



**54**  **GOLF**

**ON Course  
Practice Plans**

Pia Nilsson and Lynn Marriott



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## Performance Routine

### Play Nine Holes

Do these explorations on each hole for nine holes.

**Hole 1:** Keep your Play Box focus to the end of the swing.

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**Hole 2:** Keep your Play Box focus until the ball lands, or on putts until it stops rolling.

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**Hole 3:** Have one Play Box focus for the backswing and another for the forward swing.

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**Hole 4:** State your decision to yourself with a very strong body language and a confident voice.

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**Hole 5:** Close your eyes and feel yourself experiencing a great Play Box before stepping into the shot.

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**Hole 6:** Only use your gut / instinct in your Think Box.

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**Hole 7:** Say something positive about each shot, about the process or outcome.

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**Hole 8:** Any Great, Good or Good Enough shots or process double the positive feeling.

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**Hole 9:** First evaluate the process and then the outcome being neutral or happy.

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## Reflection: **Performance Routine**

► Write down the one most important things for you in the:

► *Think Box:*

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## Discover Your Best Golf

The intention is to:

- Be more aware of your performance state.
- Discover how well you keep attention on your performance state, and not outcome and technique.
- Discover what helps you play better and enjoy it more.

You will be asked to do something before, during, after or between shots. After each hole, rate yourself on a scale of 1-5 how well you kept your attention on the task (and not outcome or technique). A five means 100% attention on the task.

After 6, 12 and 18 holes, write down which exploration tasks help you enjoy the game more or make you play better.

Your golfing ability is a blend of your technique and your ability to create a good performance state. You can influence your performance state, and today you learn how to do it.

You do not need to score or count points. You can move your ball from lies you don't like.

**Happy + Better Golfing... is Your Future**

# 18-Hole On Course Explorations

## 18 On Course Explorations

Do these explorations, one for each hole, for eighteen holes.  
Rate 1-5 how well you kept focus on your intention.

**SCORE**

**Hole 1:** Feel soft, relaxed shoulders during the whole swing.

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**Hole 2:** Make a full swing feeling 50% tempo during the entire swing.

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**Hole 3:** Hum during the whole swing.

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**Hole 4:** All full shots with feet together, putts on one leg (right or left). Finish in balance.

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**Hole 5:** Feel extra strong body language between all shots, and feel a strong lower body feel at setup.

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**Hole 6:** See the target or the ball flight (in your mind's eye) in your favorite color for the entire swing.

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► **Which one of these intentions made you play better or enjoy your golf more?**

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**SCORE**

**Hole 7:** Close your eyes and feel your commitment for 5 seconds before stepping into the shot.

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**Hole 8:** Say something authentically positive about the process or outcome for each shot.

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**Hole 9:** Go from feeling free to “freer” when you finish each swing.

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**Hole 10:** Silent hole, no talking to yourself or others. See, feel, listen, smell!

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**Hole 11:** Count or sing during all the swings.

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**Hole 12:** Feel 60% tempo in the backswing and 80% swinging forward.

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► ***Which one of these intentions made you play better or enjoy your golf more?***

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**SCORE**

**Hole 13:** Say your decision out loud with very confident voice & strong body language.

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**Hole 14:** Feel constant grip pressure on all the swings.

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**Hole 15:** Take breaths with long exhale before each shot & feel a sense of joy swinging.

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**Hole 16:** Instinct hole – NO yardage, checking facts or practice swings. Listen to the gut.

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**Hole 17:** Keep your mouth slightly open during all swings and enjoy nature between shots.

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**Hole 18:** Hold your finish for 3 seconds & feel happy for Great, Good, Good Enough shots.

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► ***Which one of these intentions made you play better or enjoy your golf more?***

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## Additional Practice Resources



Tour-proven strategies created by two of the world's best and most highly regarded golf coaches – Lynn Marriott and Pia Nilsson

Both apps have been created to benefit all levels of play: professional tour players, aspiring amateurs, junior golfers, and weekend warriors.

### **Practice App for iPhone** *(blue app)*

In this VISION54 app, you will find the skills and exercises you can use to complement your technical practice in order to help you become a better player of the game. The app was designed to be an effective practice partner for the range, short game area, putting green and on the course. There are on course practice sessions; skill building tools; exercises to simulate play and improve focus; games to increase creativity and add variety to your practice; and a notebook to track your personal golf journey.

### **Essential Playing Skills App for iPhone** *(green app)*

In this app, there are exercises for each of the eight Essential Playing Skills and Master of Variability™. You will practice them while you PLAY on the course. The best place to learn the Essential Playing Skills is always in the context of the game.

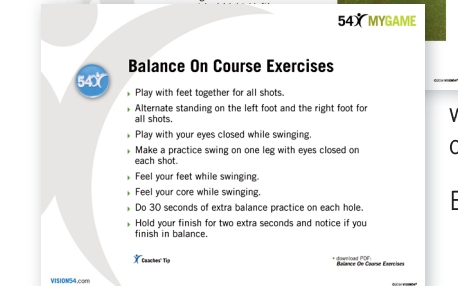
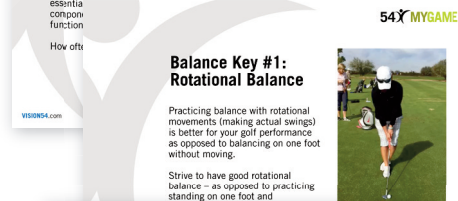
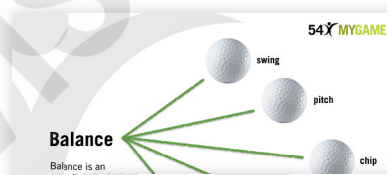
## 54 MYGAME

### MYGAME – Essential Playing Skills Virtual Golf School

Select the Complete Course  
or choose a Series!

Register at:  
<https://VISION54.myabsorb.com>

► Additional resources, tools, and our in-person program schedule can be found at [VISION54.com](http://VISION54.com)



We're bringing our highly acclaimed golf programs direct to your screen!

**MYGAME – Essential Playing Skills** is a self-paced, interactive virtual golf school, for golfers and coaches of all levels, which teaches the human performance skills necessary to complement technique through guided instruction, video demonstrations, and actionable practice. Focusing on technique alone is insufficient. By adding these nine human skills, you will learn to own your game, be your own best coach, and realize your true golfing potential. **MYGAME** is available online, worldwide on any web-enabled device ... on demand, on your schedule, at your pace.

Become a **HAPPY + BETTER Golfer!**



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