

THE CONCISTENCY FIX

PRACTICE SESSIONS TO HELP YOU
PLAY MORE CONSISTENT GOLF - STARTING TODAY.



BUILD CONSISTENCY

TRUST YOUR SWING

NO MORE GUESSING

**STOP GUESSING.
PRACTICE
WITH PURPOSE.**



SLICE & HOOK

Target the root cause.



3 PRACTICE PLANS

For every situation.



15-25 MINUTE SESSIONS

Simple. Effective. Repeatable.

THE PROBLEM

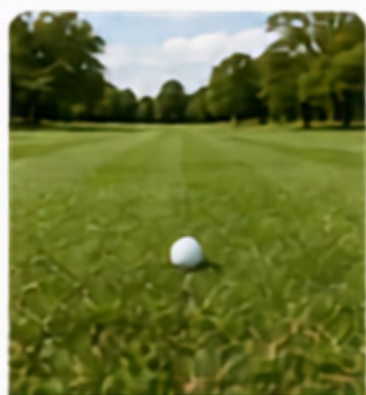
INCONSISTENT GOLF

You know you're capable of good shots...
But you never know which swing is going to show up.
One shot is perfect. The next is heavy, thin or offline.

Consistency isn't about having a perfect swing.
It's about repeating the same motion every time.



WHAT IT LOOKS LIKE



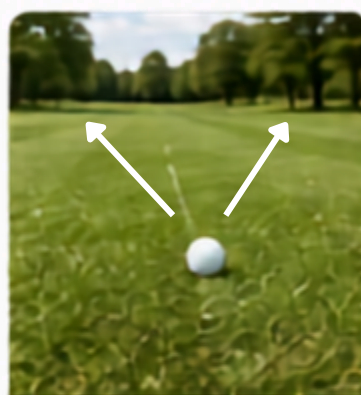
GREAT SHOT
One flush strike...



HEAVY SHOT
Then a fat shot.



THIN SHOT
Then a thin one.



PUSH / PULL
Direction changes every swing.



RANDOM RESULTS
No predictable ball flight.

WHY IT HAPPENS



BALANCE

Moving around too much during the swing.



TEMPO

Every swing has a different rhythm.



SEQUENCE

Body and arms don't work together.



COMMITMENT

Changing your mind during the swing.



PRACTICE HABITS

Mindlessly hitting balls instead of building repetition.

THE RESULT

- ✗ Great shots become accidents.
- ✗ Confidence disappears.
- ✗ Bad rounds come from one or two loose swings.
- ✗ You never trust your game.



THE SOLUTION

- ✓ Build a repeatable swing.
- ✓ Practice with purpose.
- ✓ Train consistency before chasing perfection.



THIS GUIDE WILL HELP YOU

Build a swing you can trust by improving your rhythm, balance and practice habits through three structured practice plans.
Simple. Repeatable. Reliable.


CONSISTENCY

PRACTICE PLAN A

 40 BALLS |  20 MINUTES |  BUILD REPEATABILITY




1 FEET TOGETHER SWINGS
Hit shots with your feet together to improve balance and control.

 **KEY FEEL**
Stay centred throughout the swing.


7
BALLS




2 9-TO-3 SWING
Make controlled half swings focusing on quality contact rather than distance.

 **KEY FEEL**
Same tempo every swing.

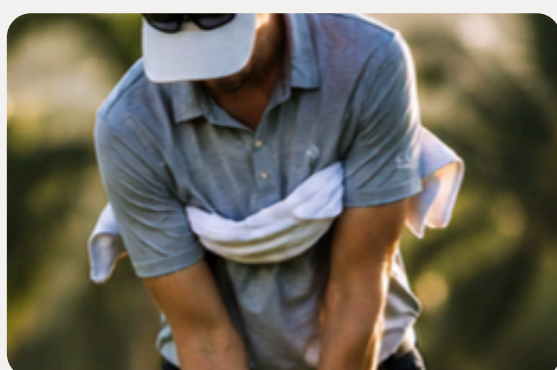

10
BALLS



3 PAUSE AT THE TOP
Pause for one second at the top before starting the downswing.

 **KEY FEEL**
Don't rush the transition.


7
BALLS




4 TOWEL UNDER ARMS
Keep a towel under both arms throughout the swing without letting it fall.

 **KEY FEEL**
Keep your arms and body connected.


8
BALLS



5 ROLL THE BALL BACK
Roll a golf ball backwards with the clubhead during the takeaway before making your backswing.

 **KEY FEEL**
Slow takeaway, smooth rhythm.


8
BALLS

CONSISTENCY

PRACTICE PLAN B

 40 BALLS |  20 MINUTES |  ADD PRESSURE



1 THREE BALLS IN A ROW

Hit the middle ball and avoid the two outer balls.

 KEY FEEL

Hit the center of the face.



9
BALLS



2 RANDOM TARGET DRILL

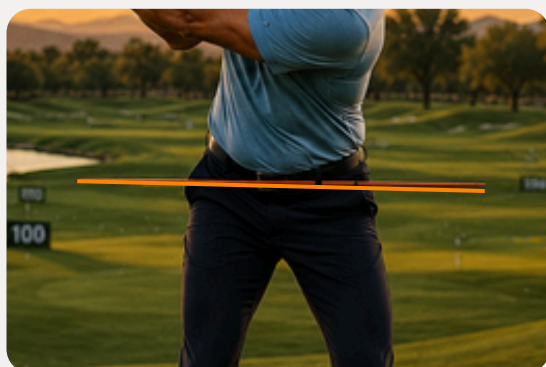
Change your target before every shot instead of hitting repeatedly at the same one.

 KEY FEEL

Commit before every swing.



8
BALLS



3 STICK IN BELT LOOPS

Place an alignment stick through your belt loops and make swings keeping your body rotating together.

 KEY FEEL

Rotate together, finish together.



8
BALLS



4 70% SPEED SWINGS

Hit every shot at roughly 70% effort while maintaining your normal rhythm.

 KEY FEEL

Smooth swings are repeatable swings.



8
BALLS



5 SWING TO A FINISH

Hold your finish for three seconds after every shot.

 KEY FEEL

Finish balanced every time.



7
BALLS

CONSISTENCY

PRACTICE PLAN C

 40 BALLS |  15 MINUTES |  RANDOM PRACTICE



1 RANDOM CLUB CHALLENGE

Change club before every shot to simulate the golf course.

 KEY FEEL

New shot, new commitment.



9
BALLS



2 RANDOM TARGET CHALLENGE

Pick a different target before every swing.

 KEY FEEL

One shot at a time.



8
BALLS



3 THREE BALL FLIGHT CHALLENGE

Hit one draw, one fade and one straight shot before repeating.

 KEY FEEL

Control your start line and curve.



9
BALLS



4 PRE-SHOT ROUTINE DRILL

Perform your full pre-shot routine before every ball.

 KEY FEEL

Same process every time.



7
BALLS



5 ONE BALL GOLF

Step away after every shot and reset as if you're playing on the course.

 KEY FEEL

Every ball matters.



7
BALLS