

2020 Simley Golf Distance Coaching Week of April 13th Optional Training Plan

Simley Golf Maxim #1

Your muscles remember – sloppy practice leads to sloppy play!

Simley Golf Maxim #9

When it comes to putting there are 3 keys. Practice. Practice. Practice

1. When you hold the putter your grip should feel natural, don't grip too tight!
2. The putter should swing naturally and should assume its own momentum as it moves forward.
3. Movement should begin in your shoulders, with arms swinging together through the ball.
4. Keep your body still, balance will help you hit the center of the face and improve consistency!

Simley Golf Maxim #10

Balance is the key to life, and the golf swing!

5. 100 swings a day – 5 at a time and reset between behind the ball. Focus on balance this week!

Simley Golf Maxim #11

“A good player who is a great putter is a match for any golfer” – Ben Sayers

6. 100 putts on the carpet a day – 5 at a time and reset with different lengths. See if you can find a spot to practice long putts this week. The average 1st putt on an average size green is 25 feet. The first thing you think about putting is the line (direction), but the last thing you think about is the speed (how hard to hit it). Remember, only if you have time during the week. Do not allow this to disrupt your academic requirements or needed down time.

Simley Golf Maxim #8

Know the rules like a Pro so you can use them like an Artist!

7. Rule of the Week – Playing a Provisional Ball

<https://www.usga.org/content/usga/home-page/videos/2018/09/12/2019-rules-of-golf-explained-provisional-ball-2.html>

Instructional Videos:

Putting Grip Basics: <https://www.youtube.com/watch?v=Niu2VkBZ384>

There are many different grips used in putting. This video goes over a “standard” putting grip, and the idea behind every putting grip.

Putting Setup: <https://www.youtube.com/watch?v=V9awY-qPYvA>

A few simple drills to help get you in a position for success on the greens. You will need a medium size ball and your cell Phone!

Putting Stroke: <https://www.youtube.com/watch?v=uEVfVyzWC18>

Good review of grip, and a great drill for making sure you accelerate through the putting stroke.

Workout/Stretching Video: <https://www.youtube.com/watch?v=Bl5AY8z-r8>

Repetition Chart for Stretching Workout

Leg Raises	5 per leg	Single Knee Balance	5 on each side
Leg/Arm Lifts	5 per arm & leg	Quad to Kneel	5 Reps
Leg/Arm Taps	5 per arm & leg	Sit Backs	10 reps
Curl Ups	10 Reps – slow	Twisted Spine	3 reps each side
Twisted Curl Up	10 reps each side	Reach-Roll-Lift	5 reps each side
Half Frog Hip Lifts	5 Reps each side	Kneel to Half-Kneel	5 reps each side
Cross Over Hip Lifts	5 Reps each side	Hip Flexor Stretch	5 reps each side
Spiral Stretch	2 of 10 each side	Calf Stretch	5 reps each side
Leg Lifts Prone	5 per leg	Tall Kneeling Twists	5 reps each side
Leg/Arm Lifts Prone	5 per arm & leg	Half Kneeling Twists	5 reps each side
Press Ups	10 Reps	Reverse Toe Touches	10 Reps
Plank	1 Thirty-Second Rep	Toe Touches	10 Reps
Around the World	Twice each way	Speed Squats	10 Reps
Spiral Planks	2 Reps each side	Tri-Plane Lunges	1 Rep each side
Starfish Planks	2 Reps each side	Heel Raises	10 each side
Pike Planks	5 Reps each side	Dead Lift	5 Reps each side
Push Ups	5 Reps	Windmills	10 Reps
One Leg Holds	5 on each side	Hand Stretches	10 Second Holds
Bird Dogs	5 on each side	Club Up-Downs	10 Reps
Reach Unders	5 on each side	Club Twists	10 Reps