

THE

# CONTACT FIX

**PRACTICE SESSIONS TO HELP YOU  
STRIKE THE BALL BETTER - STARTING TODAY.**



**FIX YOUR CONTACT**



**BUILD CONSISTENCY**



**SHOOT LOWER SCORES**

**STOP GUESSING.  
PRACTICE  
WITH PURPOSE.**



**CONTACT FAULTS**  
Target the root cause.



**3 PRACTICE PLANS**  
For every situation.



**15-25 MINUTE SESSIONS**  
Simple. Effective. Repeatable.

THE PROBLEM

# POOR CONTACT



You want to hit the ball solid, but too often your contact is inconsistent.

Shots feel chunky, thin, or off the face.

Good contact isn't about swing harder. It's about doing the simple things right.

## WHAT IT LOOKS LIKE



**FAT SHOTS**  
Hitting the ground before the ball.



**THIN SHOTS**  
Hitting the top off of the ball.



**HEEL SHOTS**  
Striking the ball towards the heel.



**TOE SHOTS**  
Striking the ball towards the toe.



**INCONSISTENT**  
Different contact every time.

## WHY IT HAPPENS



### SETUP ISSUES

Poor posture, incorrect distances or misaligned set up.



### POOR CONNECTION

Lack of connection leads to an overactive arms and hands.



### BALANCE PROBLEMS

Swaying, lunging, or losing balance puts you out of position.



### TIMING & TEMPO

Rushing, decelerating or poor rhythm leads to poor strikes.



### LACK OF FOCUS

Not fully committing or losing focus leads to inconsistent contact.

## THE RESULT

- ✗ Loss of distance and control
- ✗ Lower scores become harder to shoot
- ✗ Confidence takes a hit
- ✗ Practice becomes frustrating



## THE SOLUTION

- ✓ Fix your contact faults.
- ✓ Build a repeatable process.
- ✓ Hit the ball solid, every time.



## THIS GUIDE WILL HELP YOU

Identify the real cause of your poor contact and follow 3 proven practice plans to fix it. Simple. Effective. Repeatable.

CONTACT

# PRACTICE PLAN A

 40 BALLS

 20 MINUTES



## 1 TOWEL UNDER ARMS

Place a towel under both arms and make half-swings without letting it fall.

 KEY FEEL

Stay connected through impact.



8 BALLS



## 2 TOWEL BEHIND BALL

Place a towel 2–3 inches behind the ball and strike the ball without touching it.

 KEY FEEL

Strike ball then turf.



9 BALLS



## 3 TAPE IN FRONT OF BALL

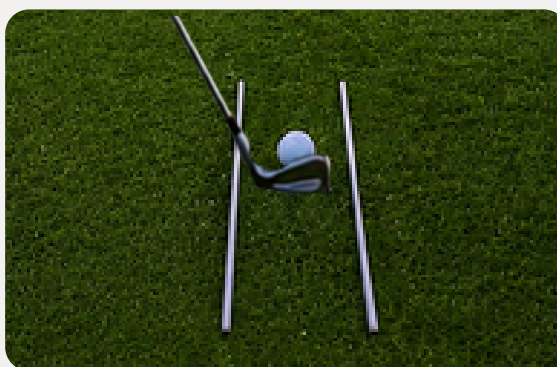
Place tape just ahead of the ball and swing aiming to hit the tape.

 KEY FEEL

Extend through the strike.



8 BALLS



## 4 STICK GATE

Swing through two alignment sticks set just wider than the clubhead.

 KEY FEEL

Strike the centre of the face.



7 BALLS



## 5 9-TO-3 SWING

Make short controlled swings from 9 o'clock to 3 o'clock.

 KEY FEEL

Control the bottom of your arc.



8 BALLS

## CONTACT

PRACTICE PLAN **B**
 40 BALLS

 20 MINUTES
**1** HEADCOVER UNDER ARM

Keep a headcover under your lead arm throughout a half swing.

 KEY FEEL

Rotate your body together.



**9**  
BALLS

**2** TAPE BEHIND BALL

Place tape behind the ball and avoid hitting it during the swing.

 KEY FEEL

Let the club bottom out after the ball.



**7**  
BALLS

**3** TAPE FRONT & BEHIND BALL

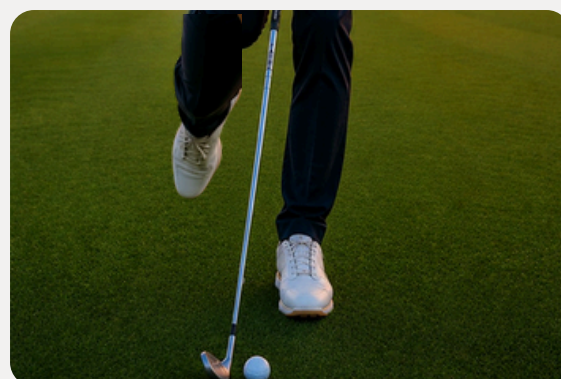
Place tape both before and after the ball. Miss the tape behind the ball and hit the one in front.

 KEY FEEL

Hit the ground after the ball.



**7**  
BALLS

**4** LEAD FOOT SWING

Make swings with all your weight on front foot with trail foot behind you.

 KEY FEEL

Pressure into your lead side.



**7**  
BALLS

**5** THREE BALLS IN A LINE

Place three balls in a line and strike only the middle one.

 KEY FEEL

Compress the centre ball.



**10**  
BALLS

CONTACT

# PRACTICE PLAN C

 40 BALLS

 20 MINUTES



## 1 STICK ALONG SHAFT

place an alignment stick along the shaft and make smooth swings.

 KEY FEEL

Dont let the club hit your side.



**8**  
BALLS



## 2 STEP INTO SWING

Step towards the target during the downswing before striking the ball.

 KEY FEEL

Keep moving through impact.



**8**  
BALLS



## 3 START AT IMPACT

Start in an impact position, then make a small backswing and swing through.

 KEY FEEL

Return to impact every swing.



**8**  
BALLS



## 4 TAPE FRONT & BEHIND BALL

Place tape both before and after the ball. Miss the tape behind the ball and hit the one in front.

 KEY FEEL

Own the strike zone.



**8**  
BALLS



## 5 9-TO-3 SWING

Make short swings focusing on quality strike rather than distance.

 KEY FEEL

Crisp contact before speed.



**8**  
BALLS