

# 2020 Simley Golf Distance Coaching Week of April 6<sup>th</sup> Optional Training Plan

## Simley Golf Maxim #1

*Your muscles remember – sloppy practice leads to sloppy play!*

## Simley Golf Maxim #5

*No more than ONE chip per hole – Distance is more important than direction when chipping!*

1. Chipping Posture & Set Up
2. Chipping Technique
  - a. Low & Running
  - b. High & Soft Landing

## Simley Golf Maxim #6

*Fast arms and slow hands – Nothing beats distance on the course – Swing Fearlessly!*

3. 100 swings a day – 5 at a time and reset between behind the ball

## Simley Golf Maxim #7

*No more than 2 putts per green – Get all 1<sup>st</sup> putts inside 2 feet from the hole!*

4. 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 1<sup>st</sup> 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). Only if you have time during Week 1. Do not allow this to disrupt your academic requirements or needed down time. We have a great deal of time before May 4<sup>th</sup>.

## Simley Golf Maxim #8

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

5. Rule of the Week – Nearest point of Relief
  6. <https://www.usga.org/content/usga/home-page/video-hub.html#brightcoveId=5833697198001&pageTitle=Rules%20of%20Golf%20Explained%3A%20Nearest%20Point%20Of%20Complete%20Relief&playlist=rules-explained>

### Instructional Videos:

Chipping Set Up: <https://www.youtube.com/watch?v=ABNBvtGkbss&feature=youtu.be>

This shows a 40-yard shot, but the set up is perfect for chipping.

Note: See how the hips go forward, not the head & shoulders

Basic Chipping Motion:

[https://www.golfdigest.com/story/day-4-master-the-chip?mbid=nl\\_10daytuneup\\_day4](https://www.golfdigest.com/story/day-4-master-the-chip?mbid=nl_10daytuneup_day4)

The chip shot as a *mini-swing*

Note: The body turns on the follow through just like a full swing

5 Chipping Killers: <https://www.youtube.com/watch?v=wG7xwtJzmr4>

Good review of chipping errors and fixes

Note: The ball is slightly back in stance although he says middle

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