

# 10 EASY WAYS TO LOWER YOUR SCORE

Teachers in any field wish their students had the dedication and patience to work on all possible components which lead to improvement. Golf coaches have to be realistic in their expectations of students and strive to make the improvement process both efficient and enjoyable.

If I was a golfer looking to improve I would like to see a list of the “easiest” ways to become a better player. Obviously the improvement process does require effort, but here is my list of some simple ways to efficiently lower your scores.

- 1) Work with your instructor to improve the one type of shot around the green that gives you the most trouble. Many golfers fear a short chip and run, pitch shot, or sand shot and their futility shows in their scores.
- 2) At the end of each practice session hit 15 balls using the same pre-shot routine you will use on the golf course. Keep in mind that the routine doesn't have to be timed down to the second and it certainly doesn't need to make you look like a tour player. Review with your coach the keys to a good pre-shot routine and be sure to visualize that you are on the course when hitting those 15 balls.
- 3) Try a hybrid club if you haven't done so already. The ball flight from hybrids compared to traditional long irons is almost guaranteed to improve your scores and help you enjoy the game.
- 4) When looking at a hole from the tee, if it doesn't look like there is room to use your driver, hit a fairway wood or hybrid instead. If you hit a driver but don't feel confident, it probably won't be a successful shot. Most high numbers on the card are caused by penalty shots from the tee or not having a clear second shot to the green.
- 5) Spend 15 minutes on the putting green once a week practicing putts from 20 - 60 feet in length. Practicing putts of this length is important because having good distance control is the key to consistent putting.
- 6) If you don't have a sand wedge or have difficulty with the one you are using, try a 55 or 56 degree sand wedge with 12 or 14 degrees of bounce. For most golfers this type of wedge is the most forgiving and versatile.
- 7) If you have a big game coming up and can't get out to the range, at least practice your grip the day before the round. By having had your hands on a club recently your swing won't feel as awkward while out on the course.
- 8) If you are considering purchasing a new driver go through an outdoor fitting session with a launch monitor. Chances are more than likely that the recommendations will be both surprising and beneficial.
- 9) If you consistently hit hooks or slices key in on your grip. While the grip is only one of many factors that influences impact position, a simple adjustment here can often make a significant change in the ball flight. More patience may be needed with a grip change if your flight is currently a hook as compared to a slice.
- 10) Prior to every shot commit to hitting the ball at the target without worrying about the result. Admittedly, this may be by far the most challenging suggestion on this list.

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