

STATE OF YOUR GAME



7 Elements Needed for Peak
Performance in Your Golf Game

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AL OWENS
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STATE OF YOUR GAME

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Introduction

AL OWENS - PEAK PERFORMANCE GOLF COACH

Golfers play golf for many reasons which could range from needing to be a winner, feeling the thrill of hitting good shots or just having fun.

Most golfers who come to me for coaching state they want to play more consistently.

Your goals could be lofty, like PGA Tour Player Luke Donald who set out to become #1 Player-in-the-World. In 2011 he achieved that goal after several years of focusing his career toward that over-arching goal. During his initial path to that goal he believed that goal would more likely come from hitting the ball further off the tee. After months of working toward that, little progress had been made.

In my book *Awakening to Golf* I describe a scenario where Luke and his coach Pat Goss come to a unique discovery and change of direction: "As the two worked together, they discovered that a core values program was needed for Luke to find his ultimate success.

They identified that by stacking many small improvements on top of each other in parts of his golf game, an equal or greater amount of total improvement would then be seen throughout his game."

"They identified that by stacking many small improvements on top of each other in parts of his (Luke Donald....PGA Tour Player) golf game, an equal or greater amount of total improvement would be seen throughout his game."



I have created this short workbook to help any golfer begin to identify what areas of their game need attention or could be improved upon?

As you can see from my example above, when Luke Donald committed to his path to become the #1 player-in-the-world, his original path attempted only caused frustration and failure. Thus he and his coach came up with possible other solutions. Basically they began to look at Luke's poorest performing areas. This included all categories in this book (and more of course). But the 7 elements unveiled here for you can help you create the 'blueprint' to work from to help you with your goals for your golf game.

When I joined the PGA of America in 1990 I thought I would be a club pro and do some teaching. After 10 years of managing and building golf courses I became interested more in coaching and teaching the game of golf.

To become a Peak Performance Coach I have had to look into many areas of the game that can assist any golfer improve. Always expanding, always learning, always reaching for more. Your golf game can and should be viewed the same way. How can you continue to expand, continue to learn and continue to improve? This *State of Your Game* book is a blueprint to help you start from. I hope you enjoy it.....Al Owens

KNOW YOUR CURRENT GOLF GAME

STATE OF YOUR GAME

A simple way to begin to assess your current game is to look at a few basic categories of play that are simple measurable s for any golfer from amateur to PGA Tour Professional.

DRIVING / FAIRWAY

Your current performance can be measured in simple ways. There are 14 fairways to hit on average with your tee shot in an 18 hole round(driver or fairway wood). Of those 14 fairways, how many can you hit onto the fairway?

When assessing this, you are looking for your average, not your best day such as when you are striking it well. *The PGA Tour Average for fairways hit is 62% for example (or about 9 of 14).* What is your average ?

HYBRID/IRON PLAY

This category is based on the number of greens you hit in regulation (G.I.R). A green-hit-in-regulation would be landing the ball on the green in one shot on a par 3, two shots onto the green for a par 4 and three shots or less than three on a par 5.

The PGA Tour average for GIR is 60.9%. (about 11 of 18). What is your average?

SHORT GAME

This category helps any golfer to see how well they play from inside 30 yards to the green. In the above category it was possible to hit 18 greens in regulation during any round. Let us say your average was 11. That means you missed the green 7 times in a round of golf. Of those 7 how many times are you able to pitch, or chip the ball onto the green an one putt the ball into the cup?

PGA Tour average for getting up and down for par is 29% with the tour leader at 47%.

PUTTING

The old saying is , "you drive for show but putt for dough". If this is true then a simple beginning way to measure your putting would be to see how often you 3 putt or more on a green in any given round?

3-putts are one of the most costliest faults for any golfer and can really hinder any golfers scoring to be as low as they would want it to be. If you have reduced your 3 putts you will have reduced your overall putts per round. *The PGA Tour average for putts per round is 31.*

3 ESSENTIALS OF THE SWING

STATE OF YOUR GAME

A simple way to see how your game is progressing is to identify how consistent the swing motion of the club and clubface are during any shot with these 3 essential categories.

PATH OF THE CLUB

If you hear someone say they swing "over the top" you probably picture someone slicing their shots to the right (for a right-handed player). Most golfers I coach would prefer to hit a draw but if they are a slicer, they would prefer to see a little less curve or no curve of the ball to the right.

The path of the club (arc or plane) is the direction at which the club comes into the ball. Basically any golf shot has some arc of the swing, a putting arc could be minimal and the woods larger. Regardless if you swing from inside to out (shaft swings out to the right) or outside to in (across the ball such as over-the-top) the question would be "are you consistent at it"?' Jack Nicklaus hit a slight fade to the right and won 16 major championships. He was consistent at the path, Are you?

BOTTOM OF THE ARC

If you can control the low point of the clubs arc (bottom of the arc) then you have a greater chance of controlling direction and distance of a shot. If you have an iron in your hand you need to strike the clubhead down onto the ball, hitting the ball first then the turf (*bottom of the arc after the ball*) A driver is hit more so with the club swinging slightly up on the ball to help it launch up correctly for greater distance (*bottom of the arc is behind the ball*) Do you consistently control the bottom of your arc?

SQUARE CLUBFACE

The initial direction the ball travels toward as it leaves a clubhead is dictated by where the clubface is pointed at the moment of contact. *This is commonly referred to as squaring the clubface at impact. There is a relationship between where your clubface points at impact and then the path the club was traveling on that affects the curve of the ball.* Your golf instructor can help you with this. Do you consistently control the clubface and squaring it to your intended target line when you play?

ASSESSING THESE 3

In my coaching and teaching of over 15,000 lessons I try to instill in any of my students that if they have *all three* of these categories consistently under control, then they should expect to shoot lower than 85 every time they tee it up for 18 holes. I actually feel that target score is *closer to 80* with these three essentials of the swing consistently under control.

Thus if you do have these three essentials under control and are NOT scoring below 85 consistently then I would suggest that your *Mental Approach* to golf needs attention!

SPECIALTY SHOTS

STATE OF YOUR GAME

Every shot you attempt in golf will not always end up where you thought it would. This may leave you in an odd, or crappy situation. Special situations call for special shots.

BUNKER SHOTS

Architects of golf courses love to put visual obstacles in your way to interfere mentally with your perception of the hole they have created. Fairway bunkers and green-side bunkers are common ones all golfers face.

The art of striking the ball is slightly different when hitting from a fairway bunker rather than a green-side bunker. Overall on a scale of 1-10 (10 being excellent) how would you rate your bunker shot performance? Any rating 6 or below I would suggest tells you that some work here is needed. *The PGA Tour average for green-side bunker saves (up and down) is 49.4%.*

SIDE-HILL/ DOWN-HILL

Not every golf course is flat, here in the western US the slopes and terrains of golf courses range from rolling hills to sides of mountains. When faced with these shots, certain elements of the swing need to change to promote a more efficient strike of the ball. A simple question to ask yourself here is if you do practice these shots at all? Seek golf instruction of some sort to help you here in this area.

BALL ABOVE/BELOW FEET

Distance and direction of shots you hit are affected also by the position of the ball (above your feet or below your feet) as you go to strike the ball. Stability of the lower body is *a must* here also to insure the club strikes the ball correctly and at a good angle. On that scale of 1-10 again, how would you rate yourself here in this category?

DEEP ROUGH

Depending on the time of year you play, the rough on golf courses can be really deep and thick especially in rainy seasons. A proper angle of descent of the clubhead is needed to get through that thick grass. Also, not all clubheads are designed to dig through that deep grass (hybrids and fairway woods for example). A slightly different attack angle of the club may be needed with these shots so it is good to practice these. The question begs to be asked is do you practice this at all, how is your success ratio? The 1-10 rating system can be used here again. How would you score?

PRACTICE EFFICIENCY

STATE OF YOUR GAME

Golfers know that practice can improve their golf game. However most golfers practice poorly, including practicing with incorrect methods. How do you rank with your practice?

NEW SWING MOTIONS

Let's be honest here, with social media and You Tube clips from everyone under-the-sun, you are bound to be nudged to look at something or someones tip on a golf swing. As a human you are always looking to evolve and expand yourself!

The typical golfer sees a tip, tries to understand its concept and then goes to apply that new concept in their swing. Most just go 'try the new motion' and see what happens. However in implementing a new swing motion you must first know if you can create the motion without the ball and then try hitting the ball. There are *phases of swing motion* learning that are needed in order to do it efficiently. Check into this [HERE](#) to learn more.

PROCESS ORIENTED

You may have never heard about Process Oriented practice, though you probably applied part of what this is when you do practice. Simply put, process oriented practice is the golfer working on a particular swing motion (one swing thought at a time) as they swing. You can not really efficiently practice while working on 3 items in one swing motion. Pick one thing to work on and do it correctly. This means that when you do this you are not attached to the outcome of the shot, you are focused on the process of the motion (hand position at the top of the swing for example) Learn more [HERE](#).

OUTCOME ORIENTED

You probably have guessed that Outcome Oriented practice is more about the outcome of the shot, and not the swing itself. When practicing do you actually work on 'creating the outcome' of the shot you want? This is also referred to hitting shots to intended targets and can be applied from putting, to pitching to iron play and driving. Simply put, do you practice creating a 'pressure' situation for yourself when you are on the range. That means you practice one shot to one target, not hitting 10 shots to a target and seeing how close you get. Outcome Oriented practice builds the bridge to shot making when on the golf course.....this is why this part of practice is so critical to consistency.

EXTRA INTANGIBLES

Becoming a consistent golfer certainly needs efficient effort and programs to be implemented in practice. With time so valuable for anyone in our world today, it really is not practical for a golfer to expect themselves to have as much time as some golf coaches or magazines suggest you need. Therefore the practice essentials needed must accentuate building the changed motion, empowering that practice to take-hold on the course quickly and a proper mental approach to assist your goals. If you need help in creating these empowered practice efforts, check out these resources.

ON-COURSE EFFICIENCY

STATE OF YOUR GAME

When you make it to the course to play, are you creating a series of events during the day-that-you-play that would enhance your golf round? Let's find out!

BEFORE THE ROUND

You probably have considered some of the ideas that I will mention here, but perhaps not all. If you were to increase your odds of playing good on any day you are set to hit the links, you certainly would make sure you are in a proper frame-of-mind. Not too many things you do in life that turn out well or occur when you are in a bad mood. So first and foremost, monitor your thoughts. Negative thoughts attract negative outcomes. Other items to consider before a round could include:

Diet- eating healthy to keep your energy level up as you arrive to the course. *Stretching* - arrive in plenty of time to stretch your body enough so that when you reach the practice range before your round you are loose. *Practice range and putting green warm-up* - create a warm-up routine where you hit a proper amount of shots. Many tour players restrict pre-round shot making to no more than 75 total shots which includes all wedge shots, irons, woods and even putts. Stay fresh before 1st tee.

PRE-SHOT ROUTINE

The pre-shot routine you probably have heard about and you notice all tour players have one. Why is this important? There are numerous reasons. It helps to create a habit of focus before any shots. Habits are choices really, so by choosing to create a certain focus before any shot it can help your golf game. You can learn more about creating this pre-shot routine [HERE](#).

FOCUS DURING A SHOT

The simple thing to state here as that during any shot you are about to attempt, the more thoughts that you have in your mind that keep your focus away from the outcome (or target) the less likely you will be successful.

I have focused much of my coaching on the mental focus for golfers and I supply numerous programs to assist any golfer no matter where they are located. Some examples of these are [HERE](#).

ON-COURSE INTANGIBLES

An obvious topic of on-course play would be strategy of shots taken. I have given over 3,000 playing lessons with golfers and by far most under-club for most shots and miss short of their target. When was the last time you were consistently past the pin when you played? Also, when selecting a club for a shot many golfers pick the club *based on how far the ball would go if they hit it well*. But how often are you consistently playing well to do that? Thus you must listen to the chatter you hear from yourself before shots. You may be picking a shot you think you should hit; but do you *believe* you will?

MENTAL/MINDSET EFFICIENCY

STATE OF YOUR GAME

Most of all golfers realize that golf is affected by a player's mental side or mindset. However, these same golfers generally work on the swing motion only and not the mind. What about you?

ATTITUDE AWARENESS

Attitude is everything! I am sure you have heard that phrase before. In golf, it is so true! Your attitude you create as you practice or play then results in the circumstance you see in front of your eyes.

If you let circumstances dictate your attitude, golf can be an extremely up-hill battle. Mentally, there are several areas that a want-to-be-consistent golfer must understand and at least control to some extent and continue to improve on these points.

The attitude you exude *before and during* any round, will be reflected in the reality you see! Simple!

CONSCIOUS AWARENESS

Conscious awareness begins with you. You are a *conscious being*. You cannot experience anything in your life *without* your consciousness. Think about that and ponder it for a moment.

Because your conscious-mind is such an integral part of golf (just as much as the swing) you must learn how to quiet that mind (rid yourself of the chatter in the mind—too many swing thoughts for example). If you need assistance with this, here is a helpful way to understand conscious golf.

VIBRATION AWARENESS

Vibration is how you feel when you play. Your thoughts, emotions, beliefs, and expectations are among the items that frame your vibration when you play. Why do you play golf? Your answers to that question could vary, but overall you play golf for fun, joy, happiness. Would you do anything you do not have fun with? No, of course not. So if we measure someone's vibration when they play (1 being golf sucks and 10 being golf is BLISS) anything 6 or above would be the goal. So keep your vibration up above 6. A good shot is a vibration feeling above 6. So *intentionally* learn how to do this. Choose to!

MENTAL MINDSET MUSTS

The largest mental-mindset must is to understand, live, and breathe the concept that your conscious mind can choose to see reality in any way possible. Perception is everything! However, so very few golfers embrace that idea. They embrace the idea that if the swing is sound, all will be good! B.S.

That is giving your power away. You are a *conscious being* who is used to 'reacting' to things rather than 'creating' your golf reality. I invite you to learn more about how your conscious mind can help you in your quest to be a more consistent player. Make your mindset work for you, not against you here.

ACCELERATING PEAK PERFORMANCE

STATE OF YOUR GAME

You may state you just want to play consistent golf. I challenge you to see if that is *truly* all that you want from your golf game. If you do want more from your game, consider working on these ideas.

PERCEPTION OF YOU

How you perceive who you are will greatly influence what you do, how you do it, etc. Thus to accelerate your golf performance it helps to be relentless in your picture of who you wish to be and what type of game you wish to have.

If you could fast forward life in a time-machine and see your golf game 3 years from now, how would you see yourself? This seems simple to try, but when you do you will immediately feel after you "imagine" you in three years a resistance and doubt of some sort. Everyone has this bump-back feeling! Learning how to overcome this is the key, and as you do, the perception you have of you will change. The obstacles you mentally face will begin to fall-away and your golf game improve.

DO YOU FLINCH?

Most golfers react in an unconscious manner when they see manifestations occur in front of them. In order to overcome these unconscious reactions to life on the course or practice range you must learn to have an over-zealous *Presence of awareness* of who you are. Stop playing from 'victim' consciousness and start to play from *Deliberate Conscious Creatorship*. When you are a deliberate creator in golf, you will not flinch at the sight of an unwanted shot. You will learn to never-flinch regardless with what you see. You override your experience with your conscious intent.

REACTING TO FAILURE

When you start to understand and embrace the do-not-flinch idea in golf, failure and your belief of failure will begin to fall away. It is a slow process, and as a human overcoming this aspect of golf is the challenge we all will face. That is life, it helps us to grow to be more.

A key component here is to learn how to react to failure. Learn this, and acceleration continues.

THE BIGGER PICTURE

The bigger picture is pretty big. Just as in learning a golf swing, training your mind to work with you is a challenge in golf. I personally have worked with top sports psychologists, mental gurus, and touring pros to create ways to assist golfers 'get the big picture'. Why? Because I used to focus only on the swing. That only went so far, I still needed to learn how to control my mental mindsets, emotions, etc in golf. If you are wanting help in seeing the bigger picture and working toward improving your golf outcomes I have some new simple programs to help you. Check them out [here!](#)

Elevating to Peak Performance

AL OWENS - PEAK PERFORMANCE GOLF COACH

Consistent play and confident performance on the golf course comes from a good swing technique and proper powerful mindset.

Accomplished golfers and professionals play to their potential because they understand that shooting lower scores is not only about their swing, they also know that their attitude about themselves and their ability greatly adds to their chances for success.

They envision themselves playing well, they believe in themselves and their physical ability to strike the ball solidly and they know their mindset is the final real key to play well no matter what the circumstances.

When a golfer has a solid belief in their ability to swing the club correctly AND the proper mindset to play with confidence no matter what the situation as they stand over the ball; they exude belief, they feel confidence as they grip the club and thus they will always tend to play better.

"The current reality you see as your golf ball sits on the golf course is a reflection (mirror) of all past parts of a swing motion, actions/decisions taken, thoughts, emotions, beliefs and expectations that occurred prior to that shot!"



On the next page is a worksheet I have created to assist you take a current snap-shot of your golf game. All 7 Essentials are looked at here. Be honest with yourself and as you assess the State of Your Game, it should become apparent to you what some of the areas that need to be worked on in the future are for your golf game.

As a Peak Performance Golf Coach I mentor golfers in many areas so feel free to contact me by email al@alowensgolf.net. I am always happy to assist golfers who are on their path to consistent performance and play.

No matter where you are located, I offer programs to assist golfers in several areas of the game which include :

- Improving swing motion
- Creating more empowering practice plans.
- How to Play More Consistent Golf
- Accelerated Individual Coaching

[LEARN](#)

[MORE](#)

I hope you have enjoyed this FREE book. The game of golf is a journey. Approach it that way work on the essentials you have determined from this book that need attention.

:"Lighten up.....and enjoy your round!"

www.alowenscoaching.com

CURRENT ASSESSMENT (A SNAPSHOT OF YOUR GAME) TODAY)

KNOW YOUR GAME

FAIRWAYS HIT | ___ of 14 Tour Average 9 of 14
GREEN IN REG ___ of 18 Tour average 11 of 18
UP & DOWN ___ % Tour average is 29% inside 30 yd
3-PUTT ___ per round

BIG 3

CONSISTENT PATH
CONSISTENT BOTTOM-ARC
CONSISTENT CLUBFACE

You can consistently achieve these:

YES _____ NO _____
 YES _____ NO _____
 YES _____ NO _____

SPECIAL SHOTS

BUNKER SHOTS
SIDE/DOWN HILL
BALL ABOVE/BELOW
DEEP ROUGH

On a scale of 1-10, (1=terrible 10 = Tour level)

PRACTICE EFFICIENCY

On a scale of 1-10 (1=terrible 10= Tour level)
 Creating New Swing motion(phase training) _____
 Process Oriented Practice _____
 Outcome Oriented Practice _____
 Intangible - Transfer Practice Range to Course _____

ON-COURSE

On a scale of 1-10 (1 = terrible 10=Tour level)
 Before Round _____ Diet _____ Stretch _____ Range warm-up _____
 Pre-Shot Routine (implementation on course) _____
 Focus during each shot (target oriented focus) _____
 On-course intangible- Club Selection ___ Strategy ___ Belief-shot ___

MINDSET

On a scale of 1-10 (1 = terrible 10 = Tour level)
 Attitude Awareness - Before a round _____ During a round _____
 Conscious Awareness - Can focus and quiet mind (chatter) _____
 Vibrational Awareness - Maintain High-Vibration -Range _____ Course _____
 Mindset Musts - Feel/sense you are a creator not victim _____

ACCELERATE

-You can comfortably envision yourself and golf game 3 years from now Y ----- -Yo
 flinch when viewing un-wanted shot-outcome - Never ___ Sometime ___ Always ___
 -Failure in practice or on-course situations affects you - Never ___ Some ___
 Usually ___ Always ___