

RYAN ONPAR

THE

DISTANCE FIX

PRACTICE SESSIONS TO HELP YOU UNLOCK
MORE DISTANCE - STARTING TODAY.



GAIN DISTANCE



BUILD POWER



DRIVE FURTHER

STOP GUESSING.
PRACTICE
WITH PURPOSE.



DISTANCE FAULTS

Target the root cause.



3 PRACTICE PLANS

For every situation.



15-25 MINUTE SESSIONS

Simple. Effective. Repeatable.

PRACTICAL DRILLS. REAL RESULTS.

BETTER GOLF.

THE PROBLEM

NOT ENOUGH DISTANCE

You work hard at the range, but you're not seeing the distance you want on the course. You swing harder, but the results don't change. You're leaving yards on the table every round.

Distance isn't about swinging harder. It's about moving faster, staying balanced, and letting the club do the work.



WHAT IT LOOKS LIKE



SHORT DRIVES

Losing distance off the te.



ONE MORE CLUB

Always needing extra club into greens.



CAN'T REACH PAR 5S

Forced to lay up every time.



NO BALL SPEED

Shots feel weak and lifeless.



DISTANCE CHANGES DAILY

Some shots fly, others go nowhere.

WHY IT HAPPENS



LACK OF SPEED

Your body and club aren't moving fast enough.



POOR SEQUENCING

Arms take over instead of your body leading.



OFF BALANCE

Swaying or falling out of position loses power.



TENSION

Tight muscles slow you down and kill clubhead speed.



NO RELEASE

Holding on to the club prevents it from swinging faster.

THE RESULT

- ✗ You hit shorter shots with every club
- ✗ You need to hit more clubs into greens
- ✗ You can't reach par 5s in three
- ✗ You miss more fairways and greens
- ✗ You don't enjoy your rounds as much

THE SOLUTION

- ✓ Move faster without adding tension.
- ✓ Use your body to create speed.
- ✓ Stay balanced from start to finish.
- ✓ Let the clubhouse release and do the work.
- ✓ Train speed with purpose and progress.



THIS GUIDE WILL HELP YOU

Unlock more distance by improving your speed, balance and sequencing with three focused practice plans.

Simple. Athletic. Effective.

DISTANCE WITH IRONS

PRACTICE PLAN A

 40 BALLS

 20 MINUTES



1 PENDULUM SWINGS

Let the clubhead swing naturally behind as you gently sway back and through. Repeat the motion a few times before hitting the ball.

 **KEY FEEL**

Let the clubhead trail naturally.



8
BALLS



2 TWO CLUB SWINGS

Make practice swings holding two clubs, then immediately hit a shot with one club.

 **KEY FEEL**

Heavy clubhead, light hands.



8
BALLS



3 START AT 5 O'CLOCK

Start with the club roughly one foot in front of the ball and swing from there.

 **KEY FEEL**

Accelerate through impact.



8
BALLS



4 PUMP THEN GO

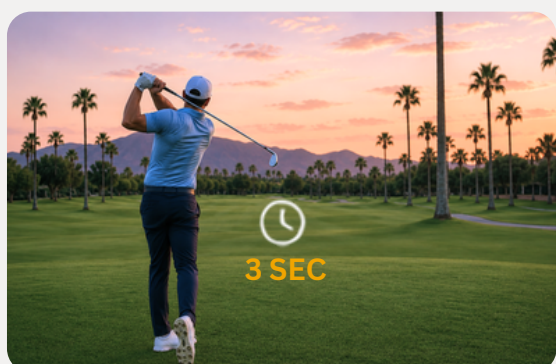
Make two slow rehearsal pumps into the downswing before swinging through.

 **KEY FEEL**

Sequence first, speed second.



8
BALLS



5 SWING TO A FINISH

Hold your finish for three seconds after every swing.

 **KEY FEEL**

Fast swing, balanced finish.



8
BALLS

DISTANCE WITH DRIVER

PRACTICE PLAN **B**
 40 BALLS

 20 MINUTES

 ANTI HOOK


1

STEP INTO SWING

Step into your lead side as you start the downswing.

 **KEY FEEL**

Keep the body moving through the shot.


8
BALLS


2

WHOOSH DRILL

Turn the club upside down and make the loudest whoosh possible after the ball.

 **KEY FEEL**

Speed happens after the ball.


6
BALLS


3

BASEBALL SWINGS

Make waist-high baseball swings before returning to golf posture.

 **KEY FEEL**

Athletic rotation creates speed.


9
BALLS

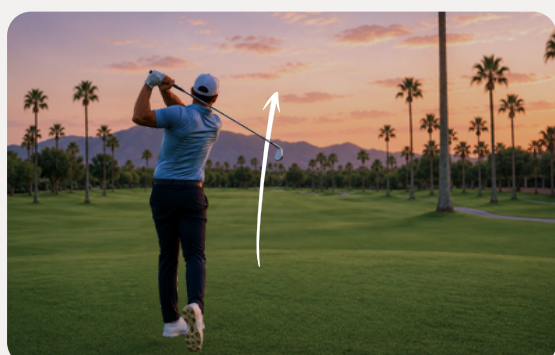

4

TOWEL IN FRONT OF BALL

Place a towel just in front of the ball and swing up without touching it.

 **KEY FEEL**

Launch the ball into the sky.


9
BALLS


5

SWING TO A FINISH

Swing at full speed and hold your finish until the ball lands.

 **KEY FEEL**

Stay balanced under speed.


8
BALLS

SPEED BUILDER

PRACTICE PLAN C

 40 BALLS

 15 MINUTES

 SPEED BUILDER



1 40% SPEED SWINGS

Make smooth swings at 40% effort.

 KEY FEEL

Relaxed rhythm.



6
BALLS



2 60% SPEED SWINGS

Increase speed while staying loose.

 KEY FEEL

Build gradually.



7
BALLS



3 80% SPEED SWINGS

Swing faster without creating tension.

 KEY FEEL

Fast but effortless.



8
BALLS



4 100% SPEED SWINGS

Swing as fast as possible while staying balanced. Contact not important, train speed.

 KEY FEEL

Maximum speed, same balance.



9
BALLS



5 TWO CLUB SWINGS

Finish with overspeed swings holding two clubs together.

 KEY FEEL

Train your body to move faster.



10
BALLS