

MODERN PRACTICE  
PROCESS & CONCEPTS  
FOR PEAK PERFORMANCE  
IN GOLF TRAINING

*SMG*  
Steve Moore Golf





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# DEFINITIONS

**PRACTICE:** PERFORM AN ACTIVITY OR EXERCISE A SKILL REPEATEDLY OR REGULARLY IN ORDER TO IMPROVE OR MAINTAIN ONE'S PROFICIENCY.

**LEARNING:** THE ACQUISITION OF KNOWLEDGE OR SKILLS THROUGH EXERCISE, STUDY OR BEING TAUGHT.

I think it is important we start with the above definitions. Like many phrases or terminology in golf we have attached a meaning and an action to them through peer usage and frequency of the terminology. To write this manual I needed to have a focus and a goal and for you to improve your game through training you need to identify what your goal is and how you are going to achieve that session by session.

**EXAMPLE:** IN TODAY'S SESSION I AM GOING TO COMPLETE TWO TASKS.

1. I am going to learn how to hit a punch shot under the wind.
2. I am going to practice it with different clubs using the technique learned.

# IS YOUR PRACTICE ACTUALLY HELPING?

It is important that we start with an honest assessment of our “Practice Time” to date..

Q: Do you Practice sessions actively improve your on course performance?

For most of us I don't think we can actually answer that question and not because we don't want to it is simply because we have no idea how to create an efficient practice session and or evaluate its effects on our game.

The goal of this manual is to help guide you in your practice sessions. We will look at dividing your time efficiently, preparing for each session in terms of focus and equipment, the difference between block and game day practice and the huge roll that feedback has in and out of sessions. We have also created some skill-based tasks that are purely for skill development with no technical focus or intent.

# LASTING Change

We all can appreciate that to make LASTING change that requires an application of the correct focus and work. Please go back and re read that last sentence and note we have highlighted the phrase “Lasting”. Our goal as a team, you and I, is not to create a short-term temporary change. We are all aware that short term and temporary changes only lead back to the technique or rituals that were not producing our desired results in the first place. When we start to focus on the correct things and apply ourselves in an efficient manner the momentum that it creates can cause great things to happen and we will feed of that energy and enjoyment.

## How most Golfers Practice

- No Plan.
- Tips/ Quick Fixes.
- Time invested sporadically in search of “magic” move.
- Frustration.
- Low Energy/Lack of enjoyment.

## How we will practice from now on

- Create a plan/Focus or develop skills.
- Invest time wisely.
- Appreciation of progress.
- High energy/ Fun / Fulfillment.

# BLOCK VERSUS RANDOM PRACTICE

The debate between these two type if practice is always phrased Block VERSUS Random. There should be no VERSUS.. both are important and have their role.

## BLOCK

Block practice is practicing similar or the same action/pattern repeatedly while under the same conditions.

### EXAMPLE

An example of this would be I am working on my backswing position. I choose the same club (7 iron) and I hit from the same location while giving myself a similar lie each time I hit a shot. The variables that occur in many golf shots on the course , the club selection/the lie of the ball/where I aim, I have controlled these in this type of practice

## RANDOM

Random practice is practicing while creating as much variability as possible in my session.

### EXAMPLE

An example of this would be I am working on my backswing position. For each shot I alternate clubs, choose a new target each time and I give myself a random lie each time I hit a shot. The variables that occur in many golf shots on the course are now being applied in this type of practice.

# BLOCK VERSUS RANDOM PRACTICE

What Type of Practice do you think suits the situation below?

Player A is really disappointed with their chipping. They feel the contact is pretty good however they are really struggling to judge distances and the lie's that they are getting on the course?

**ANSWER**

Player B cant stop slicing their driver. They know what they are technically doing wrong but they cant seem to get the move ingrained and automatic.

**ANSWER**

# THE LEARNING PROCESS

## THE TECHNICAL:

Everyone who receives this manual could quite possibly be working on something different. In the following sections we have given you pure skill drills without any cognitive technical focus however for this section let us discuss the three stages of learning and some examples of how you could approach that during a training session. There are three stages to learning a new motor pattern in keeping with the Fitts and Posner model.

- 1) Cognitive:** Been exposed to the new skill or movement and the process of discovery. Failures are present as movement “success” demands large amount of attention. Awareness of incorrect movement present but not yet awareness of how to correct.
- 2) Associative:** The learning and training of the movement. Improved awareness of the movement and ability to correct and problem solve. Less direct attention needed by player to complete movement. Ability to perhaps involve new movement into other tasks or motions.



# THE LEARNING PROCESS

**3) Autonomous:** The movement is now mastered by the player. Little if any focused attention is required to perform the movement. Errors small and easily assessed and improved. Confidence in the action improves. Capability of performing tasks simulatively now present.

- Any motor pattern you are wishing to change should be done so firstly at a speed of completion. This means you must go as slow as it takes to complete the new pattern at first. This is to achieve cognitive success.
- We welcome all feedback but it must be correct feedback. **Correct feedback** is essential when changing motor patterns. Use cameras and training aids to quantify your work and feedback. Do not make judgements on your game without accurate measurement.
- Bleeder sessions are a good way to mix Cognitive and Autonomous. This is a timed session of alternating between cognitive and autonomous. The player will rehearse the new pattern (with or without club) 3 times and then hit one full shot, the fourth shot, and then repeat. The fourth shot should be done without thinking. This can also asses what stage of learning you are currently at.

# FEEDBACK

You simply must have Feedback. This is a cornerstone to improvement and assessing progress. As mentioned earlier once you plan your practice you should also be planning your feedback method.

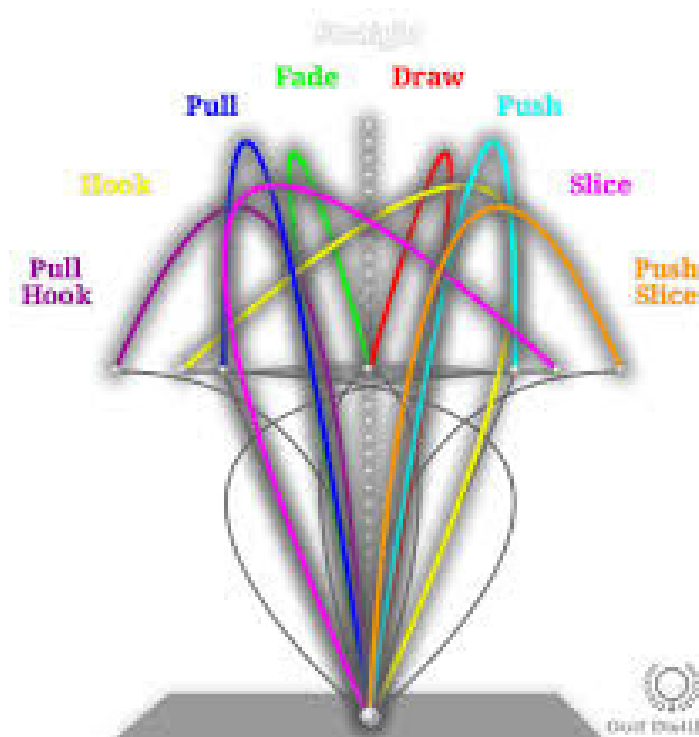
## TYPES OF FEEDBACK

In golf we have two main types of feedback. Intrinsic and Augmented Feedback.

Intrinsic is natural or sensory feedback (You get this no matter what) while Augmented is feedback from an outside or external source (Chosen Feedback)

### INTRINSIC

#### BALL FLIGHT

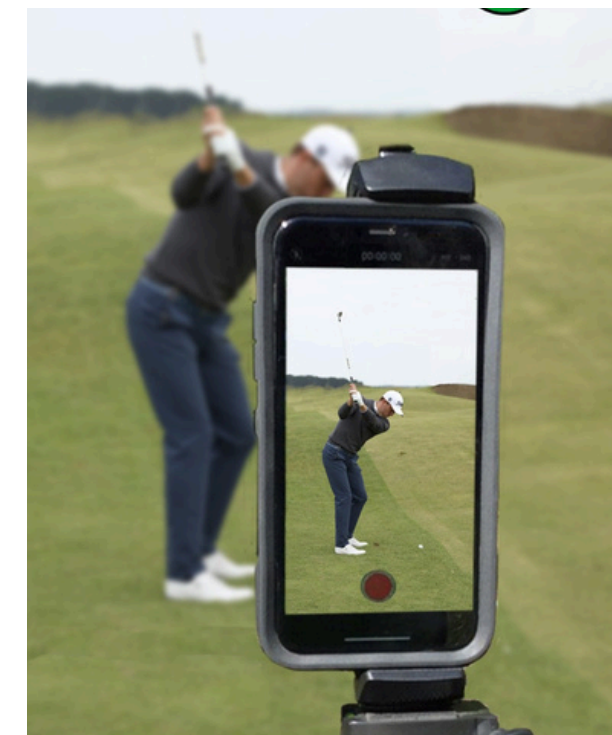


#### CONTACT



### AUGMENTED

#### VIDEO



#### LAUNCH MONITOR





# SKILL DEVELOPMENT

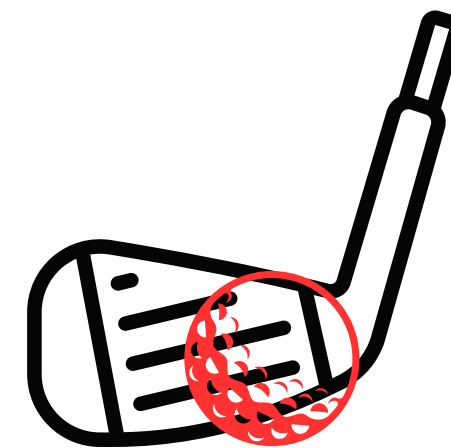
## FULL SWING TASK ONE

### IMPROVE BALL IMPACT

In this very simple drill we are going to explore ball contact across the face. This a drill everyone can use to develop the skill of impact awareness.



TOE



HEEL



MIDDLE

### HOW TO ?

In this drill you are going to attempt to alternate between striking the ball of different parts of the clubface, but intentionally. On the first round I want you to start with either toe or heel and end with the middle. You can then alternate as you go.

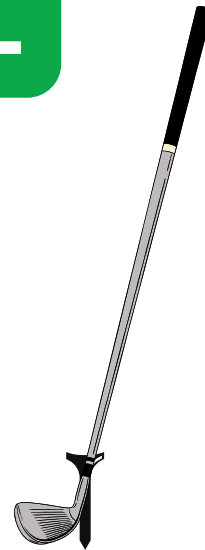
This drill is developing your awareness and skill of centred contact.

# SKILL DEVELOPMENT

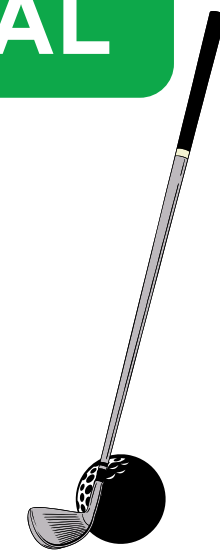
## FULL SWING TASK TWO

### IMPROVE CLUB DELIVERY

REHERSAL



ACTUAL



### HOW TO ?

In this drill you are developing the skill of low point or clubhead delivery. The ability to control where & how deep the club contacts the ground relative to the golf ball is probably the most important skill in the game.

Set up one tee in the ground so just the head of the tee is above the surface. Make a rehearsal swing and see if you can contact the tee first and then the ground. Once achieving this tee first contact then you can a real ball and try to repeat the same delivery pattern. If you dont hit the tee first on your rehearsal you must repeat until you do



# SKILL DEVELOPMENT

## CHIPPING TASK ONE

### IMPROVE CONTACT

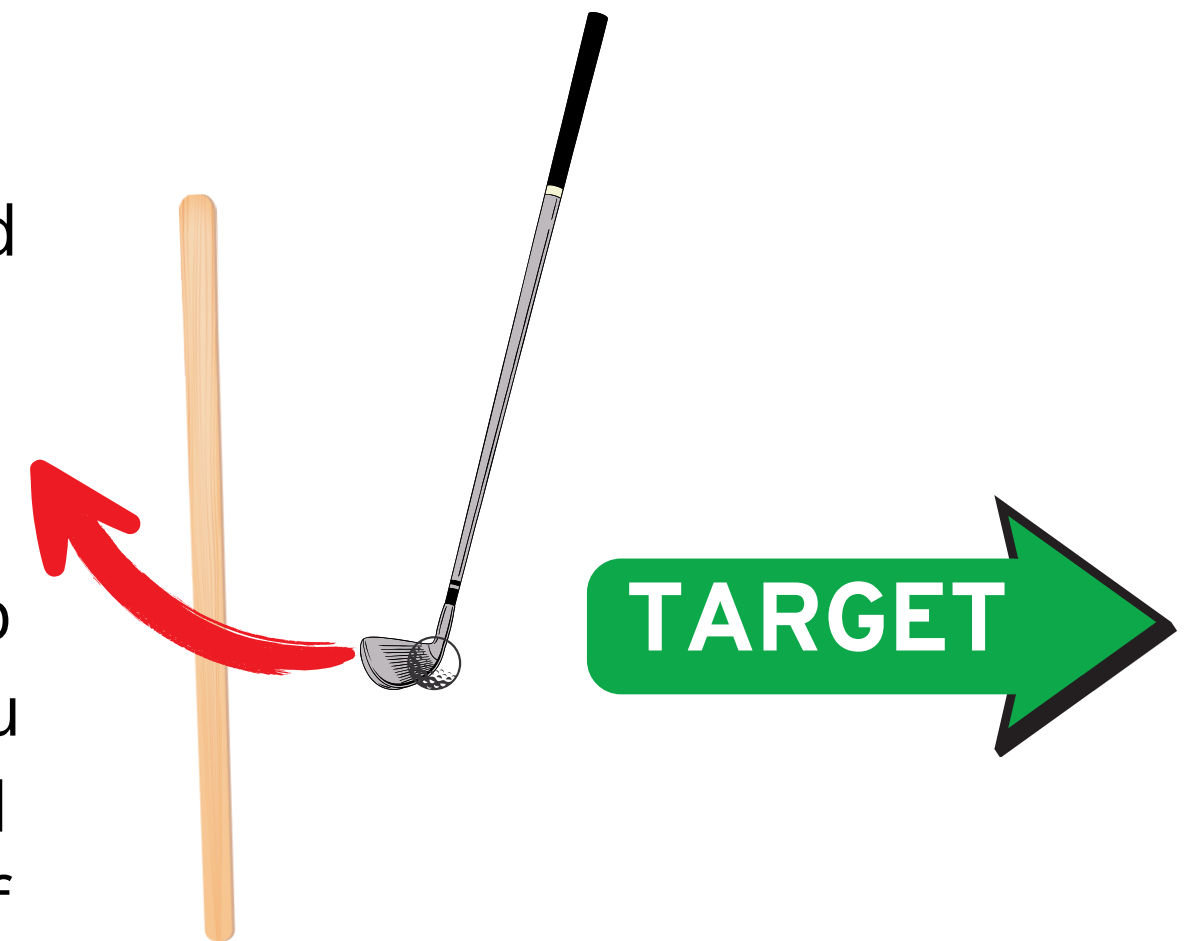
In chipping we have to judge the distance we want the ball to go by altering the length/speed of our swing. That presents a different challenge to a full shot where we alter the distance by the club choice (for the most part). To be able to judge distances in chipping we need to be creating a somewhat equal contact every time we chip the ball.

### HOW TO ?

We place an Alignment stick/Rod behind the clubhead lying on the ground. (About half a grip length).

Our goal is to hit some chip shots without making contact with that stick behind the golf ball.

In chipping one of the biggest errors is to try to scoop the ball up in the air, so this drill is designed to get you to apply the loft of the club down on the golf ball and therefore get the ball hitting the middle of the face of the club = Consistent ball reaction.



# SKILL DEVELOPMENT

## CHIPPING TASK TWO

### IMPROVE FEEL

We just discussed improving contact so we can better judge the distance we want the ball to go when hitting chip shots. If we have improved the contact now lets develop the skill of pace/distance judgement.

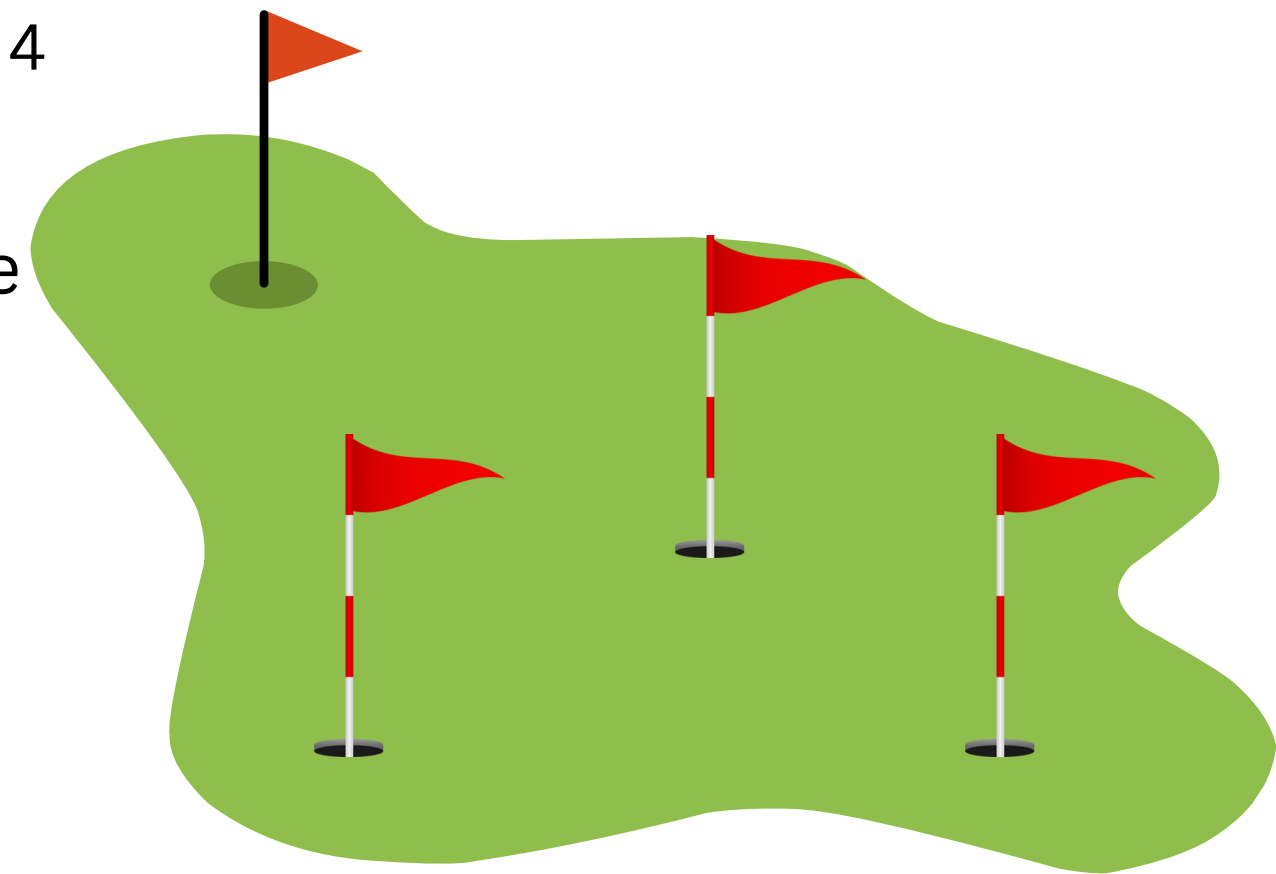
### HOW TO ?

A simple drill where we set up 4 targets and hit chip shots to 4 random targets on the chipping area

OPTION 1: Create your own radius of where you feel the ball should finish in proximity to the hole and create a scoring system: 2 for inside it/-1 for outside.

OPTION 2: Chip & Finish : Create 18 holes/ shots to random targets and putt out after the chip shot. Keep your score. Do this drill every practice session.

OPTION 3: Pick your spots. Prior to your shot select where you think you have to land the ball to finish close. Place a tee down and see if you can land there but also if you guessed the right spot.





# SKILL DEVELOPMENT

## PUTTING TASK ONE

### STARTING THE BALL ONLINE

There are 3 main skills we need to be adequate at to be a decent putter, As with all skills you can then develop them as you play more. One of these skills is the ability to start the ball on your target/aim line. This drill is a good way to test and improve that/

### HOW TO ?

Set up on the putting green and find a straight/flat area.

Area 1 (You can mark this with a coin or another tee) is where you will hit putts from and tee is what you are trying to hit.

Area 1 is your starting point so taking 5 golf balls from 3 feet see how many times you can hit the Tee. That is it, that is the task, fairly simple right!!!!

We'll see how many you can score and then if you are scoring 5/5 move the tee further away.. If you can do this repeatedly, your stroke is efficient and the problem might lay elsewhere



# SKILL DEVELOPMENT

## PUTTING TASK TWO

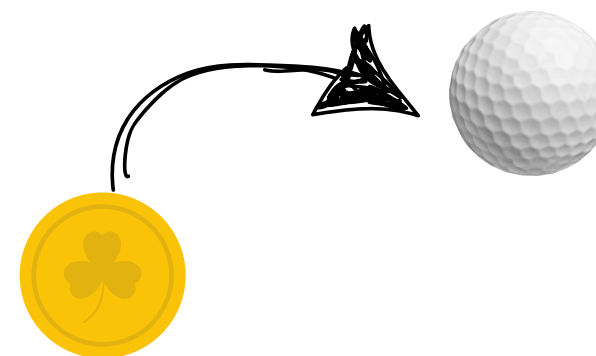
### IMPROVE PACE/SPEED

This drill focuses on the second pillar of putting, SPEED/PACE. This skill is probably the most important in my opinion so here is a great drill to work on it.

### HOW TO ?

You set up the coins on the putting green as below with both outside coins 12 ft apart and the GOLD coin 4 feet from the starting coin. Your goal is to hit as many putts as you can from the starting coin and for the ball to finish between the gold coin and the finish coin (as seen in the image). However you must move the GOLD coin to wherever the ball finished after each attempt. Once you hit a putt that goes past the finish coin the game is over.

GOLD coin must be placed where  
ball finishes after each putt



12 feet





# THE SET UP - WHAT DO YOU NEED

We will discuss dividing time and intent before your practice session but we also need to address preparation in terms of what you want to bring to a session. Feel free to add to this list as you see fit.

- Water and Snacks (maintaining energy and mental preparedness is essential and a basic).
  - Notebook and Pencil (hand written notes imprint more than cell phone notes).
- Practice Balls if required. (All short game practice should be done with Game Day balls)
  - Two alignment sticks.
  - Clubs that you wish to use in practice.
    - Spare glove.
    - Towel and cleaning brush for clubs.
  - Training aids or devices you require for the day.
  - Notes or downloaded visuals of drills.
- Pre set time allotment plus phone alarms set to alert when change of skill is due.
  - Cell phone stand or other apparatus for filming. ( Plus Battery Pack)

The above is just a basic list of a Tour Professional's set up before event travelling to the practice session. We will address some other requirements when we discuss Putting and Short Game practice.

# PLANNING

So the question becomes how do we now what to focus on? We have two possible sources to look to when planning a practice session.

## SELF PERCEPTION STATS BASED

This is the more popular method amongst golfers and is based purely on what you “BELIEVE” to be your biggest issue currently. More often than not it coincides with the error that caused you the most damage in a game recently and you create a narrative that you are a poor driver/wedge player/putter and you need to go work on this.

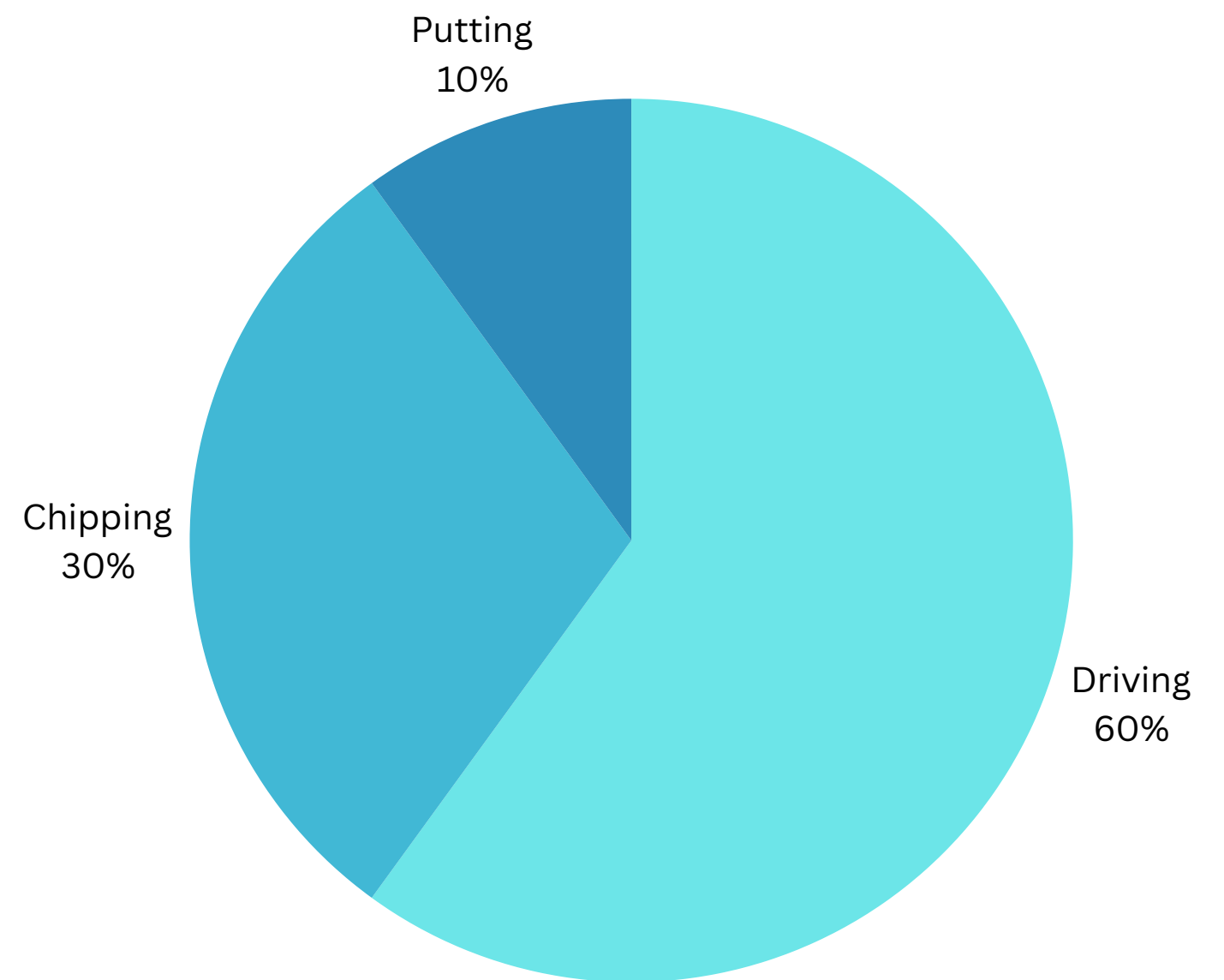
This is the preferred method. It is based on non emotional assessment of your performance over an average of games. You can track your stats on a simple notebook or we now have many apps that can do the same thing for free and after putting data in for a few rounds we actually get to see where your weak areas are and what you need to improve at to improve performance.

# TIME: EFFICIENCY OVER QUANTITY

Using the time we have efficiently is the one of the fundamentals to improvement. The amount of time is not the goal here, the efficiency of the time we have is the key.

Creation of some sort of practice plan is required prior to any session. The old method of simply arriving to the range, grabbing a full bucket of balls and hitting till you find the “good one” does not work. No change is taking place in that routine.

We all have different restrictions on our time so I will never ask a player to practice more often than they have time for but you **MUST** plan the time you have to make the most of it.





# WARM UP'S

You might have certain stretches or physical warm ups you like to do and that is fine.

We are discussing more the process to hit balls.

Before we begin our full game practice, we should always begin by warming up. Players should be activating and exercising all muscle groups before hitting balls, however if you do not have time to that, I would highly encourage you to start each session with the 5 x 5 wedge rule.

## **5 X 5 WEDGE RULE**

5 Chip Shots of 5 yards.

5 Wedge Shots of 25 yards.

5 Wedge Shots of 50 Yards.

5 Wedge Shots of 75 Yards.

5 Wedge Shots of 100 Yards.

Once the 5 x 5 has been completed we would then begin the practice session. We would have already decided our division of Block versus Game Day practice. Any decision that effects your practice efficiency should be decided before beginning any session.

# NOTES

**MAKE IT HARDER THAN THE REAL THING:** Your practice has to be harder than the game itself if you want to see the change on the course. Do NOT simply practice the shots you are really good at, test yourself.

**CONSEQUENCES:** There must be consequences for failure on the range. Every shot counts on the course so we must replicate the pressure of that on the range.

**SWITCHING LOCATIONS:** One thing I advise my tour players to do is separate their areas of Block and Game Day practice. This is not always possible but even moving stations at your practice location will create a fresh start and fresh objective for whichever section is next.

**FRUSTRATION:** If you begin to get frustrated at any stage, I want you to stop your process and either take a full break away from your bag or switch back to a wedge and hit some small feel shots. Our energy defines our focus so if our energy starts to become pessimistic or deflated it will directly affect the production of the remaining time

# EXAMPLE

## TODAYS PRACTICE SESSION

TIME	60 mins	Wedges 20	Driving 20	Routine 20
LOCATION	➡➡➡	Pitching Area	Full Range	MAIN RANGE
EQUIPMENT	➡➡➡	SW & PW	Driver/Tees	FULL SET
FOCUS	➡➡➡	Distance Control	Face Contact	Face Contact
FEEDBACK	➡➡➡	VISUAL LANDING	FACE SPRAY	VIDEO/TIMER
TYPE	➡➡➡	RANDOM	BLOCK	RANDOM



# THANK YOU

THIS GUIDE IS JUST THE BEGINNING. WHILE UNDERSTANDING THE SCIENCE OF PRACTICE AND LEARNING IS ESSENTIAL, APPLYING IT CONSISTENTLY WITH EXPERT GUIDANCE CAN ACCELERATE YOUR PROGRESS DRAMATICALLY. EVERY PLAYER'S MOVEMENT PATTERN, MINDSET, AND PERFORMANCE RESPONSE IS UNIQUE—AND THAT'S WHERE TAILORED COACHING BECOMES A GAME-CHANGER.

IF YOU'RE READY TO TRAIN WITH PURPOSE AND MAKE MEASURABLE IMPROVEMENTS, I OFFER ADVANCED COACHING THAT BLENDS 3D BIOMECHANICAL ANALYSIS, PRACTICE STRUCTURE, AND PERFORMANCE TRACKING. WHETHER IN-PERSON OR REMOTELY, WE CAN BUILD A PROGRAM THAT MAKES YOUR TIME ON THE RANGE (AND COURSE) WORK FOR YOU—NOT AGAINST YOU. FOLLOW THE LINKS BELOW TO CHECK OUT MY WEBSITE, ONLINE PLATFORM OR SOCIAL MEDIA.

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ONLINE COACHING  
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