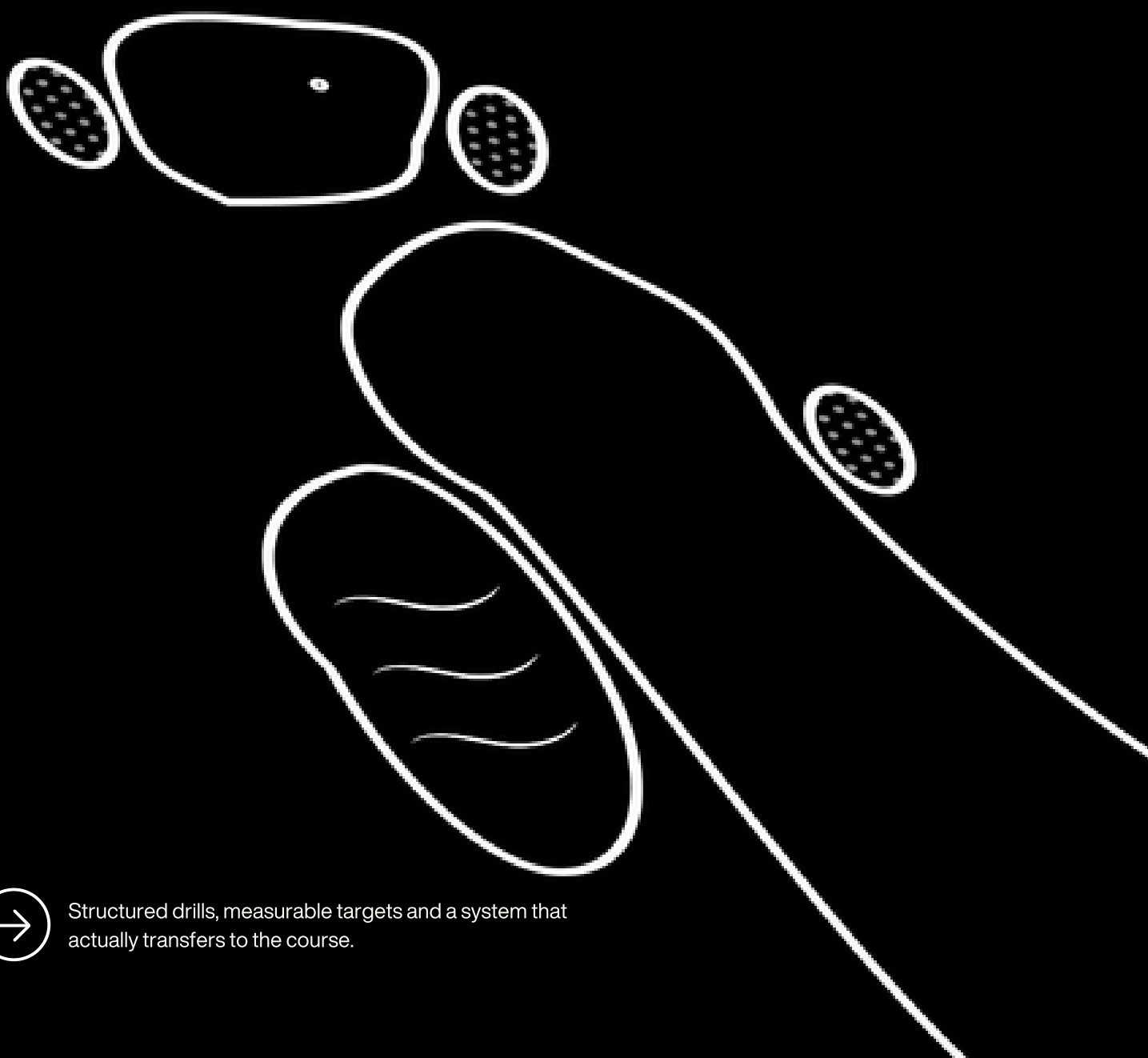


RYANONPAR

The Complete Practice Guide



Structured drills, measurable targets and a system that actually transfers to the course.

RYAN ON PAR

If you've been playing for a few years and feel like your game has stopped moving forward, this is the plan that changes that.

This practice plan is designed to take your game to the next level. Work through it at your own pace — full swing, short game and putting — and you'll build a more consistent swing, get closer to the pin on approach shots, and feel genuinely confident standing over every putt. The plan covers a full training session, but that doesn't mean you should do it all in one go. I'd actually recommend against that. Instead, spread it out however works for you. One visit you might do 3 range drills, 1 putting drill and 3 chipping drills. Next time, pick up where you left off. Keep going until you've worked through everything.

In general, try to complete all the drills before repeating any of them. I usually aim to get through the full session across one week. Once you've completed all the drills and recorded your results, those are your baseline numbers. From that point on, the goal each week is simple: beat your previous score. If you made 25 putts in a row last week, this week go for 26. If you got 5 out of 10 chips within 3 feet from 15 yards, aim for 6 next time.

You'll notice that some drills ask you to record a score and some are just a tick to say you completed them. The tick drills are mostly on the range, where the focus is on drilling a movement or a feel rather than hitting a specific number. Included with your purchase is a tracker to log everything.

One last thing. If you're genuinely struggling with a drill objective, you don't have to nail it before moving on. Give it a good try, write down whatever you scored — even if it's 1 out of 10 — and come back to it next time with 2 as your target. This applies to the range drills too. The one-arm swing drill, for example, is not easy. Struggling with it is completely normal. But if you stick with it over time you will get there, and that kind of training pays off in ways that go beyond mechanics. Learning to stay with something when it's hard is one of the most transferable skills you can build as a golfer.

Now let's get to work, your best golf starts here.

SECTION 1

Full Swing

The range is where golfers spend the majority of their practice time and where most of that time gets wasted. Hitting ball after ball with no objective builds nothing. This section will give your range sessions a structure and a purpose, with drills that build connection, contact, tempo and synchronisation. Work through these and you will start to feel the difference in your swing almost immediately.

READ THIS BEFORE CONTINUING

A NOTE ON ALIGNMENT



For all the drills that follow, I recommend placing an alignment stick on the ground and committing to one target for the session.

One of the most common issues I see with amateur golfers is overcomplicating their misses. A player starts missing right, so they start questioning their grip, their swing path, their takeaway — when in reality they're hitting perfectly straight shots that are just aimed in the wrong direction.

The tricky thing about alignment is that it genuinely doesn't feel off. When a player fixes their alignment it often feels completely wrong at first, like they're now aimed way left, but they're actually pointing straight at the target for the first time. Sort the alignment first. Then assess what's really going on.

CONNECTION DRILL

01. Power

This drill will help you build connection in your swing and is a great way to transition out of your warmup before getting into full swing work. Many golfers lose connection without realising it, and when they do, they lose both power and accuracy because the arms start doing all the work.

Place a towel under both armpits at chest height. From there, make half swings without letting the towel drop. You'll feel how your arms and body move together.

Hit 10 balls with clean contact and the towel staying in place, then move on.

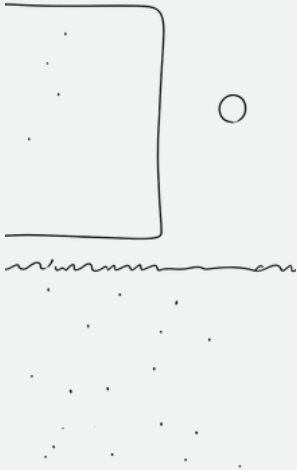


TOWEL BEHIND THE BALL

02. Strike



This drill will help you with one of the most important components of quality ball striking — hitting the ball before the ground.



The problem with most ranges is the artificial grass mats. These often mask mistakes because when you hit the ground first, the clubhead bounces off the mat and you still end up making a decent enough shot. But make that same swing on real grass and the club digs in. That ball is going nowhere.

Place a towel 2 clubhead widths behind the ball. The goal is to hit the ball without touching the towel. As you progress over time, move the towel closer to the ball and keep raising the challenge.

Hit 10 shots without hitting the towel, with the ball going reasonably towards your target.

BALL FORWARD DRILL

03. Compression



This drill will help you hit the ball first and then the ground in front of it, just like you see with the pros. That divot in front of the ball is not a coincidence. It's what compression looks like.

Set up as normal with the ball in its usual position between your feet. Once you're set, move the ball forward by one and a half clubhead widths. You'll feel like you have to reach slightly to get to it — that's exactly the feeling we're looking for. You might actually be surprised how solid the strike feels from this position. But the real magic happens when you bring the ball back to its normal position and keep that same feeling. Imagine you're still reaching for that forward ball. Do that and you'll start to discover what genuine compression feels like for the first time.

Hit 10 balls with clean contact.

PAUSE AT THE TOP

04. Control

This drill will help you massively with your transition — the moment between the end of your backswing and the start of your downswing.

A lot of players rush this moment, either chasing more power or trying to get the swing over with as quickly as possible. But rushing the transition creates two problems: your body and arms fall out of sync, and tension builds in your muscles. The more tense you are, the more your swing becomes a hit. And a hit is never as good as a swing.

For this drill, take your normal backswing and when you reach the top, hold it for one to two seconds before starting back down. It won't feel natural straight away so be patient with yourself and build up to it gradually. Once you start getting the feel for it you'll notice two things. First, you'll feel more in control and the swing will feel less wild. Second, you'll start to understand where the power in a golf swing actually comes from. For this one, forget about contact quality or whether the ball is going towards your target. This drill is purely about feel.

Hit 10 balls with clean contact.

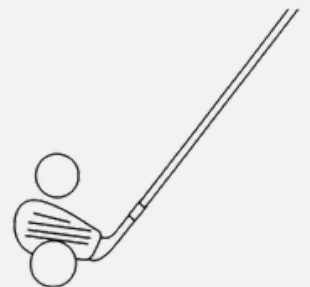
ROLL THE BALL BACK

05. Tempo

This drill will help you find your tempo — one of the most underrated elements of a consistent golf swing.

Think along the lines of Fred Couples or Ernie Els. If you're not familiar with either, look them up on YouTube before doing this drill. They look completely relaxed over the ball, almost casual, yet they generate all the distance they need.

For this drill, get into your normal address position and place a second ball just behind your clubhead. The goal is to roll that ball back as smoothly as possible as you begin your takeaway, then complete your full swing as normal. Feel the club moving back with a smooth, unhurried pull — not a tight grip and a yank. After 10 repetitions you'll start to feel the difference between a swing and a lunge.



06.Path



A lot of amateur golfers swing the club from outside to inside which leads to pulls, slices and weak contact.

This drill gives you immediate physical feedback on your path without any complicated swing thoughts.

Push an alignment stick into a range bucket at an angle that points back along your ideal swing path, roughly 45 degrees. Place the bucket just outside your lead foot. Now make swings where the clubhead travels past the bucket without touching the stick. If you come over the top the club will hit the stick immediately. Start with slow half swings. Build up to fuller swings once you have the sensation. The goal is not to think about your path — it is to feel it and let the stick do the teaching.

Hit 10 successful swings without touching the stick.

07.Sync

This drill will help you synchronise your body and feel everything working together through the swing.

Your arms alone are only a fraction of the power available to you. Your legs, hips and upper body have tremendous power just waiting to be used — but only if they're all working together. When it clicks, you'll wonder where the extra distance came from.

To set this up, take an alignment stick and thread it through your two front belt loops so it sits across your hips. Now make slow, controlled swings. If your arms get caught behind the stick, your body is moving too fast and your arms are trailing behind. If the stick gets hit after impact, your hands are too quick and your body is trailing.

Hit 10 successful shots without the stick getting in the way.



08. Precision

There's a famous saying in golf — drive for show, putt for dough. I've never fully agreed with it. Hit your drive out of bounds, into a hazard or up against a tree and you won't be putting for much of anything. The driver isn't about distance. It's about getting yourself in play and giving the rest of your game a real chance to perform. In this drill we're going to forget about distance completely and focus on precision instead.

Pick two yardage markers on the range and use them as the edges of an imaginary fairway. Make it a fair width — not too generous, not too tight. Your goal is to land 7 out of 10 drives in that fairway. There's one more requirement for this drill. Every single shot needs a full pre-shot routine. Full focus, like you're standing on the first tee in a competition.

If you don't have a pre-shot routine yet, now is a good time to look at the guide included in your bundle on how to build one. If you can't get to 7 that's completely fine.

Write your score out of 10 in your tracker and aim to improve by one next time.

ONE ARM SWINGS

09. Isolation

This drill is one to build on over time and the results will surprise you. You'll do this with each arm separately — first your lead arm, then your trail arm. You'll naturally find one easier than the other and that's completely normal. The key thing here is to not force it. Don't try to muscle the shot. Do the opposite — relax, let the club drop and let your body rotate naturally. When you stop fighting the swing and let it happen, you'll start to feel where the speed, the delivery and the rotation actually come from.

Most of the time, we are the ones getting in our own way.

There's another benefit worth mentioning. When you can hit a ball with one arm, getting both hands back on the club will feel like cheating. It also builds the specific muscles your swing relies on, which compounds over time.

Alternate between one practice swing and one real shot. Keep going until you've hit 10 balls with each arm — that's 20 swings total per arm. At the beginning don't worry about contact quality or direction at all. Just do the reps. The progression will come faster than you expect.

One important note — take it easy. Start with small swings and build up gradually over time. You don't want to strain anything by going too hard too soon.

SECTION 2

Short game

They say golf is won and lost around the green and there is a reason for that. A strong short game covers a lot of sins elsewhere in your round. Miss a green and get up and down and the mistake costs you nothing. Miss a green and take three or four to finish and the damage adds up fast. This section will give you the tools to get up and down more often, from more situations, with more confidence.

#01 CHIPPING

#02 BUNKER

#03 PITCHING

#01 CHIPPING

Most amateur golfers spend their short game practice hitting the same chip from the same perfect lie to the same hole. The drills in this section will change that. You will work on your technique, your landing spot awareness, tough lies and your ability to perform when the pressure is on. By the end you will have a go to shot you trust and the confidence to use it in any situation.

READ THIS BEFORE CONTINUING

A NOTE ON GRIP PRESSURE

When chipping I believe grip pressure is the single most important element — and most golfers get it completely wrong.

The tighter you grip the club, the tighter your forearms become, the tighter your shoulders become, and you end up overpowering the shot rather than letting the club do what it was designed to do. When you're doing these drills I want you to grip the club so lightly that it almost feels like you might let it go.

That feeling of softness in your hands is what allows the club to work naturally through the ball.

CONNECTION DRILL

01. Feel

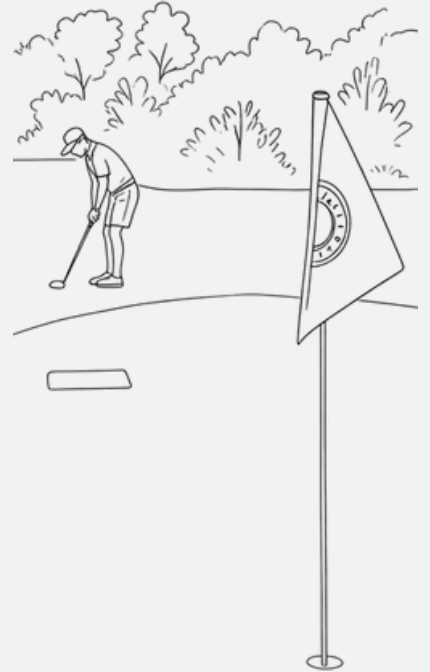
This drill will help you keep everything working together when chipping so your technique stays consistent and feels effortless — especially under pressure when the temptation is to let the arms take over.

Place a towel across your chest under both armpits. From there hit chips to a target without letting the towel drop. The result isn't the priority here — it's the feeling. You should feel your body rotating together and the ball flying effortlessly off the clubface with very little effort required. Hit 10 chips without the towel dropping.

02. Landing spot

Most golfers stand over a chip and look straight at the hole. The problem is the ball doesn't fly straight to the hole — it lands somewhere first and then rolls out. When you chip to the hole without accounting for where the ball actually lands, you end up hitting it too long more often than not, the ball pitches somewhere around the hole and rolls well past it. The fix is simple but it changes everything. Before every chip you should be picking a landing spot first, not a target hole.

For this drill set up 30 feet from the hole for a straightforward chip. Look at the green and think about where the ball needs to land for it to finish close. Place a towel flat on the ground at that spot. Try to bounce the ball off the towel as many times in a row as you can. This drill does two things at once. It trains you to pick and commit to a landing spot, and it teaches you how your ball actually rolls out from different landing positions.



03. Pressure chip

These two drills will help you dial in your chipping accuracy and build the kind of confidence that holds up when the pressure is on.

Chipping feels easier on the practice green than it does on the course. That little bit of extra pressure makes you grip the club slightly tighter, your body gets stiffer and suddenly a shot you've been hitting well all week doesn't feel so simple anymore. These drills practice both your chipping and your ability to perform under pressure.

Place tees around a hole to mark out a 3 foot circle. Set yourself up 30 feet away and chip 10 balls. The target is to get 7 out of 10 inside the circle. Give it your full focus on every shot — treat each one like it matters, because in this drill it does. Once you've done 30 feet, move back to 60 feet and repeat with a 6 foot circle. You can do both distances in the same session or spread them across separate visits. . If you don't reach 7 don't worry. Give it as many attempts as you need, write down your best score and beat it next time.

04. Low risk chip

Most golfers don't think twice when they have a simple greenside approach. They reach into the bag, grab the 56 or 60 degree wedge and hit the same shot every time. The reality is that a 56 or 60 should be reserved for specific situations where you have no other choice. An obstacle between you and the hole, a tight pin with no green to work with, or when you're short sided. For everything else, there is a better option. There is a principle in golf that most players know but very few actually apply — the closer to the ground the ball stays, the more control and precision you will get. The short iron approach is built on exactly this principle.

Pick a 7, 8 or 9 iron — I personally like the 9. Set yourself up 30 feet from the hole with some green to work with and use a putting style stroke. Most golfers dream of a 60 degree wedge that flies up and stops dead at the flag but that shot is high risk, high reward. The short iron approach is low risk, high reward. Master it and it becomes one of the most reliable tools in your game. Place tees around the hole to mark a 3 foot circle and get as many balls in a row inside it as you can from 30 feet.

BAD LIE DRILL

05. Bad lies

Most golfers practice the same way every time. Twenty chips from a perfect lie, same distance, same setup. But on the course you hardly ever get the same lie twice. The ball might be sitting down in thick grass, perched on a bare patch, above your feet, below your feet, with a bunker between you and the flag or no green to work with. The list goes on. If you only ever practice from perfect lies you will always struggle when the course gives you something different — which is every single round.

For this drill you are going to hit 20 chips from bad lies. Pick 4 different difficult lies and hit 5 balls from each one. The objective is simple — get the ball on the green or within two putt distance. Just get it on the green and give yourself a chance. Every week try to mix up the lies you choose. The more creative and challenging you can make them, the more it will help you in the long run. And don't get frustrated with this drill — it is hard, it is supposed to be hard, and it is completely normal to miss shots completely when you are challenging yourself like this. Stick with it and both your game and your confidence will reap the benefits.

06. Confidence

Golf is a game of memory. When you stand over a chip on the course your brain unconsciously recalls previous shots from a similar position and uses that to shape your confidence and your decision making. This drill is about feeding your brain the right memories.

Set yourself up just on the fringe with a hole about 9 feet away. Your only objective is to hole the chip. Yes, on the course you would putt from here and that is the right call — but for this drill chipping is the point. Stay there until you hole one. That's all you need to finish the session. Next week try to hole 2 during the session. Then 3 the week after. Keep building it up over time. Every time that ball drops into the hole your brain logs it. Do this enough and when you stand over a chip on the course with something on the line, your brain isn't recalling missed chips — it's recalling made ones.

#02 BUNKER

Most amateur golfers dread the bunker. The good news is that with the right approach it is one of the most forgiving shots in golf — the club is designed to do the work for you. This section will get you out of the sand consistently and prepare you for the difficult lies the course will inevitably throw at you.

BUNKER SHOTS

01. Commitment

Golfers leave a lot of shots in the bunker and it usually comes down to two things — trying to be too clever and a lack of confidence. From a greenside bunker the objective is simple: get the ball on the green and give yourself a two putt. The most common mistake in the bunker is slowing the club down through the sand. The moment you decelerate, the club digs in and the ball goes nowhere. Think of it this way — hit the sand like you are striking a match. A match only lights when you commit to the strike. The same applies here. Commit to the swing, keep the pace through the sand and let the loft do the rest.

Set yourself up in any greenside bunker. Hit 7 in a row on the green to complete the drill. Any ball that stays in the bunker or flies the green resets your streak back to zero.

DIFFICULT LIES BUNKER

02. Tough lies

Getting out of a perfect flat lie in the bunker is one thing. But golf has a way of making things difficult — a buried lie where the ball has plugged into the sand, a downslope that forces you to chase the ball through impact, an uphill lie that changes how the club interacts with the sand. These are the shots that separate golfers who can handle the course from those who can't.

For this drill rotate between a buried lie, an uphill lie and a downhill lie. Hit 10 shots in total and simply count how many make it onto the green. The target is 5 out of 10. It sounds achievable but from genuinely difficult lies it will test you.

#03 PITCHING

Pitching is the most underrated scoring opportunity in golf. From 30 to 100 yards you have a genuine chance to set up birdies and save pars — but only if you have a reliable system for each distance. This section will help you build that system and give you a number to chase every time you practice.

STOP THE FLIP

01. Compression

When you flip your wrists through impact on a pitch shot, the clubhead overtakes the hands and the ball balloons up and comes straight back down with no penetration. It gets knocked around by the wind, gives you unpredictable distances and makes consistent pitching nearly impossible. The best pitch shots stay low, penetrate towards the target and land softly — and that all starts with keeping your hands in front of the clubhead at impact.

Place an alignment stick along your shaft and let it protrude out past your lead side. Make half swings with your pitching wedge. If your wrists flip and the clubhead overtakes your hands, the stick will hit your left side and you'll know immediately. Keep your hands forward through impact and turn with your body, and the stick clears your side cleanly every time.

Hit 10 successful half swings without the stick touching your side.



02. Precision

This drill will help you groove a consistent swing for specific distances and give you a reliable system you can trust on the course.

Work with whatever your range has available. If there is a dedicated short game area, use it. If not, pick targets on the range — a yardage marker, a basket, anything specific you can aim at. If you are using a yardage marker, imagine a 15 foot circle around it as your target. You will work through three distances — 30 yards, 50 yards and 70 yards. Hit 10 balls at each target and count how many land within your circle.

The goal here is to start connecting a specific swing to a specific distance. Some golfers think in terms of quarter, half and three quarter swings. Others use the clock system — 9 o'clock, 11 o'clock, 12 o'clock. Pick whichever system makes sense to you, stick with it and start building your own distance map. Remember, the lower the ball flight, the more control and consistency you will get. Less height, more precision.

SECTION 3

Putting

Putting is where rounds are won and lost. You can hit the ball beautifully all day and still shoot a bad score if the putts aren't dropping. This section will build your pace control on longer putts, your confidence on the short ones and give you a benchmark to measure your improvement week after week.

01. Confidence

This is a drill I have been doing for years and it is one of the most valuable things you can do for your putting.

The 3 foot putt is one of the most pressured shots in golf. Paradoxically it is also the easiest. In practice this putt feels almost unmissable — but get on the course with something on the line and that straight 3 footer suddenly looks a little longer. You start to see a break that isn't there. The hole looks smaller than it did five minutes ago. This drill fixes that.

Place a tee at 3 feet from the hole and find yourself a straight putt. Your target is to make 25 in a row. No mulligans, no exceptions. The first 20 will feel comfortable but as you get closer to 25 you'll feel each putt get a little harder. That pressure is exactly the point — it's the closest thing to a real putt you'll ever experience on a practice green. Once you reach 25 your new target becomes 26. Then 27. Keep pushing it up each week. There's a double benefit here that's worth understanding. The pressure is obvious — but think about the volume too. If it takes you three attempts to reach 25, with streaks of 20 and 22 before you get there, you've just made 67 putts and missed two. That kind of repetition does something to your mental game that no amount of casual putting practice can replicate.

PACE CONTROL

02. Pace

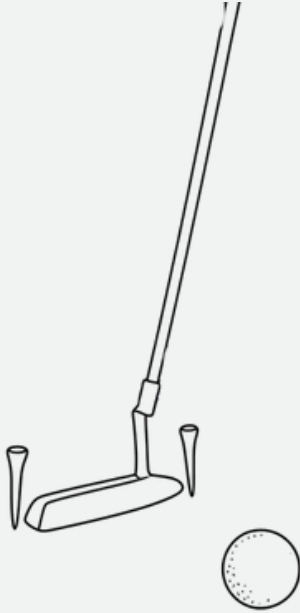
Most golfers roll out a few balls from 20 feet, get a couple close and call it a day. What we want is measured results and pressure — because that's the only way your practice transfers to the course.

To set up, place a tee in the ground at your starting distance and place tees around the hole to mark the edge of a 3 foot circle. This gives you a clear, honest target. The target is to get 20 putts in a row finishing within that circle. You'll do this from three distances — 20 feet, 30 feet and 45 feet. I'd recommend spreading these across your week rather than doing all three in one session. They can get frustrating and you want to give each distance the focus it deserves. The 20 foot target is challenging but achievable. From 30 feet it gets tricky. From 45 feet it's genuinely difficult.

Don't let that discourage you — give it a good try, write down your best streak and make that your number to beat next week.

GATE DRILL

03. Strike



This drill will help you hit the sweet spot of your putter consistently. Hitting a putt off the heel or toe costs you significant distance and sends the ball offline, often without you even realising where the miss came from. All you need is two tees.

Set up 3 feet from the hole and place one tee by the heel of your putter and one by the toe. The gap between the tees should be just slightly wider than your putter head. Now putt through the gate without touching either tee. If you catch a tee you'll know immediately. This drill guarantees you are hitting the center of the face every single time you get through it cleanly.

Hit 10 successful putts through the gate without touching either tee.

ONE ARM PUTTS

04. Feel

This is a drill Tiger Woods has called one of the most useful he has ever done — and once you try it you'll understand why.

The aim is to putt using your trail arm only. This will help you develop feel, find the correct grip pressure and experience what it actually means to let the putter do the work. One of the most common mistakes is trying to guide the ball into the hole with your hands instead of simply picking a line and trusting it.

Get into your normal stance 3 feet from the hole and drop your lead hand away. It will feel awkward at first but you'll get comfortable faster than you expect. Start by just getting a feel for it — a few practice strokes, no pressure. Once you're comfortable, the target is 10 in a row. Next week make it 11, then 12, and keep building from there.

05. Clutch putting

This drill will help you with those mid length putts you know you should be making more often — the ones that make a real difference to your final score.

These are the putts to save par or make birdie and they carry a fair amount of pressure. They are also where you see one of the biggest gaps between amateur golfers and tour players. The average make percentage from 6 feet on Tour in 2026 is 70 percent. That means the best players in the world are making 7 out of 10 from here. Let's see where you are.

Place 4 tees around one hole at 6 feet — one on each side, like compass points. Hit one putt from each tee, moving around the hole, and keep going until you have hit 25 putts in total. Each tee gives you a slightly different look and a slightly different break, which is exactly what you face on the course. A tour pro would make around 17 of those 25.

Lower scores

Start here.

The drills in this guide are not complicated.

They don't require a swing coach standing next to you or hours on the range every day. What they require is focus, honesty and the willingness to show up with a plan rather than just hitting balls until your hands hurt. The difference between the golfer who plateaus and the golfer who keeps improving is not talent. It is not even how much time they spend practicing. It is whether their practice actually challenges them. Random hitting builds nothing. Purposeful repetition with measurable targets builds a game you can rely on when it matters. Every drill in this guide gives you a number to beat. That number is your starting point, not your ceiling. The golfer who got 5 out of 10 chips inside 3 feet last week and gets 6 this week is improving faster than the golfer who hit 200 balls at the range with no objective.

Small measurable progress compounds quickly and you will feel it on the course before you even realise it is happening. One last reminder. Be patient with yourself. Some drills will click immediately. Others will take weeks. That is completely normal and it is part of the process. The one arm swing that felt impossible the first time will feel natural in a month. The 25 putts in a row that seemed unreachable will become your warm up.

Your best golf is closer than you think.

RYANONPAR