



GARY MUNRO
GOLF

FREE GUIDE

**TO HELP YOU PRACTICE
LIKE THE PROS**

8 KEY PRINCIPLES TO BETTER PRACTICE

1.

Align your practice sessions to your goals.

Keeping stats helps shape your practice sessions. **Have a clear picture of what you want achieve in your practice session** and how this will develop the skills that you need to shoot lower scores.

Are your goals long term, based on clear areas of weakness that require development?

Or are they reactive goals based on your recent performance or feedback from people around you?

2.

If working on improving a skill, be really clear which particular aspect of that skill needs further work. i.e. Not just Putting, but striking out of middle of the putter, Lag putting or speed control, set up your practice station correctly.

Go to each practice session with a clear purpose of what you want to achieve and how you will achieve it.

Split your work area into 3 different boxes...



Technical Box

If you are working on a certain movement within your technique then I suggest you set 30 balls to one side where you are totally focused on the movement and not the ball flight.

This may include over exaggeration moves, swings at super slow pace, or perhaps the use of training aids to help you relate to the new feeling. You may use video in this box to give yourself feedback on how it looks to how it feels "Feel vs Real".

In this box, strike and outcome is irrelevant and you are reflecting purely on your technique/movement. You will likely be using the same club for all 20 balls. HIGH level of Focus and Intensity.

Transition Box

This is where you now try to take what you learnt in the Technical Box and start to apply it with some intent and focus of the outcome of where the ball finishes.

Vary the clubs, vary the targets, perhaps even vary the lie. Be prepared to adjust to different conditions and wind directions and therefore vary the trajectory and shape of shot.

This is great fun to use and can be done in a matchplay format against a friend on the range. In this box you are preparing yourself for the Tournament Box. Focus moves more toward the target and start to bring (PSR) Pre shot routine into play and post shot reflection.

Tournament Box

In this box we are trying to replicate real Golf as much as possible. Every shot will have a consequence and the score will be recorded. Club/target should be varied every shot. (unless putting) If hitting on grass drop the ball, don't place it.

Make the games measurable that challenge your skill level perhaps even beyond your current scope of ability. Build in constraints that further challenge your ability, ie lose points if you miss left, or mis-strike for example.

You want to feel as much pressure as possible and make it as hard and gruelling so when you tackle the course you know you have done this all before) Pre shot routine into play and post shot reflection.



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- 3.** Try to integrate a practice buddy into the sessions to hold you to account, its also a great way to accelerate learning. If not feedback to your coach on your practice reflections by completing a training journal and video feedback.



- 4.** Forget linear progress it doesn't happen very often, and is not how learning works. You won't see direct score improvement every session.

Expect your journey to be very up and down. Golf as we know it is a rollercoaster and there are so many variables to performance.

Concentrate on the process of getting better each time you practice and scores will take care of themselves.





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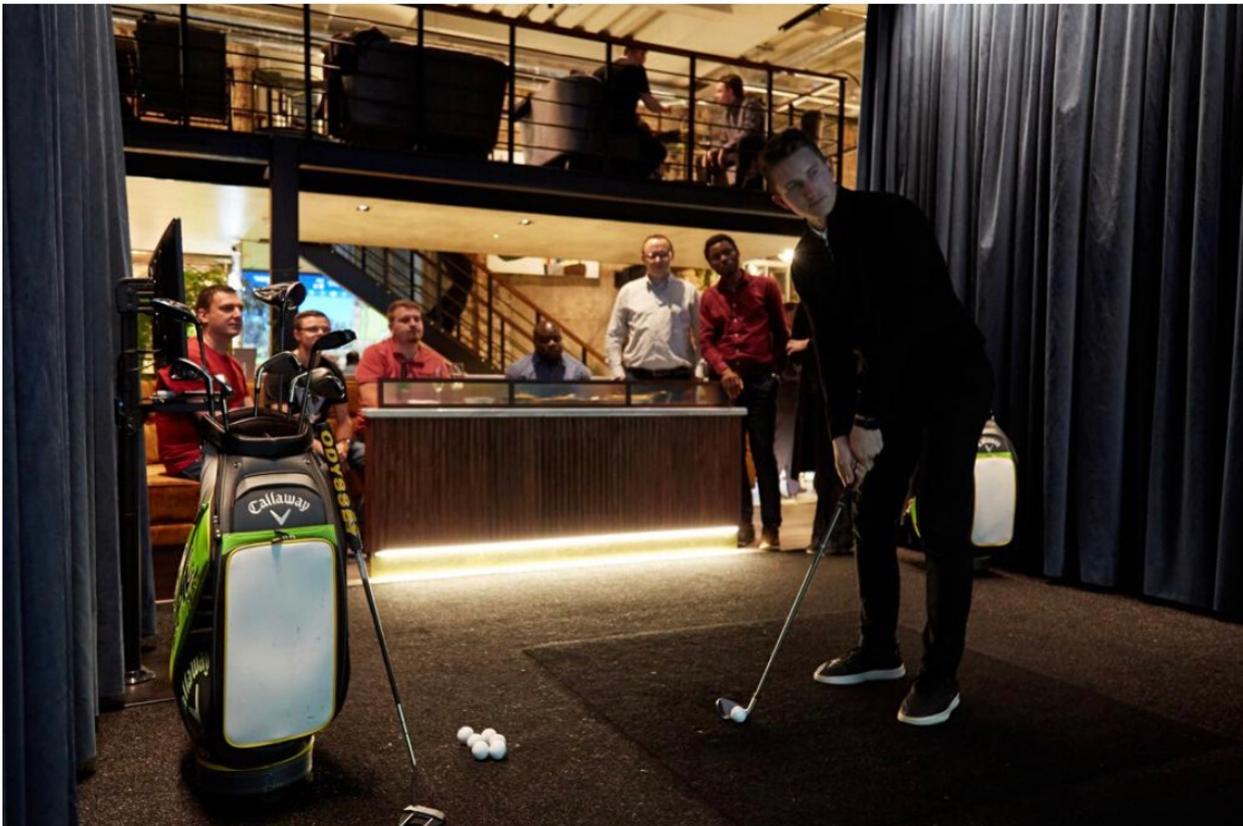
5. Embrace the journey and the chaos of learning this game!

You learn from failure and at times it will get very ugly, frustrating and lonely.

6. Handling nevers and expectations

If the tournament box doesn't make you feel like you do when you are on the Golf Course then you need to revisit this and tweak it as required. Find the appropriate challenge point for you!

A challenge that is just out of reach is perfect. Whether its for a forfeit or punishment if you don't pass the test you want this area to up your heart beat and make those palms sweaty!!!





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7.

Introduction to mental skills as the tournament box intensifies, dealing with pressure, dealing with distraction, frustration at task failure for example.

I can help you with psychological techniques to help counter these feelings. Something the top players in the world continue to work on every single day. The Steps of a Pre Shot routine:

- Switching on Course strategy Visualization
- Feel
- Commitment Alignment (set up)
- Trust and “GO!”
- Post shot:Acceptance
- Switch offThe goal of the pre-shot routine

To “switch on” your focus and get ready for the shot as best you can.□
Make sure you’re emotionally balanced (neither anxious or excited)□ Make sure you’re thinking clearly and confidently. The pre-shot routine gives your thinking structure, so you can stay calm, knowing that by following it, you’ll do all you can do to play the shot successfully. Make sure you’re focused and committed to the shot without any negative distractions, so you can swing freely. Make sure you’re in the present, not thinking about the past or future. Make every shot feel the same, whether it’s to win the club championship or you’re playing a friendly game.

8.

Celebrate small wins, reward yourself for accomplishments. To step up the context of the practice sessions further introduce a partner to compete against/ play for money or give yourself a time constraint (eg. must complete this task before I go home)



“How you spend your practice time remains much more important than how much time you spend practicing.”



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If you would like more information of how you can take your game to the next level, follow my social media pages and contact me about booking in a session. I will be available at Bedfordshire Golf club & Pitch golf London. Visit my website to see my availability and testimonials.



@GMM_GOLF



Gary munro golf



www.garymunrogolf.com



gary@pitchldn.co.uk



07954152383



Bedfordshire Golf club MK43 8SR
&
Pitch Golf London EC2N 4AW