

HOW TO BE MORE CONSISTENT

Mastering Your Golf Game



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Introduction

In the first session I have with a new player I always ask "What is your goal?" The #1 answer I receive is "I want to be more consistent." Now, we all want to be more consistent whether that means we consistently want to be in good shape, consistently see our stocks increase in value, even PGA Tour players want to be more consistent, so it's very common.

The reason I mention that we all want to be more consistent is because we need to define specifically what that means. I have broken down the most common definitions of consistency when it comes to my players golf games.

1. **Solid Contact:** This is easily the most strived for element of "I want to be more consistent." It's that satisfying feeling you get when you know that you hit that ball well. The ball just jumps off the club face and you barely even felt contact. We call this "finding the sweet spot."
2. **I Don't Want To Be "That Guy, or Gal":** Maybe less admittably, but nonetheless a factor, none of us want to embarrass ourselves or feel like we are always the one looking for our ball, or having to play catch-up. Many times this feeling of discouragement leads players to give up the game entirely. It's just not fun anymore, and that's understandable.
3. **The Beginner:** This player may be picking up golf later in life and maybe is getting invited to play in corporate outings, invites from friends or family, retired and looking for a new hobby, or maybe a junior golfer looking to make their high school golf team.
4. **The Skilled Player:** This archetype represents players that have a keen ability, based on many reps and good coordination, to otherwise compensate for a "unique technique" and manage to still score well. This player is able to hit the ball far enough, has good touch and feel around the green, and can putt. However, once he or she plateaus, the frustration of not continuing to improve sets in and they are not sure why.



Enjoying the game of golf requires a certain level of skill just like anything else. If you are reading this book then you are certainly interested in improving. This book will have an interactive element to help you determine where you are now, and how to improve consistently over time and avoid too much frustration.