

“Take Advantage of Winter”

By: Brian Flugstad

Most golfers in the Northwest consider winter a great time to take a break. It's wet and cold! Finding motivation to head out to the course can be difficult. We tend to find a sunny day here and there to sneak a quick round in, but forget to make time to practice. When we do head out to the course we are bundled up. All these extra clothes restrict our rotation. In addition to limited mobility, the ball doesn't fly nearly as far. Most of us try to make up for this limited flight by attempting to hit the ball harder. Put both of these factors together and you have a recipe for disaster.

What most people don't realize is that this is the time of year when we develop most of our bad habits. Instead of acquiring these flaws you should be working on improving your game. If you talk to any touring pro, they will admit to taking some time off at the end of a long season. They use this time to reflect on the past season and evaluate areas of their game that need improvement. Then they formulate a game plan to target these areas. They will also tell you that the “off season” or winter is when they make major changes to their swing. It is extremely difficult to make big changes during the regular season without severely impacting your play. Once summer has arrived, you should be at a point where you are making minor tweaks. All of the major changes should be engrained by this time. Summer is a time to work on growing your game and improving your scoring. Not making big changes.

Tips:

1. Take some time to look back on last season and pinpoint areas of your game that need the most work. Be honest with yourself!
2. Work with your instructor to formulate a game plan to target the areas for improvement.
3. Dedicate at least one hour a week to work on your short game. 70% of golf is played from 125 yards and in. You should constantly be working to improve your short game.
4. Make time to practice!

By following this simple formula your game will not only be ready for the start of the next season, but it will be much improved! Why spend the best part of your season trying to get your game back to where it was? Instead, be ready to take advantage of the good weather and lower your handicap.

Contact me to set up a lesson and together we can get your game ready for the 2012 season!

“Learn from Experience”