

SPECIAL REPORT

“How To Be A Scratch Golfer By Spring™”

By Bobby Lopez, PGA



Winter is the BEST time to make lasting changes in your golf swing.

Why? Because

it takes slow deliberate repetitions to teach your body to change motions or patterns. You probably would not be willing to do the necessary drills during the season because you want to play golf.

There are Captain's choice tournaments to play in, your buddies call you to play and of course there's that dreaded request from your boss to go play golf and you're afraid of being embarrassed! *(Maybe you remember Norton trying to teach Ralph Kramden how to play golf in the Honey Mooners so he could play with Mr. Marshall the bus company boss?)*

Touring pros do most of their swing improvement work over the off season if they can get away with it. Keep in mind, they play golf all year long all day and still they would rather make changes when they are NOT trying to use their golf swing to put food on the table.

I watched a very rare video of Ben Hogan, *(it was rare until You Tube came along)*. The video showed Ben Hogan out at the beach swinging in slow motion, and I do mean slow motion.

He was performing his swing over and over again in a motion so slow, well I tried to mimic it myself and it took me about a minute and a half to make one swing. **Now that's slow!** The purpose was to feel your golf swing at every point and communicate to the mind what each position felt like slowly and deliberately.

Most of the suggestions I will offer you in this report will be similar in nature. **No golf ball**

needed. Just your golf club and a position far enough away from any lamps or kids running around the house!

Step 1: A Video Analysis of Your Golf Swing

I suggest a complete analysis of your golf swing on video. Video analysis is the best way I know for pinpointing any “gremlins” in your golf swing. For any beginners consider yourself lucky. You won't have so many bad ingrained habits to get rid of.

With today's technology, it is so easy to use professional video analysis, even from half way around the world. Just swing your golf club in your own back yard and E-mail us the video for a full analysis. You have a coupon for a FREE analysis and the end of this report so please considering taking advantage of our FREE no

The Seven Steps

Step #1 A video analysis of your golf swing

Step #2 A realistic and attainable goal setting session

Step #3 A game plan for achieving your goals

Step #4 Monitoring system for improvement

Step #5 Method for documenting your improvement for future reference

Step #6 Practice schedule for drills

Step #7 Measuring results once the season begins

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obligation offer.

Then you need to make a list of your priorities. This should include what you believe to be the core issue that is causing most of your inconsistency. With a golf swing you have a domino effect. Find the root cause and other swing faults you may have might resolve themselves with the repair of the core issue.

Many golfers seem to exaggerate their problems and complicate them to such a point it becomes discouraging.

Improving your golf game is suppose to be fun and rewarding!

In the initial swing analysis everything should be considered including attitude on the golf course, driving in the fairway percentage, greens in regulation and most of all, *“when you hit a poor golf shot where does it go?”* Are your bad shots consistently the same, or do you get a variance in ball flight patterns?

Everything must be taken into consideration at first and then whittle down the list to something reasonable. You need to decide what problems are causing you the most harm in ball flight, scoring and over enjoyment of the game. Stick to your short list until they are completed and totally ingrained to a habit before adding more projects to complete.

Step 2: A Goal Setting Session of Realistic and Attainable Goals

Goal setting seems to be a key factor with all people that succeed in life. Golf is no different. A distinct and clear goal is needed so you can feel satisfied that all your efforts were warranted and fruitful the following season.

There MUST be short and long term goals!

For instance, by week two I will be able to perform “XYZ” swing motion. By week three I will have “such and such” swing motion under control.

Using video analysis can make it easy to follow through on your commitment. You can look at the early videos and compare them to your later videos and see the difference for yourself even if you can’t feel the difference which is sometimes the case. They say on tour, ***“what you feel, may not be real!”***

Step 3: A Game Plan for Achieving Your Goals.

You need a clear game plan for achieving your goals. How many drills a day and which ones? When will you do them? What will be your schedule for hitting golf balls at the range? What temperature will you consider acceptable to play a round of golf?

One needs to perform a specific number of repetitions of a new movement in order to make it a habit. Scientific tests in adult education have evidence that, with 7 to 21 repetitions of auditory and/or visual input, in a condensed period of time, your subconscious mind gets a “positive imprint” it recalls and uses when appropriate. This means, if you’ll take the time to perform the swing drills assigned to you during the video swing analysis each day for 7 to 21 days in a row, the “old version” of your swing with built-in, hidden sabotage factors will be “squeezed out” of your subconscious and replaced with the “new” version of your swing..... and you will automatically hit the ball more confidently and consistent..

Step 4: Monitoring System for Gauging Improvement and Keeping on Schedule

You must monitor your work. You can’t just do your drills in the backyard haphazardly not



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knowing if you’re performing the drills properly. After all, you are attempting to acquire a habit that will work without thinking, almost from your subconscious mind.

I suggest that a full length mirror will be very helpful. Place tape on the mirror so you can see if you’re reaching the desired swing position. Body position drills can best be performed in front of a mirror without a golf club.

Best scenario would be for you to download the FREE home version of the V1 software I use and video tape yourself performing the drills. You can get the free download on our web site at <http://www.quickfixgolf.com/golf-lessons/golf-lessons-retrieval/>

I can E-mail you the pros you need for comparison so you know exactly what you’re working on and you too will be able to set a sample PGA pro side by side with your swing and compare your improvement. You’ll learn what to work on with your video analysis online lesson and then use the home version software to follow-up.

Equally the software allows you to practice your drills at home if it snows and then E-mail your video to us for analysis. We will send it back to you by E-mail with the corrections.

Measured results is what counts!

Doing the drills properly will help you improve faster. The video taping of yourself and ability to have me review from long distance will lift you to the latest in technology.

Touring pros carry the V1 home software with them on a lap top on tour and often send their video to their personal swing guru. Now you have the same advantage. Don’t pass up on this

opportunity.

Step 5: Documenting Your Improvements so you can Continue to Maintain Progress

You **MUST** document your improvement. **This is very important!** I always say, “*You are never cured in this game you’re in remission.*” I like to also say, “*it’s like spraying for roaches. You stop spraying and they come back!*”

Keeping a log of what you did and how you did it will serve as a great reminder during the golf season. It is not uncommon to drift a little and get off track which we are all prone to do.

Step 6: A Schedule for Doing Drills and a Manner of Monitoring their Effectiveness

I believe a schedule within reason is important. Folks that are successful at weight lifting seem to have a regular schedule for working out. Golf is no exception.

One needs to schedule when they are going to do drills and how many, when they are going to the driving range and when they will play golf if weather permits. There are plenty of driving ranges now that have covered hitting bays for the winter months.

Of course you’re not playing golf as your profession so the schedule should be within reason and something you can maintain realistically.

Step 7: Monitoring of the Improvements in the next season and the results.

There are various “game tracking” programs on the web. Some are free! The game tracking software allows you to enter statistics such as greens in regulations, number of putts, fairways hit etc. One caution here. Statistics sometime can be deceiving. Tiger Woods does not have the best statistics yet he



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wins more tournaments than anyone.

You need to take into consideration things such as fairways hit...how many times did you tee off with a driver? Would your numbers improve if you hit three wood off the tee? In hitting the three wood off the tee do your greens in regulation numbers suffer because you're further away from the green?

These are all questions that should be addressed.

In Summary

Putting your golf clubs away for the winter is NOT a good idea. I hear golfers say, “I’ll take lessons next spring”. Big mistake! Making golf swing improvements takes time. You need to isolate the swing fault and attack it with swing re-programming drills that need to be done slowly deliberately and with patients over a period of time to be effective under golf course playing conditions.

If one can dominate one glaring swing fault over a winter season the difference in their golf game next season will be incredible. Just one!

In my estimation keep it simple.

- 1) Identify the swing fault
- 2) Determine the best drills needed for reprogramming or realigning the swing fault
- 3) Measure the results and keep it under control all next season with a reasonable schedule of drills to do to make sure the problem doesn't pop back up again.

Let me offer you an opportunity to video your swing and E-mail it to me for a **FREE full analysis with no obligation.** We have simple easy to follow instructions on our web site at www.quickfixgolf.com/golf-lessons/online-golf-lesson-free/

You will be glad you did! Take advantage of the new technology all from the comfort of your own home AND your golfing buddies don't have to know! I can't wait to see your video, and it's always confidential.

FREE!

Swing Analysis Online

Attach your swing video to an email and send it to bobbylopez@quickfixgolf.com

Bobby Lopez is a PGA professional with 44 years of experience in the golf business.

- Host of the Bobby Lopez Golf Hour on ESPN Sports Radio
- Host of Blab TV Richmond television Show “Golf Your Way”
- Toured for the USO as a trick shot show in support of our troops overseas
- PGA professional of choice in local interviews with Big Al Coleman on 950 AM ESPN radio and with WRVA Jimmy Barrett
- Master of Ceremonies and Entertainment for General Richard Myers Chief of Staff Pentagon as well as annual USO event coupled with NFL Howie Long
- Head Professional at various well known Country Clubs such as Crooked Creek C.C. in Miami, owned by Ted Hendricks of the NFL Oakland Raiders
- Director of Golf at Nueva Andalucia C.C. in Marbella Spain site of the World Cup
- Instructor of choice by the president of V1 Video capture software in training other teaching professionals
- Owner of Bobby Lopez Golf Academy since 1990
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