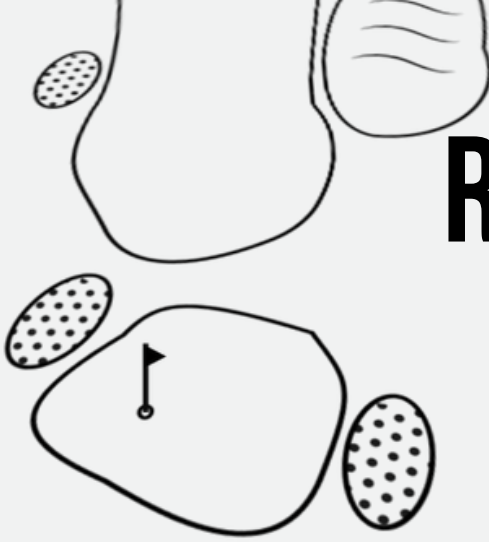


RYANONPAR

# 5 things that will **save you shots** this weekend



No swing changes. No lessons. Just 5 things that work immediately.



# RYAN ON PAR

Most golfers lose shots before they've even swung the club. Not because their technique is bad. Because nobody ever told them what actually matters on a golf course. The stuff that doesn't show up in YouTube tutorials or lesson plans. The stuff you only figure out after years of getting it wrong. I've been playing for 20 years. These 5 things changed my game faster than any lesson ever did. Read them before your next round. You'll see why.

# 01. You are practicing without a target

## DOES THIS SOUND FAMILIAR ?

You get to the range, buy a bucket, hit balls somewhere in the middle. A few drivers, some good, some bad. Move to chipping, hit 20 from the same lie. A few putts, call it a day. You think: I've worked on every part of my game.

**You haven't.**

### THIS WEEKEND

## On the range

Picture an imaginary fairway between two yardage markers. Target 6 out of 10 in it. Full pre-shot routine on every shot. Next session, beat it.

## Chipping

7 out of 10 within 3 feet from 15 yards. Miss the target, start over.

## Putting

Hole 25 in a row from 3 feet. The first 20 feel manageable. At 22, 23, 24, knowing one miss sends you back to zero, the pressure builds. That's exactly what you feel over a putt to save par. You've just practiced it.

## THIS USED TO BE ME

I'd drive home feeling good about the session. Then Saturday would come and none of it showed up. I was putting in the time, so why wasn't it transferring? The answer was simple. On the range I had 20 balls, a perfect lie, zero consequences. On the course I have one ball, one shot, and something riding on it. Those are completely different games.

Practicing one and expecting it to transfer to the other doesn't work. The fix is adding **objectives and pressure** to every session.

# 02. Your aiming at the flag

Watch any amateur on an approach shot and you see the same thing every time. They check the yardage, look at the flag, and aim straight at it. Bunker left, water right, rough behind. They see all of it. And they aim at the flag anyway.

## HERE'S SOMETHING THAT MIGHT SURPRISE YOU

Most of the highlight reel shots you see on Tour, a pro hitting it to 3 feet from 200 yards, weren't aimed at the flag. The pro aimed at the middle of the green and the ball came out perfect. A lot of those moments are well-managed misses that happened to finish close.

A pro with a natural fade and the flag on the right aims at the centre. Hits it straight, middle of the green, two putts, par. Hits his natural fade, drifts toward the flag, maybe birdies. Now imagine he aimed at the flag instead. Hits it straight, fine. Hits that same fade, misses the green, short sided, bogey or worse. Same swing. Completely different outcome based on one decision. **The flag is not the target. The green is.**

Flag positions are designed to be inviting. Course designers place them to lure you toward trouble. Every time you aim at a flag you're playing into the trap.

THIS WEEKEND

## The green is your target

Forget the flag exists. Middle of the green on every approach. No exceptions. A 30-foot putt is always better than a bunker or a difficult chip, especially on par 3s where most amateurs make their biggest numbers chasing the pin. See what happens to your score.

# 03. One bad shot doesn't need a hero to fix it

You hit a bad tee shot. Trees, thick rough, a bunker with a high lip. You're in trouble.

Now comes the moment that separates golfers who score well from everyone else. The instinct kicks in. You just hit a bad shot, surely one exceptional shot cancels it out. Gets you back in position. Saves the hole. So you find the gap in the trees. Just wide enough to make you think: if I hit a cut through there I could still make par.

## HERE'S THE TRUTH

You'll pull that shot off once in every 15 to 20 attempts. The other 19 times you make everything worse. It's like gambling when you're down. You bet bigger to get back what you lost and most of the time you lose more.

## PLAY IT SAFE

Take your medicine. Punch it back to the fairway. Accept the bogey. Play it safe, bogey most of the time, you move on. Go for the hero shot, 1 in 20 you save par, the other 19 you're making double or worse. The goal isn't to save every hole. **The goal is to stop turning one bad shot into three.**

THIS WEEKEND

## Lay up

If a shot requires your best swing of the day to come off, lay up.

# 04. Swing at 80%

Have you ever given up on a round, stopped caring about the score, and suddenly started playing well?

The fairways appeared. The shots came off. You played your best holes when you'd mentally checked out. That's not a coincidence. That's what golf feels like when you stop forcing it.

Most amateurs play at 100%, especially on the first tee. You grip it tighter, your muscles stiffen slightly, and you really go for it. That small change in tension completely changes your swing. The timing falls apart. Everything that felt natural on the range disappears

## HERE'S WHAT SURPRISES MOST GOLFERS.

Swinging at 80% doesn't cost you distance. It often adds it. When you slow down, your whole body synchronises.

That's why you flush the shot when you're between clubs, take the longer one, and think: I'll just hit it easy. You've accidentally swung at 80%.

Golf is not a sport of strength. It's a **sport of timing**. The harder you try to control it, the more it fights you.

THIS WEEKEND

## Slow down

On every tee shot, consciously hold something back. Swing at 80%. Feel the difference between forcing it and swinging.

# 05. The most important tool in your bag

It has nothing to do with your equipment.

## IT'S THE ONE BETWEEN YOUR EARS

You've been there. You make a double bogey. The frustration builds. You walk to the next tee still replaying the hole, the bad drive, the chunked chip, the missed putt. And before you've even teed it up, the next hole is already compromised. One bad hole becomes two. Two becomes a ruined back nine. You drive home in silence wondering what happened. Here's the truth. That bad hole has absolutely no effect on the next one. The course doesn't remember it. Your clubs don't remember it. Only you do, and only if you choose to carry it.

## THE 10 FOOT RULE

I use a simple rule I've found genuinely effective. The 10 Foot Rule. Give yourself 10 feet after a bad shot to feel whatever you need to feel. Frustrated, annoyed, disappointed, let it out, get it done. After 10 feet that shot is finished. Golf gives you 18 fresh starts in a row. A triple bogey on hole 7 has zero effect on hole 8, unless you bring it there. **The sooner you let go, the better you'll play.**

## NO PICTURES

One last thing. Stop being hard on yourself for how a shot looks. A topped driver rolling 170 yards down the middle is still a fairway. There are no pictures on a scorecard. The result is what matters, not how it looked getting there

THIS WEEKEND

## Let it go

Give yourself 10 feet after every bad shot. Feel it. Then let it go.

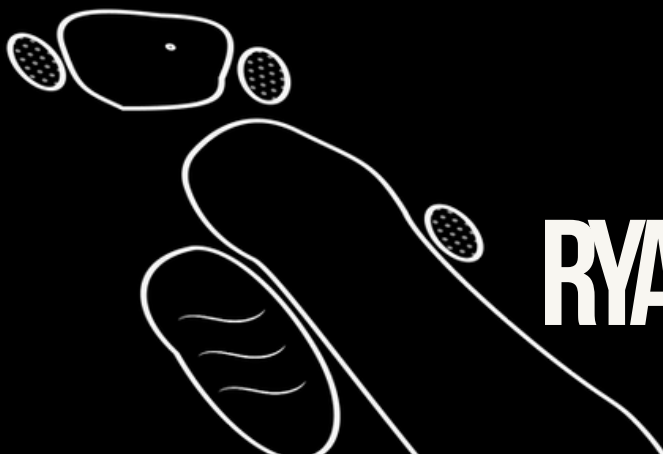
# Go play differently

Take these 5 things to your next round.

01. Practice with a target.
02. Aim for the middle of the green.
03. Take your medicine when you're in trouble.
04. Swing at 80%.
05. Give yourself 10 feet after a bad shot.

Free. No swing change. Works immediately.

Over the next few days I'll share more of what I've learned, including how to practice so everything you work on actually shows up when it counts.



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