a clear visual check for aim and start line.
- From five feet, focus on rolling the ball on line with a tidy stroke.

BENCHMARK

- **PGA Tour make rate from 5 feet: 90%**
- Being roughly **1.5% offline** from five feet results in a miss, which is why start line is so sensitive at this distance.

PACE PUTTING & TECHNIQUE

The Core Concept: Pace putting should be trained from random lengths and angles, not always to a hole. Eyes looking up while learning distance control helps connect stroke size to how far the ball actually rolls.

DISTANCE-CONTROL PRACTICE

- Use random lengths and angles rather than always putting to a hole.
- Keep the drill focused on learning distance control and finish point.
- Eyes looking up during the practice helps build feel for pace.

TECHNIQUE

FOCUS	SESSION NOTE
Eyes over ball	Supports better set-up and clearer aim.
Stroke equal lengths	Encourages rhythm and a balanced motion through the ball.
More shoulders, less wrists	Reduces hand action and keeps the stroke simpler.
Alignment stick / ball between elbows	Useful training aid to reduce the hands.

EYE DOMINANCE & STATS

The Core Concept: Eye dominance influences where the ball should sit in the stance. The goal is to place the ball where the line looks most natural to your dominant eye.

BALL POSITION GUIDE

DOMINANT EYE	BALL POSITION
Left eye	Ball position left centre
Right eye	Ball position centre

PUTTING STATS

STAT	SESSION MESSAGE
5 foot – PGA Tour 90%	A reliable short-putt set-up matters.
30 feet and beyond – PGA Tour 1%	Long putting is mainly a pace challenge.
Outside 1.5% offline from 5 feet	Results in a miss — start line is critical.

EQUIPMENT & KEY TAKEAWAYS

The Core Concept: Equipment should support the way the putter sits and moves. Correct length allows the putter to sit level, while grip and putter style are personal but must suit the stroke you use.

EQUIPMENT & SET-UP NOTES

- **Length is vital:** it must be correct so the putter is level to strike.
- **Grip is a preference:** use the feel that suits you best.
- **Putter style:** arc-style putter or balanced for straight back and through.
- Match equipment to the stroke you are trying to repeat.

DAY 2 : SHORT GAME

Mastering spin, launch, and bounce to confidently navigate any situation around the green.

CHIPPING

The Core Concept: Lower lofted clubs create a lower launch and lower spin. Therefore, when chipping, you must plan for more run-out on the green once the ball lands.

CLUB SELECTION & EXPECTED RUN-OUT

CLUB	LAUNCH PROFILE	EXPECTED RUN-OUT
7 Iron	Low Launch	70%
9 Iron	Low Launch	50%
Pitching Wedge (PW)	Mid Launch	30%
Sand Wedge (SW)	High Launch	20%
Lob Wedge (LW)	Highest Launch	10%

TECHNIQUE

- Maintain the lowest angle of attack.
- Position the ball in the centre of your stance.
- Keep weight favouring your left side throughout the stroke

EQUIPMENT & SETUP NOTES

- Lower lofted clubs (6, 7, 8 irons) are easier for solid contact.
- Higher lofted clubs (9i, PW, SW) require more precision.
- **Drill:** tennis ball under the foot as a pressure reminder, weight left.

PITCHING

The Core Concept: Higher lofted clubs create a higher launch and generate more spin. As a result, plan for significantly less run-out upon landing.

CLUB SELECTION & EXPECTED RUN-OUT

CLUB	LAUNCH	ANGLE OF ATTACK	RUN-OUT
Pitching Wedge (PW)	Mid	Mid	Variable
Sand Wedge (SW)	High	Mid or High	20%
Lob Wedge (LW)	Highest	High	10%

TECHNIQUE

- Higher angle of attack with proper wrist hinge.
- Ball in centre of stance, weight on left side.
- Open body and left foot slightly to the target line.
- Smooth, unforced strike at a controlled pace.

BOUNCE GUIDE

- 8°: Low — 10°: Mid — 12°: High — 14°: Super high and user-friendly.
- Higher bounce prevents the club digging into the turf.

BUNKER PLAY

The Core Concept: Keep it simple. Use the sand to carry and help the ball onto the green rather than trying to hit the ball perfectly clean.

CLUB SELECTION

CLUB	SUITABILITY FOR BUNKERS
Pitching Wedge (PW)	Mid launch but usually too low a bounce.
Sand Wedge (SW)	Ideal loft and optimal bounce for sand.
Lob Wedge (LW)	Highest launch — useful for steep lips or short-sided pins.

TECHNIQUE

- Higher angle of attack, ball centre to slightly forward.
- Weight left, body and left foot open.
- **Crucial Tip:** if short of speed and power, swing longer and faster — sand slows the club.

EQUIPMENT NOTES

- Higher bounce clubs prevent the leading edge from digging.
- Tennis ball drill remains highly effective for bunker setup.

KEY TAKEAWAYS

The Core Concept: Choose the lowest-lofted club that allows the ball to land and release to the target — and let bounce, weight, and setup do the work.

*Focus on feel, equipment understanding, and setup discipline.
Bounce is your friend — let the club do the work. - COACH'S NOTE*

DAY 3: IRON PLAY

Generating power through weight shift, controlling angle of attack, and matching ball position to club length for cleaner, more reliable iron strikes.

TECHNIQUE & WEIGHT SHIFT

The Core Concept: Weight shift from right to left is now the way to gain the power to advance the ball. Remember to finish "squeezing the tennis ball" through impact.

KEY MOVEMENTS

- Shift weight from right to left to generate power.
- Finish "squeezing the tennis ball" through impact.
- Body must turn on both backswing and follow through.

PRACTICE FOCUS

Use the tennis ball drill carried over from short game — it ensures left-side commitment as you add power.

SWING LENGTH & ANGLE OF ATTACK

The Core Concept: The swing must not exceed a length that reduces power. We must hit down on the ball to create spin and keep it in the air.

SWING LENGTH

- Donot exceed a length that reduces power or rhythm.
- Body must turn on both backswing and follow through.
- Stay connected — width and turn beat extra arm swing.

ANGLE OF ATTACK

FOCUS	WHY IT MATTERS
Hit down on the ball	Creates spin to keep the ball in the air.
Compress, then turn	Cleaner contact and consistent flight.

BALL POSITION

The Core Concept: Ball position changes with club length. Centre for the shortest clubs, gradually moving forward as you hit longer clubs.

SWING LENGTH

CLUB	BALL POSITION
Wedges / Short irons	Centre of stance
Mid irons	Slightly forward of centre
Long irons	More forward — closer to lead foot

CHECK POINTS

- Match ball position to club length.
- Forward position for longer clubs supports a shallower strike.
- Centre position keeps the strike crisp on shorter irons.

GRIP & COACH'S NOTE

The Core Concept: Vital to understand the grip — the left hand is key, the right hand plays a passive role to create speed.

GRIP NOTES

- Left hand is the key control — right hand is passive.
- A passive right hand allows the club to release with speed.
- A poor grip makes consistent compression very difficult.

DAY 4: DRIVER PLAY

Swinging up and out with a powerful weight shift, the right ball position, and loft that suits your speed for maximum efficiency off the tee.

TECHNIQUE & POWER

The Core Concept: Weight shift from right to left is the way to gain the power to advance the ball. Remember to shift to the right side first before finishing the squeeze of the tennis ball.

POWER SEQUENCE

- Shift weight to the right side on the backswing first.
- Then transition into the left side and finish the squeeze.
- Body must turn on both backswing and follow through.

The driver is the longest, fastest swing of the day. Power comes from sequencing — not from forcing the arms. - COACH'S NOTE

SWING LENGTH, DIRECTION & ANGLE OF ATTACK

The Core Concept: Longer creates power. We are trying to swing up and out, hitting up on the ball to create lower spin, more efficiency, and more distance.

SWING LENGTH & DIRECTION

- Longer swing = more power — let the body turn fully.
- Aim to swing up and out through the ball.
- Body turns on both backswing and follow through.

ANGLE OF ATTACK

FOCUS	WHY IT MATTERS
Hit up on the ball	Creates lower spin and ball efficiency.
Up and out swing path	Maximises carry and total distance.

BALL POSITION & GRIP

The Core Concept: Forward for all head-cover clubs — driver in line with the left foot, allowing the rest of the body to be behind the ball. The grip lets you swing your fastest.

BALL POSITION

CLUB	BALL POSITION
Head-cover clubs	Forward in the stance
Driver	In line with the left foot

GRIP

- Left hand is key — right hand stays passive to create speed.
- You are trying to swing your fastest — a good grip allows it.
- A poor grip will not let speed transfer cleanly into the ball.

EQUIPMENT & KEY TAKEAWAYS

The Core Concept: Loft is your friend. Most players need 10–14° depending on speed and delivery — more launch suits slower swings.

LOFT	BEST FOR
10° – 11°	Faster swings with a steeper delivery.
12° – 13°	Mid-range swing speeds, balanced launch.
14°+	Slower speeds — more launch and easier carry.

DAY 5: ON COURSE

Using strategy and tactics — knowing your strengths, measuring marttar gets, and choosing the right side of the hole to take pressure off your swing.

STRATEGY & TACTICS

The Core Concept: Strategy turns practice into scoring. Honest awareness of your strengths and weaknesses lets you build a plan around what you actually do well.

PRINCIPLES

Know your strengths — lean on them under pressure.

- Know your weaknesses — protect against them with smart targets.
- Strategy first, swing second.

Most strokes are saved before the swing starts —
by choosing the right shot, target, and miss. - **COACH'S NOTE**

DISTANCES & TARGETS

The Core Concept: Always measure to the front, middle, and back of the green so you can choose a target that suits the shot, the wind, and the pin.

DISTANCE CHECK

REFERENCE	WHY IT MATTERS
Front of green	Minimum carry needed to find the putting surface.
Middle of green	Default safe number when in doubt.
Back of green	Knowing the long miss avoids over-clubbing trouble.

TARGET SELECTION

- Play to the big area of the fairway and green.
- Avoid pin-hunting unless the shot really suits it.
- A wide target reduces tension and improves swings.

BALL FLIGHT & COURSE MANAGEMENT

The Core Concept: Play with your ball flight. Choosing shots that match your natural shape lets you commit fully and miss in safer places.

PLAY YOUR SHAPE

- Identify your natural ball flight (draw, fade, straight).
- Aim using your shape rather than fighting it.
- Commit to the shot — indecision is costly under pressure.

BEST MISS

- Think about the best side of the hole to miss on.
- Avoid the side with the highest penalty for error.
- Plan the miss before the shot, not after it.

SUMMARY

The Core Concept: The best players give themselves easier shots. Measure smart, target wide, and use your shape to keep pressure off the swing.

Strategy is the bridge between practice and performance. Take the same discipline from the range onto the course.- COACH'S NOTE