

THE **RANGE** BLUEPRINT

*How I went from an 18 handicap to a 5
by changing how I practice*



18 → **5**

RYANONPAR

STOP HITTING BALLS WITHOUT A PLAN.

Start working on the things that actually improve your game.

You've watched the swing tips. You've tried the drills. You've spent hours at the range. Yet, when you get out on the course, you still hit the same frustrating shots and struggle to lower your handicap.

Spending time at the range and getting better at golf aren't the same thing. Five good drills don't automatically make a good practice session. If they're unrelated, you're simply working on five different things.



I went from an 18 handicap to a 5 by changing the way I practiced. I stopped jumping between random swing tips and started following a more structured approach. I focused on specific areas of my swing, built my sessions around clear objectives, and used drills and challenges to make my practice more purposeful.

— **RYAN, RYANONPAR**



NOW YOU CAN APPLY THE SAME APPROACH TO YOUR OWN GAME.

FIVE MISTAKES KEEP GOLFERS STUCK.

1

YOU PRACTICE WITHOUT A CLEAR OBJECTIVE

Decide what you're working on before you hit your first ball.

2

YOU COLLECT DRILLS INSTEAD OF BUILDING A SKILL

Use drills that work together and build toward the same objective.

3

YOU OVERLOAD YOURSELF WITH SWING THOUGHTS

Give yourself one clear task instead of a checklist of swing positions.

4

YOU JUDGE PROGRESS BY YOUR BEST SHOTS

Measure how consistently you produce the result you're working toward.

5

YOU NEVER PRACTICE UNDER PRESSURE, SO IT FALLS APART ON THE COURSE

Finish with a scored challenge that adds pressure, so your skills hold up when it counts on the course.

YOUR ROADMAP FROM HITTING BALLS TO LOWERING YOUR SCORE.



START: HITTING BALLS WITHOUT A PLAN



FIND YOUR PRIORITY

Pick the one area of your game that costs you the most shots.

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RUN THE 60-BALL SESSION

Warm up, work on that one priority, then finish with a challenge.

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ADD PRESSURE

Score the last ten balls so your practice holds up on the course.

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REPEAT IT, WEEK BY WEEK

Four weeks, four priorities. Each one builds on the last.

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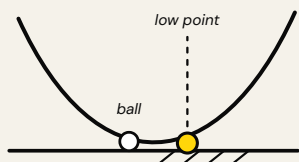


RESULT: YOUR GAME FINALLY IMPROVES

Instead of staying stuck, your practice starts showing up on the course.

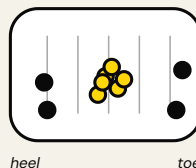
STEP 1: FIND YOUR PRIORITY.

Eight elements to focus on at the range. Here is what each one affects.



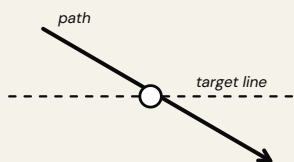
LOW POINT CONTROL

Affects chunked and thin shots.



CENTER-FACE CONTACT

Affects strikes off the heel or toe, and the occasional shank.



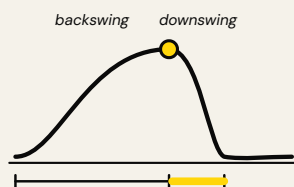
CLUB PATH

Affects whether you slice or hook the ball.



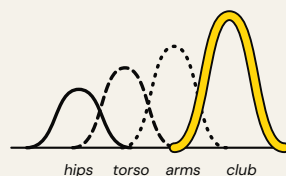
CLUBFACE CONTROL

Affects where the ball starts: pushes and pulls.



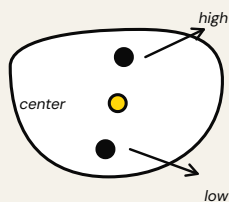
TEMPO & RHYTHM

Makes your swing repeatable and smooth instead of forced, so you gain distance.



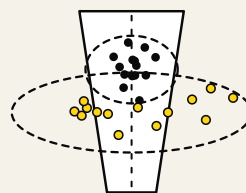
SWING SEQUENCING & ROTATION

Gets your arms and body working together.



DRIVER CONTACT

Affects launch, spin, and how far your drives carry.



DRIVER SPEED & DISPERSION

Speed you can use: distance without the big misses.

FOCUS ON ONE PRIORITY AT A TIME.

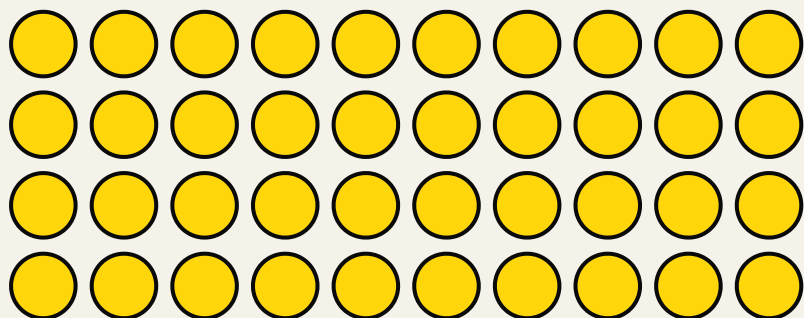
STEP 2: GIVE EVERY BALL A PURPOSE.

The 60-ball practice session.



10 WARM-UP

Prepare your body and gradually build into your swing.



40 FOCUSED TECHNICAL WORK

This is where your drills come into play, working on the specific area of your game you're trying to improve.

STEP 3: ADD PRESSURE.

The last ten balls are the challenge.



10 THE CHALLENGE

Finish with a scored challenge. Every ball counts, you keep score, and you try to beat it next session. This is what makes your practice hold up on the course.

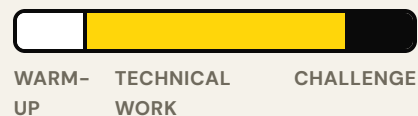
STEP 4: REPEAT IT, WEEK BY WEEK.

The session stays the same. Only the priority changes.



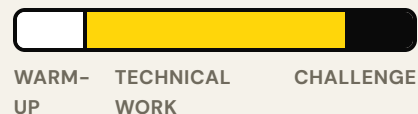
CONTACT

Control the low point and strike the center of the face.



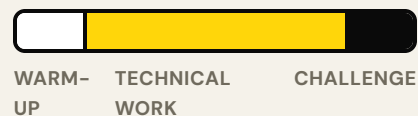
BALL FLIGHT

Shape your path and clubface so the ball starts and finishes where you want.



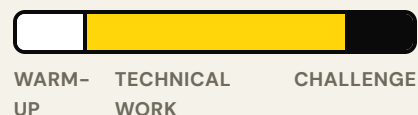
TEMPO + SYNCHRONIZATION

Build a smooth tempo and get your arms and body working together.



DRIVER

Take it to the driver: better contact, usable speed, fewer big misses.

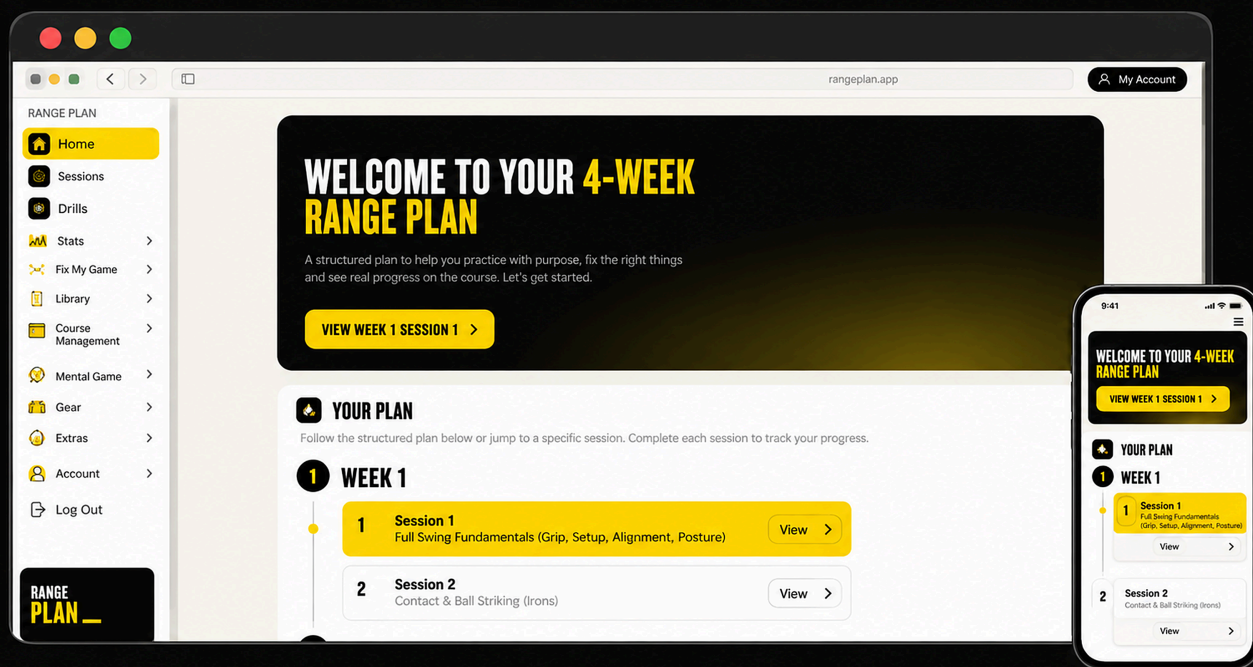


ONE SESSION. ONE PRIORITY. ONE CLEAR INTENTION.

🚩 Your next step

STOP GUESSING. START FOLLOWING A PLAN.

THE FOUR-WEEK RANGE PLAN



- ✓ **STRUCTURED SESSIONS WITH A LOGICAL PROGRESSION** Four weeks, step by step.
- ✓ **VIDEO DEMONSTRATIONS** Follow along with every drill.
- ✓ **A SCORED CHALLENGE IN EVERY SESSION** Ten balls under pressure to finish.
- ✓ **AN INTERACTIVE PROGRESS DASHBOARD** Track every session in one place.



GET THE FOUR-WEEK RANGE PLAN



TAP THE BUTTON TO GET STARTED