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HOW TO LOWER YOUR GOLF SCORE 10 SHOTS IN 10 STEPS FOR HIGH HANDICAP OR NEW PLAYERS

Step 1 – Golf is a Par 3 Target Contest

- First, you have to understand that golf is just a bunch of par 3 hole targets that are connected together. A par 3 hole is a par 3 target, one shot to the green. A par 4 hole is two par 3 targets connected, tee shot to a target in the fairway, then second shot to the putting green is the second par 3 target. A par 5 is three par 3 targets connected. Get it? Pretty simple right!

Step 2 – Cut Your Set in Half

- ⦿ Now we do not mean to cut your clubs, we just want you to eliminate clubs from your set that you really don't need. We want you to set up your bag in this fashion to lower 10 strokes off your game: Driver or 3 wood, 5 wood, #3 or #4 hybrid, 6 iron, 8 iron, PW, SW & Putter. If you don't have this many clubs then you need to get a set. Do it, see what happens, keep reading!

Step 3 – Work on your Short Game

- ⦿ Putting – we want you to practice 20 foot putts. We want you to know how to make your ball roll 20 feet with your putter. Learn in and remember a 20 foot.
- ⦿ Chipping – we only want you to chip with your Pitching Wedge. We want you to learn how to make a 20 foot chip. Learn and remember a 20 foot chip.
- ⦿ Pitch – we only want you to pitch with your Sand Wedge. We want you to learn how to make a 20 foot pitch shot. Learn and remember a 20 foot pitch.
- ⦿ Sand – we only want you to use your Sand Wedge in a green side bunker if you know you can get out every time with your SW. If you can't get out, use your putter to roll the ball out of the bunker so you can have putt, chip or pitch on your next shot.

Step 4 – Full Swing PW

- We want you to go to the practice range and hit 50 golf balls. Not 25, not 75 – 50! We want you to lay a club on the ground as a target line point to a target on the range, a marker, a tree, a mound, anything. Now we want you to start with your PW, place the golf ball near the club on the ground, not so close that you can hit the club but close enough for you to be aware of the line of the club. We want you to hit 5 shots with your PW. We want you to hit all 5 shots toward the target. We don't care if the ball flies high, low we just want it to go at the target.
- If you are hitting behind the ball, move the ball position back in your stance toward your rear foot. If you are hitting the top of the ball, move the ball forward in your stance. With a PW, you have to think about making contact with the spot that ball is sitting on, not the ball itself, you have to learn that with a PW you have to hit the spot under the ball not the ball.
- Your goal is to hit 5 shots to the target with your PW. If you can not hit 5 balls with your PW to the target, we want you to hit 5 more balls until you can. If you hit all 50 balls with your PW we want you to stop. And come back another day and do it all over again until you can hit 5 balls with your PW to the target.

Step 5 – Full Swing All Clubs

- Once you have hit your 5 shots with your PW towards your target, we want you to use your #8 iron. Same set up as your PW, 5 shots toward the target with your #8 iron. After you have hit 5 shots with your #8 iron, go to your #6 iron, you may have to adjust your ball position with your #6 iron by moving the ball position forward in your stance. After you have hit 5 shots towards your target with your #6 iron, then use your #3 or #4 hybrid, then your 5 wood and the finally Driver or 3 wood. You may use a tee for your driver or 3 wood, your driver ball position is played forward in your stance, close to the heel of your front foot. If you can not hit 5 shots towards your target with any club with your full swing with 50 balls then stop and come back another day to practice. Always start with your PW. R
- Repeat until you can hit shots towards your target with all your clubs.

Step 6 – Find Your 100 Yard Club

- Now that you have figured out how to hit shots towards a target we have to decide what is your 100 yard club. For many people it will be a PW or #8 iron. What ever club you chose, make sure you know that the club will travel 100 yards. The shot can be off 10 to 20 yards but you need to know what clubs goes 100 yards.

Step 7 – Using Your 100 yard club to hit 75 yards & 50 yards

- Now, if you have a full swing from 100 yards your half swing should go 50 yards right? So we want you to work on a shorter back swing to allow you to hit a shot towards your target 50 yards or half of your full swing. Once you have learned how you can control a 50 yard shot with your 100 full swing club we want you to work on a 75 yard shot with the same club or a $\frac{3}{4}$ swing. This part of the game will take a little practice, but with a little effort you will soon have a 50 yard shot, a 75 yard shot and a 100 yard shot with the same club.

Step 8 – Take it to the Course

- You have a 20 foot putt, a 20 foot chip and 20 foot pitch and a bunker game that can get out in one shot.
- You have the ability to hit your shots towards your target with all the clubs in your bag.
- You have the ability to hit a 50 yard shot, a 75 yard shot and a full swing 100 shot with one club in your bag.

Step 9 – Lets Play

- So here is your first rule, on every shot you hit on the course, you are going to lay a club on the ground to make sure you know how to find your target. We don't care if you look silly, we don't care if your friends say you are cheating, we want you to work on your game. Using this tactic may be better used when the course is not busy, but we need you to know how to aim at your target.
- Now that you know where your target is we want you to use your best club to tee off. If your best club is Driver, hit it. If your best club is your #6 iron hit it. We always want you to use your best club whenever you can.
- Once you start your play we need you to make sure that you see the course like par 3 targets. Your first shot is lined up to a target like a green on a par 3 hole. We want you to keep track on your score card of every time you hit a shot towards your target. On every shot you hit, we want you to have a new target or the visual of a par 3 hole. If you miss a shot, its ok, just reset your club on the ground and find a new target. If the full swing is not working and you can not get the ball moving towards your target, try a more lofted club like a #8 or PW. It does not matter if you can not reach the green, just be focused on the target with each club based on how far each club goes.

Step 10 – Count Them Up

- ⦿ Once have gotten used to using a club on the ground for a target you will start to notice less shots going off in bad directions.
- ⦿ Focus on using your short game 20 foot shots, if the shot is longer you know you have to make a bigger swing or hit the shot a little harder, if the shot is closer, you can adjust with a smaller swing or a softer hit. You have to always see 20 feet then adjust.
- ⦿ Rules of short game always are; Putt whenever you can, chip when you can not putt, pitch when you can not chip. When you are in bunker, get out.
- ⦿ We are very confident, if you use this 10 step strategy that you will drop 10 shots off your score with no problems.