

GOLF CLINIC

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The Four P's

The 4 P's of Game Improvement

PRACTICE MAKES PERMANENT-

There is an old adage in golf that "Practice Makes Perfect". I am here to tell you that "Practice Makes Permanent". If you are looking for perfection, I don't think golf is where you should be looking. Golf is actually a game of misses and in competitive golf, whoever misses best wins. But you can become a better version of yourself by following the 4 P's of practicing.

PATIENCE-

It took you a while to develop the swing you currently have and it is going to replace bad habits with good ones. Years ago, I was walking down the tee line at the range and I heard one golfer say to another, "You know it took me 2 buckets a day for the last 2 weeks to undo what the pro taught me." I just shook my head and walked away. If what the pro had prescribed for that player was correct for them and they used those 2 buckets a day to continue to practice what was recommended they may have been better off. In golf there is a difference between real and feel, so when making adjustments what you think you are doing may not be what you are actually doing. Which means in most cases what feels comfortable is wrong so things may feel exaggerated and uncomfortable during the adjustment period.

PURPOSEFUL PRACTICE-

If you are looking to improve, it is important that you practice with intent and focus. Hitting balls without intent on each ball is wasted effort. You need to have a direction and purpose of what you are looking to accomplish and you need to create a road map for each session. It is the quality of practice, no necessarily the quantity of practice that makes you better.

PACE-

When working on your golf game, the pace at which you practice is incredibly important, especially the pace of the swing. There are numerous studies that practicing in slow motion can accelerate your progress. Swing at full speed masks the feeling of your motion and what you are doing during the swing. It also doesn't allow you to make needed adjustments or ingrain new habits. When making changes start at about 10-20% speed and as you progress gradually increase your speed. In the initial stages I would suggest keeping it at 40-50% until you get a feel for the new habit(s). Trust me, when you make a poor swing, you are going to hit some of the ugliest shots you have every created. But, when you make a good swing? You may just amaze yourself.

August 9th Clinics

Greenside Bunker Clinic: 8am - 9am

During this 1-hour clinic you can learn the modern techniques used by the best players to escape from greenside bunkers.

\$45/per person / Clinic limited to 6 golfers

Putting Clinic 10am - 11am

Learn how to quickly lower your scores by become a more consistent putter.

\$45/per person / Clinic limited to 6 golfers

Chipping Clinic 11:30am - 12:30pm

In one hour you can learn how to consistently chip the ball closer to the hole.

\$45/per person / Clinic limited to 6 golfers