

GOAL SETTING

NEVER
GIVE UP

DREAM, BELIVE &
FIGHT FOR IT

EVERY TRAINING/SHOT
MUST HAVE A PURPOSE



FUN



X-DAYS
TO GOAL,
TODAY
1% BETTER

GOAL

GASP + I + S

GRIP



AIM



IMPACT/
SPECS

SETUP



POSTURE

SHORTGAME



BUNKER

PITCH



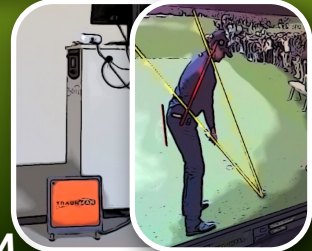
PUTT & CHIP EVERY DAY

SWING CHECK & EXTERNAL FEEDBACK

★ @IMPACT: CF, PATH,
AA, SMASH, CENTER

★ PLANE, STABILITY

★ SEQUENCE, SYNC,
TEMPO & RHYTHM



MENTAL GAME

SELF TALK &
BODY LANGUAGE

PRE-/POST-SHOT ROUTINE



SEE IT FEEL IT DO IT

LEARN FROM IT
- FAILING FORWARD
& ACCEPT

★ REPORT GOOD SWING-
THOUGHTS & FEELINGS ★

PHYSICAL CONDITIONING

WARM-UP

-AKTIVATE LB, ROTATE UB,
- SEQCING

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STABILITY EXCERCISES

- CORE
- WEAK JOINTS

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? ACTIVITY
= ? ENERGY

HYDRATE & EAT



STRETCHING

- HIPS
- SPINE

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ENJOY
SLEEP & RECOVER