

# 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



TODAY

GOAL

# GASP + I + S

GRIP



AIM



IMPACT / SPECS

SETUP



POSTURE

# SHORTGAME



★ PUTT & CHIP EVERY DAY



BUNKER



PITCH

★ 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

...



STABILITY EXCERCISES

- CORE - WEAK JOINTS

...



? ACTIVITY = ? ENERGY

HYDRATE & EAT



STRETCHING

- HIPS - SPINE

...



ENJOY SLEEP & RECOVER