

2020 Simley Golf Distance Coaching

Week of April 20th Optional Training Plan: **Course Management**

Simley Golf Maxim #1

Your muscles remember – sloppy practice leads to sloppy play!

Simley Golf Maxim #12

Plan to Succeed or Don't Plan & Fail!

1. Must think through the entire hole before you play your tee shot
2. Different plans for par 3s & par 4s & par 5s
 - a) Par 3s: Middle of the green – a good shot is a timely push or pull
 - b) Par 4s: Plan to be aggressive or safe off the tee – Plan where to miss approach shot
 - c) Par 5s: Plan where to hit your 3rd shot from – Putting your 3rd is OK too

Simley Golf Maxim #13

Know your "Make Zone" and Putt Accordingly!

3. 100 putts a day – Varying distances to establish your "Make Zone." Establish the longest distance you make 1 out of 5 putts – this is your Make Zone. Never leave a Make Zone putt short and you are allowed to miss on the high or low side of the hole. Outside of your Make Zone you may leave putt anywhere within a 4-foot circle around the hole but always fight to miss on the high side of the hole.

Simley Golf Maxim #14

Read the Greens Before They Close the Book on You!

4. 65% of players under-read break on greens – If in doubt add more break to your aiming point
 - a) Over 5-feet start adding more break than you read to your aiming point
 - b) The longer the putt the more extra break you add
 - c) Miss on the low side on longer putts and the distance you end up from the hole will double or triple or worse

Simley Golf Maxim #8

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

5. Quick 6 Rules Review (3 mins): <https://www.youtube.com/watch?v=Tkxa154k1sA>

Instructional Videos:

Play the Hole Backwards: <https://www.golfchannel.com/news/course-management-golf-tips>
This discusses thinking about the green first then back to the tee
Note: This narrows focus and helps when you get to the next shot

Tee Box Strategy: <https://thelefttrough.com/tee-box-strategy/>
Don't be out of the hole after the first swing
Note: How far less important than where you end up

Reading Greens: <https://www.golf.com/instruction/putting-tips-the-new-way-to-read-greens>
7 green reading thoughts
Note: #3 is the newly popular Aim Point Express
[https://www.google.com/search?client=safari&rls=en&q=how+to+read+putts+on+the+gree](https://www.google.com/search?client=safari&rls=en&q=how+to+read+putts+on+the+green&ie=UTF-8&oe=UTF-8#kpvalbx=_C2ybXs65EMTysQWY-6a4Cw34)
[n&ie=UTF-8&oe=UTF-8#kpvalbx=_C2ybXs65EMTysQWY-6a4Cw34](https://www.google.com/search?client=safari&rls=en&q=how+to+read+putts+on+the+green&ie=UTF-8&oe=UTF-8#kpvalbx=_C2ybXs65EMTysQWY-6a4Cw34)
Justin Rose tour pro tip and alignment drill

Workout/Stretching Video: <https://www.youtube.com/watch?v=BI5AY8z-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