



ACADEMY / TOUR

TOURNAMENT PLAYERS MANUAL

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PLAYER NAME

WWW.FUTURECHAMPIONSGOLF.COM

Let's Play!

SWING KEYS

Enter your current swing keys that when you think about them help you hit the ball better. Plenty of room here to change them as you go.

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YARDAGE GUIDE TO ASSIST WITH CLUB SELECTION

CLUB	FULL SWING	3/4	1/2
DRIVER			
3 WOOD			
5 WOOD			
HYBRID			
3 IRON			
4 IRON			
5 IRON			
6 IRON			
7 IRON			
8 IRON			
9 IRON			
PW			
GW			
SW			
LW			

TIPS ON CLUB SELECTION AND APPROACH SHOTS INTO GREENS

- Always Try and Get Your Approach below the Hole with a Straight Up Hill Putt.
- Goal should be to not SHORT SIDE yourself very often (That means missing the green closest to the pin, many times that leaves only a flop shot option).
- Wedges should be hit low with spin when possible and not at maximum power.
- Learn to control the distance of every yardage to a tempo that is consistent and you know how to hit that yardage every time.
- Start reading the green from your approach shot so you know where you want to be putting from. At least a general idea here is important.
- Putts break to where the course designer built the greens to have the water run off.
- Practice your Green Reading! Not enough people practice how to read greens and get good at it.
- You must ALWAYS KNOW if the putt is Uphill or Downhill.

TRAITS OF GREAT PLAYERS

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| <ul style="list-style-type: none">• Confident• Calm• Patient• Respectful• Balanced• High Goals• Enjoys the Challenge of a Tough Shot or Situation• Prepared• No Fear | <ul style="list-style-type: none">• Know when to be aggressive• Know when to be cautious• Know how to relax in pressure situations• Understands how important feeling the adrenaline is in your body and how that affects the distance the ball travels• Know their golf game better than anyone• Believes in their ability to hit a shot more than anyone else |
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TOURNAMENT PLAYER TIPS

DAYS LEADING UP TO TOURNAMENT

- Play at least ONE Practice Round with goals to understand the golf course, understand how the ball flies, how the ball reacts on chips, how the approach shots react into the greens, club selection.
- Advanced Players should chart the greens with their Green Booklet to know the breaks in advance.
- Practice the feel of your practice swing that creates the desired shot shape. If this is matching up you should be good to go.
- Get all mechanical work finished so you can go play and focus on the target. Don't play golf swing, play golf!

DAY OF TOURNAMENT BEFORE ROUND STARTS

- Efficient Warm Up Routine for Each Tournament that helps you develop a feel for the course before heading to the first tee.
- Develop an established system for warming up and finding your swing, your ball flight, your alignment, your feel.
- A good warm up includes around 30-40 range balls

going through the bag. Practice the Opening Tee Shot before heading to the tee. Lag and short putting to establish your putting feel and confidence. Chipping and Pitching work to get your feel dialed in and understand how the greens are reacting.

- Don't be rushed or feel anxious during warm up. Do things slow and plan for enough time. Don't use up all your energy either.

DURING THE TOURNAMENT

- Tension is Evil! Get it Out
- Grip Pressure should be monitored throughout the day.
- Consistent Alignment is a Key Fundamental
- Breathe often and Breathe Deeply
- Early in round gather info: How far is the ball flying (accurate or adjust), how are the greens reacting on approach shots and putts. You want to adjust to the conditions as soon as possible and not give too many shots away. The higher your awareness the better you will play!
- When in doubt go back to grip, set up, posture, and make your smoothest swing possible.

SCORING TIPS FOR THOSE THAT WANT TO BE PRO'S!

1. Par 5's should all be Birdie
2. Short Par 4's should be a strategic tee shot to your favorite yardage, a quality wedge shot and make birdie, or tap in for par.
3. Long Par 4's should be Solid Par when playing well or a scrambling par or tap in Bogey.

For this system to be possible your Short Game should be the foundation of your game meaning that you are really proficient at getting up n down inside 100 yards. Goal is to get all short game shots inside a 3 foot circle when possible. Obviously some shots are too difficult and this may not be possible so be smart.

PUTTING - Master the 3 foot Putt so you never miss these and be solid at all other distance. Lag Putting practice so much that you always have a tap in. You want STRESS FREE rounds at the highest level. But have the ability to grind it out and make Hero Putts

when needed.

- Play the Shortest Tees on a Golf Course often to work on scoring and have your lowest score in your mind way lower than it currently is. All my players are supposed to play from the Red Tees sometime, even my college players. DO IT!
- Play Match Play with Players Better than you and try and learn how to beat them
- In practice rounds never take a GIMMEE, Putt everything out just like you have to in tournaments
- Don't Keep Score in Practice Rounds! No trophies given out there.

MENTAL GAME TIPS & STRATEGIES

- You can't Hit a Great shot if you can't picture it. Become a Master of Visualization.
- Always remember the best shot you with that club every shot
- Play One Shot at a Time and Let the Magic Happen
- When faced with a Tough Shot tell yourself in your head that this is a great opportunity to show off. "Watch this" is a good way to approach a tough shot rather than be scared.
- Don't look too far forward and definitely don't look back
- Remember to Breathe!
- 10 Step Rule... After a poor shot you can be mad and frustrated for a few seconds but then count 10 steps as you walk to your next shot and on that 10th Step your Negative Attitude needs to switch to confidence and excitement to hit that next shot.
Credit - Ricardo Montemayor
- Being Optimistic is a Good thing with Golf and Life
- Swing within Yourself
- When you shake hands with your competitors on the first tee look them in the eye and in your own head say "I am the Big Dog in this Group, watch how awesome I will play" - Really all I am saying here is don't be intimidated by others. Most other players are too worried about their own game to care how you play so don't worry about them and just play one shot at a time at the best of your ability.
- Smile or Laugh after your BAD SHOTS
Enjoy Small Victories
- Bounce Backs are Important - If you have a bad hole your goal should be to hit the next shot the best of your ability. I used to 3-putt and then go swing hard on the next tee and hit it out of bounds!
Don't be ME at 16 years old!
- Let your game and score do the talking

COURSE MANAGEMENT TIPS

- Short Sides are Bad - Try and miss the green where you have a lot of green to work with
- Play to the Fat part of the Green when the Pin is Tucked in a Corner
- As you get better at Golf and controlling your ball you should stop looking at the trouble and focus on the target. (SHOULD BE DONE AT EVERY LEVEL) Fair ways you can pick a mower line, or a tree through the fairway, or at a house 1 mile away that is in line with your ideal landing spot.
- Watch Golf on TV and watch how the Pro's play, listen to the course management analysis and the caddy/ player conversations. Especially down the stretch at MAJORS!
- When in trouble... step 1 is get your ball out of trouble and back in play.
- Putt when you can, chip when you can't putt, pitch when you can't chip, and flop when you can't pitch.
- If a play 4 is less than 400 yards from the back tees ask your self WHY is this hole so short and what is the course architect trying to do here to me. Strategize

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FINAL NOTE

Your Golf Game and Personal Development are very Important to all of us at Future Champions Golf. If you have any questions or need any help please contact a member of our Team. We wish you the best in pursuit of your dreams with the game of golf. Final reminders are to work hard but make it fun. Enjoy the journey and the process and built a network of people around you that support you and build up your confidence. The best players come from great networks of support and love.

All the Best,

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