

Practice and Record Results

Introduction

As a PGA of Canada golf coach, I've dedicated my career to unlocking the potential in every golfer, from eager novices to seasoned pros. A pivotal part of this journey is not just practicing but practicing right. Today, I want to share a transformative approach that can redefine your practice sessions: the concept of practicing in three distinct, purposeful ways.

Explanation of the Three-Way Practice Concept

The essence of this method lies in its simplicity and depth. First, you focus on hitting 10 shots with one specific task in mind. Whether it's perfecting your swing or honing your aim, the key is consistency and clarity in your objective. After the session, reflect on two things:

1. **Skill Level:** Out of the 10 shots, how many hit the mark? This number isn't just a score; it's a mirror reflecting your current skill level.
2. **Consistency:** It's one thing to get it right once, but can you do it repeatedly? Count how many successful shots you can make in a row. This streak is your consistency barometer.
3. **Reality Check:** Finally, turn your attention to the very first shot. It often carries the weight of your raw, unfiltered skill, unaffected by overthinking or adjustments. That first shot? It's your reality, a candid snapshot of where you stand.

Benefits of the Three-Way Practice Method

This structured approach brings numerous benefits. It fosters a deep, focused practice environment where every shot is intentional. It demystifies skill and consistency, offering tangible metrics you can track and improve. Most importantly, it grounds you in reality, providing a clear-eyed view of your true starting point.

Implementing the Method in Practice

Incorporating this method into your routine demands discipline and mindfulness. Begin each session with a clear task. Record your results meticulously, and after each set of 10, take a moment to reflect. What went well? What needs adjustment? This isn't just practice; it's a dialogue with your evolving skill set.

Conclusion

The path to golfing excellence is a blend of talent, hard work, and smart practice. By embracing this three-way practice method, you're not just hitting balls; you're engaging in a profound exercise of self-assessment and growth. So, take this knowledge to the green, and watch