

### Step 1 – Best Shots

Record your Best Shots, refer to these when you play, and try to keep replacing them.

Shot Detail	Club Taken	How it felt and what to visualise
Shot 1 –		
Shot 2 –		
Shot 3 –		
Shot 4 –		
Shot 5 –		
Shot 6 –		
Shot 7 –		
Shot 8 –		
Shot 9 –		
Shot 10 –		

## Step 2 - Clubs

Identify the distance you hit the ball with each club. In normal conditions.

Club	Distance (Carry)	Roll Out

### Step 3 - Course Management

Different courses have different challenges, Bunkers, Trees, Water, Rough, Dog Legs.

Knowing how to keep the ball in play around a course can keep those scores down.

Follow this simple tracking process and try to stay out of trouble. Just say to yourself - Fairways and Greens.

Hole	Par & Distance	Fairway Hit Y/N	Green in Regulation	Bunker	Water / OB / Penalty	Putts	Any other comments?
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							

Step 1 – Record your round

Step 2 – Review your round

Step 3 – Repeat next time you play

Step 4 – Review Round 1 against Round 2 – did you play better? Did you make the same mistakes? Repeat this process and you will really start to understand how you play your way around your course.

Step 5 – We will add more advance features into the course management as part of ongoing processes with Cohort 100, 90 and 80, and at each level record more detail at the appropriate time in the journey.

## 4 – Focus and Fun

### FOCUS:

- Print a copy of this document and complete as much as you can.
- Skim read this document before you go out on the course each round.
- Refer to the different Steps throughout your round.
- Talk, relax but know when to switch on and focus on your shot – you only need to focus for 30 seconds per shot not the whole round.
- Develop a pre-shot routine to help you switch your focus on and off.
- Add to the document as you identify more about you and your game.

### FUN:

- Remember Golf is your hobby, your time, your exercise.
- Enjoy being out in the fresh air.
- Give it your Best Shot, any shot is better than anyone not playing.
- Keep it simple, don't try too hard.
- Don't compound your errors, get back in play, the better you play the more fun you have.

These are just the basic starter sheets to get you moving in the right direction. More detail is available on the website to help you fill in the checklist and the background behind the information, but don't have too many swing thoughts.

More advanced processes are used on the coaching and mentoring programmes.

If you like what you have seen and learnt – please remember to come back to the website and look at registering on one of the Cohorts appropriate for your handicap or the annual subscription programme. **You could be the next big successful Mentee.**

**Corporate:** If you think the programme has helped, could help you with your stress levels in work, your general wellbeing and potentially be included in your companies Senior Leadership Team training and wellness programmes - please share with your HR team so we can look to work with them. Golf in work time is always FUN.



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