

RYAN ONPAR

THE BALL FLIGHT FIX

PRACTICE SESSIONS TO HELP YOU HIT MORE PREDICTABLE SHOTS - STARTING TODAY.



FIX YOUR FLIGHT



LEARN HOW TO WORK THE BALL



CONTROL YOUR SHOTS

**STOP GUESSING.
PRACTICE
WITH PURPOSE.**



FIX SLICE & HOOK
Take the root cause.



3 PRACTICE PLANS
For every situation.



15-25 MINUTE SESSIONS
Simple. Effective. Repeatable.

PRACTICAL DRILLS. REAL RESULTS.

BETTER GOLF.

THE PROBLEM

UNPREDICTABLE BALL FLIGHT

Your shots go everywhere.
One swing is a draw, the next is a pull or a slice.
You never know what the ball is going to do.



Consistent ball flight comes from a consistent path, face and impact.

WHAT IT LOOKS LIKE



× SLICE

Starts straight/slightly left then turns aggressively right.



× PUSH

Goes straight right.



× HOOK

Starts straight/slightly right then turns aggressively left



× PULL

Goes straight left



× HIGH SHOTS

Too much height and not enough roll.

WHY IT HAPPENS



SWING PATH

Coming over the top of swings, too far inside.



CLUB FACE

Face not square to your target at impact.



ALIGNMENT

Aiming the body one way and the club another.



CLUB CONTROL

Not controlling face and path through impact.



INCONSISTENCY

Changing your setup or while every other shot.

THE RESULT

- ×** You miss more fairways and greens
- ×** Distance and accuracy suffer
- ×** You make more big numbers
- ×** Confidence disappears
- ×** Scoring becomes inconsistent

THE SOLUTION

- ✓** Understand your start line
- ✓** Control your path
- ✓** Square the clubface
- ✓** Hit your target more often
- ✓** Play with confidence



THIS GUIDE WILL HELP YOU

Take control of your ball-flight and start hitting the shots you intend with three proven practice plans.
Simple. Repeatable. Predictable.

ANTI-SLICE

PRACTICE PLAN A

 40 BALLS |  20 MINUTES |  ANTI SLICE



1 STICK IN BUCKET

Place an alignment stick at 45° just outside the ball and make swings without hitting it.

 KEY FEEL

Feel the club approach from the inside.



9
BALLS



2 PUMP DRILL

Rehearse the downswing two times before swinging through to the finish.

 KEY FEEL

Let the club fall behind you.



7
BALLS



3 PAUSE AT THE TOP

Pause for one second at the top before starting the downswing.

 KEY FEEL

Feel in control during the transition



8
BALLS



4 STEP INTO SWING

Begin with normal setup, bring with your feet together during backswing and step towards the target during the downswing.

 KEY FEEL

Sequence before speed.



8
BALLS



5 3 BALLS – DRAW

Place 3 balls in a line like in the image. Hit only the middle one.

 KEY FEEL

Start the ball right, curve back.



8
BALLS

ANTI HOOK

PRACTICE PLAN B

 40 BALLS |  20 MINUTES |  ANTI HOOK



1 STICK IN BUCKET

Place an alignment stick just inside the ball and avoid swinging into it.

 KEY FEEL

Don't let club hit the stick.



9 BALLS



2 FEET TOGETHER

Hit shots with your feet together to improve balance and control.

 KEY FEEL

Stay centred through impact.



7 BALLS



3 TRAIL ARM ONLY SWINGS

Make controlled swings using only your trail arm.

 KEY FEEL

Feel the club releasing naturally.



8 BALLS



4 3 BALLS IN A ROW – FADE

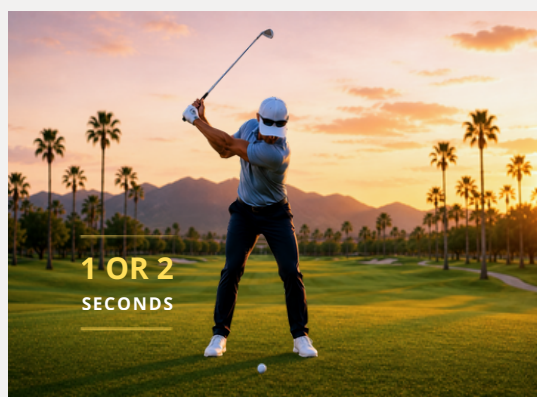
Place 3 balls in a line like in the image. Hit only the middle one.

 KEY FEEL

Start ball left, curve back.



9 BALLS



5 PAUSE AT THE TOP

Pause briefly before changing direction.

 KEY FEEL

Stay patient in transition.



7 BALLS

LEARN TO SHAPE THE BALL

PRACTICE PLAN C

 40 BALLS |  20 MINUTES |  LEARN TO SHAPE THE BALL



1 3 BALLS IN A ROW – DRAW

Place 3 balls in a line like in the image. Hit only the middle one.

 KEY FEEL

Swing out to the right.



8
BALLS



2 3 BALLS IN A ROW – FADE

Place 3 balls in a line like in the image. Hit only the middle one.

 KEY FEEL

Swing left through impact.



8
BALLS



3 SPLIT GRIP DRILL

Separate your hands on the club and make smooth swings.

 KEY FEEL

Feel the club working around your body.



8
BALLS



4 PUMP DRILL

Rehearse the downswing once before swinging through.

 KEY FEEL

Shallow the club before rotating.



8
BALLS



5 STEP INTO SWING

Step into your lead side as you start the downswing.

 KEY FEEL

Keep the body moving through the shot.



8
BALLS