

Swing Change Structure Plan

Print this document and bring it to all training sessions. It will bring structure for you.

Phase 1 - Finding the Solution

Why do you want to change?

- Example 1 (over the top) - I come over the top a lot. I want to change because my distance is lacking and I can't get any compression. I need more speed and consistency.
- Example 2 (two way miss) - I sometimes snap hook the ball severely and play with a two way miss. I wish to become more consistent in impact. I need to control the clubface more.

Your text:

What's your limitations? What can't you do?

- Example 1 - I'm not very flexible so I can't bend like the guys on TV. I'm also not that strong.
- Example 2 - I can't think mechanically because then I freeze up in my swing.

Your text:

What are you doing now? What's your actual show stopper?

- Example 1 - I swing the way I've always done. I hit the ball first and the ground second. My show stopper is that I can't use any power since it flies all over the place when I apply power.
- Example 2 - I swing with a shallowing move in the downswing and go low and left. My show stopper is that I only succeed with this half of the time and I miss too big and too much.

Your text:

What's a reasonable and fitting solution?

- Example 1 - A simpler swing where I don't come over the top but more shallow to the ball -> e.g. solution find a model where you use a bigger downswing arc or a shallowing move
- Example 2 - Play a slightly stronger lead hand grip and push the strike a bit more or play a slightly weaker grip and use a longer through swing tighter to the body.

Your text:

Phase 2 - The Actual Change Plan

What's your requirements/foundations for the change?

- Example 1 (over the top) - Effortless swing that creates a natural shallow impact. I wish to gain distance.
- Example 2 (two way misser) - Relaxed non stressed impact area with clubface control. I don't want to feel tension and I wish to understand clubface closure.
- Example 3 - for the FMM swing (that I teach) I have: Non-injury inducing movement, power with control, easy to achieve and effortless feel.

Your answer:

Study your Solution - 10 hours at least

I mean really study. Understand how you create power with your intended swing system and how you control the clubface. These two combined can put you in a great position for great golf. Please spend at least 10 hours investigating solutions and weigh them against each other.

Bring out the old pen and paper and match it against your requirements/foundations for change.

Your preferred solution:

Create your Long Term Actionable Goal

- Example - I commit to 10 000 repetitions of training in the solution that I've found. My ultimate goal is to perform a new motion with an abstract feel.

Your Long Term Goal:

Next page, the actual plan...

Stage 1 - Dry land absolute mechanics training. No ball training

Even the best of the best are extremely sensitive when it comes to change. You are no different. The ball and the result is your biggest enemy when you get acquainted with the new sensations in your golf swing. The more time you spend here the better all of the other stages will become.

Practice the setup:

3 sessions of 15 minutes each where you just grip your club (if there is a change) set up to the ball in your new position and do it all the way until you're supposed to start the swing. Then step out of it, recharge and back at it again. Perform this 2-500 times or something like that. It should feel natural and normal after that.

Your more specific setup task:

Practice the backswing:

The backswing doesn't make your golf swing but it can for sure ruin it. Always end each backswing session with closing your eyes and feeling it.

- Example: In the FMM swing I teach 2 segments in the backswing and they are trained in pieces first for 500 times and then jointly another 500 times.

Your more specific backswing task:

Practice the down & through swing:

Now it becomes much more system specific. Depending on what you're doing you can perform different drills. Find the core drills of your intended solution and perform them exactly as instructed. No ball, just in the backyard.

- Example 1: If you use a lag and whip technique practice the transition element and then the whip with closed eyes 500 times.
- Example 2: In the more old school style of swing (like FMM) you use your individual hands to feel the power in the club. You make 500 ish one handed swings to get accustomed to the feel. Close your eyes from time to time to feel it.

Your dry land down & through swing task:

Complete swing practice (setup to finish):

Whatever you are performing this is very underrated. Perform everything in a long fluid process. From setup all the way to finish. Repeat it 100 times with small pauses in between.

This creates a harmonic attitude to what you are doing.

Stage 2 - Pure Technique Training - NO RESULT Net / Driving Range

Let's face the ball. And this is the hard part. All of your old muscle memory and your technique will do its absolute best to destroy you here. Expecting results will kill your change in this stage.

The absolute biggest win you have here is to actually prep each session with a goal, a clear attitude and a task list for it. Pen and paper beats apps etc.

Pure Technique Training Session Description (**print a bunch of these**)

Realistic Session Goal (write here):

- Example: I wish to spend 60 minutes and complete 200 drill shots with swings in between.

Committed Attitude (write here):

- Example: **I don't care about the result whatsoever** in this session. It's all about progress and progress takes time.

Tasklist for training (write below):

- Example: I'll perform 100 backswing drill repetitions, 1000 downswing and 1000 follow through repetitions. I always do dry land in between.

Task 1: _____

Task 2: _____

Task 3: _____

Task 4: _____

Task 5: _____

Continue with this style of training until you complete the results that you want and actually become bored with it "being that easy".

Stage 3 - Semi Performance - Driving Range with “Semi Result”

This is also a big hurdle. Now you will actually see the ball fly and this subconsciously tells you to go straight back to what you had. Don't allow it.

Make half the session about technique drilling (or how you do it) and the second half about actually caring about the shot.

Semi Performance Session Description (**print a bunch of these**)

Technique Training Part

- Example: Perform 50 backswing drills, 50 down and follow through reps and 20 complete dry land swings. Do this completely without result.

You Technique Training described for session:

Real Performance Shot Tasks Described:

- Example Suggestion: Perform all these shots with a complete goal of completing my motion and let the result come to me. I need to give myself the time and space for the new swing to happen. I care about the result but I know that it will come over time.
- Hit a mix between an 8 iron, 6 iron and a Driver. Hit three shots per club with swings in between and then switch. Performed the mixed training style for 100 golf balls with “light result focus”

Your Real Performance Shot Tasks for session:

Perform these sessions until you feel that you are on top of your feels and can treat the result as an outcome of a swing and not a goal in itself. The result is just a byproduct of a correctly performed motion. Feels good? Then continue into the next stage.

Stage 4 - Performance Focus - Driving Range With Result

You've got your basic swing and now wish to get into replicating the course. The absolute best vehicle for making this progression is the Shot Making Process.

Make each session 25% technical drilling with no result mindset, 25% semi performance shot with just complete the motion mindset and **50% pure performance shot where you use a Shot Making Process on each shot..**

Example shot making process:

1. Stand behind the ball and visualize your shot shap
2. Make a light swing and commit to your swing feel
3. Take an intermediate starting target 50 cm from the ball
4. Step into the shot
5. Commit mentally to the feel
6. Execute
7. Learn from the shot

Perform 5-10 of these sessions since it's THE BEST course training you can have without playing on a course. Finally, step into the course playing with stage 5.

Stage 5 - Taking it to the Course

The last hurdle to overcome. And treat it with respect since we transform into our old pattern very easily. Make it your entire round goal to complete the shot making process to the best of your abilities on each shot. This is your ONLY goal.

Follow the below structure for best result (in my experience):

- 9 holes yourself
- 2 performance sessions
- 9 holes with friends
- 2 performance sessions
- 18 holes with friends
- 2 performance sessions
- 18 holes with strangers

You should be pretty much good to go with your new swing. If you have issues just go back to some technique training and finish it off with performance shots.

Good luck out there!

Petter