

New Year, New Goals!

As we turn the calendar and head into 2022, I would imagine most people have goals for the different parts of their life. Hopefully, you also establish some goals you would like to accomplish on the golf course. In regard to goal setting, set a long-term goal with subsequent short-term goals to help accomplish that task. For example, if your goal is to break 100 for the first time, where do you need to spend the most time that will have the biggest impact? Are you losing shots off the tee, missing putts inside of 5ft, or hitting more than 2 chip shots on the same hole? Once you can dive into what areas need the most improvement, then you can start a plan on how to break 100.

In terms of what is need to break 100, 90, 80, or even 70, here is breakdown of each:

To Break 100: Have 6+ par attempts with putter in one round

-Priorities: Driver/Tee Shots, Approach shots, Chipping & Pitching, Putting, Bunker Play

To Break 90: Hit 2 greens in regulation, 34 putts or less, and no more than three double bogeys

-Priorities: Make more pars (4+ per round), fewer doubles (3 or less per round)

To Break 80: Hit 8 greens in regulation, 33 putts or less, no double bogeys

To Break 70: Hit 12 greens in regulation, 28 putts or less, no double bogeys

The two best pieces of advice we can give as instructors is to manage your expectations and avoid making double bogeys. The average PGA Tour player makes 3.6 birdies per round and the average 20-handicap player makes 0.3 birdies per round. However, a PGA Tour player is 30 shots better than a 20-handicap golfer by only making 3.3 more birdies per round. How is that possible? PGA Tour players are the best in the world at avoiding big numbers on their scorecard. Also, they don't follow up a "bad" shot with a bad decision. They are good at getting the ball back into play and will at most, make a bogey. The next time you are in the trees, think about the best possible way to make a bogey instead of hitting a low percentage shot. Manage your expectations and know your game!