

## FEBRUARY PRO TIP

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- Did you know more than 60% of amateur golfers in the U.S. average a score of 90 or higher per 18-holes?!
  - If you are someone who consistently posts 90+ strokes per round, please know that does NOT mean you aren't good at golf! Please stop telling yourself or others that you "aren't any good". Instead, try finding ways to improve your scores with the following tips:
    - **PRACTICE:** Consistent practice is the key to improving skill in golf. Focus your practice in the areas in which you struggle to improve those areas of your game when playing on the golf course. Practice shots you tend to have when playing on the golf course and watch your confidence grow on the golf course!
    - **SEPARATE PRACTICE FROM PLAY:** When you are playing on the golf course, focus on the game and do whatever it takes to get the ball in the hole. Don't focus or worry about mechanics, technique, or what your playing partners think you are doing wrong. When you are on the golf course, you are playing the game. When you're not on the golf course, you are practicing!
    - **PLAY YOUR STRENGTHS:** Every golfer is different and may be better than others in certain aspects of the game. So when you are playing on the golf course, don't attempt shots you don't practice. Hit the shots you are most confident with to avoid compiling mistakes and unnecessary thoughts from entering your mind.
    - **DON'T WASTE ENERGY & FOCUS WHILE PLAYING:** This is something I notice a lot of amateurs struggle with while on the golf course. If you are going to hit a shot with a full swing, why take "practice swings" before hitting your shot?? All that will do is unintentionally make you overthink what you're doing in your golf swing. (remember, separate practice from play) Also, taking practice swings before hitting full swing shots during your round wastes unnecessary energy/focus needed for hitting your shot to the best of your abilities. Only attempt practice swings when hitting shots that require less than a full swing, such as punch shots, pitch shots, chip shots, and putts.
    - **IMPLIMENT A CONSISTENT PRE-SHOT ROUTINE:** When ready to hit a full swing shot, pick your target, address the golf ball, take a breath, then swing! This will save you time, speed up your pace of play and eliminate the number of practice thoughts getting in the way of your energy and focus on the golf course! When faced with a shot that requires less than a full swing, only attempt a couple practice swings to feel the necessary swing that will produce the result you want. Having a consistent pre-shot routine when hitting shots on the golf course plays a major role in growing the level of consistency in your golf game. Find a pre-shot routine that best suits you and stick to it!