



YOUR PATH TO CONSISTENT GOLF

WITHOUT

SWING FIXES OR

AIMLESS PRACTICE

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Consistent Golf Blueprint:

How to Play Enjoyable Golf Without Overcomplicating It

Introduction

Golf can be the most rewarding and frustrating game in the world. One day you're stripping it down the middle, the next you're wondering if you've ever held a golf club before.

Here's the truth: you don't need a perfect swing or tour-level skills to play *good* golf.

You just need a simple, focused approach that eliminates the costly mistakes and builds habits that work *every time*.

This guide is for golfers who want to control their game. If you can make **bogey your worst score then you'll be in a better position to lower those scores.**

Yes, you'll still make some bigger numbers but if you use the info from this guide you'll do it less frequently.

If you stick to this plan, you'll stop chasing magic fixes, stop bleeding strokes, and start becoming the steady, reliable player you've always wanted to be.

Chapter 1 – Why Do You Play Golf?

Before we talk about technique or practice plans, you need to get clear on **your "why"**.

Ask yourself:

1. **Why do you play golf?**
Is it for fun with friends? The challenge? A personal escape? Competition?
2. **What's your dream outcome?**
It could be breaking 90, winning your club's stableford, or simply feeling in control of your game.
3. **How long will you give yourself to hit the goal?**
Goals without timelines are just wishes. Set a realistic window (3–12 months).
4. **How much time will you give yourself each week for play/practice?**
You don't need 20 hours a week—just a structured plan for the time you *do* have.

Action Step:

Write your answers down. Keep them in your golf bag or phone notes. This is your personal improvement contract.



Chapter 2 – Understanding How to Play Using What You've Got

To play bogey golf, you don't need the perfect swing—you just need to stop **big numbers** from wrecking your scorecard.

- **Eliminate doubles or worse.** Every double bogey means you have to make a par somewhere else just to stay on track.
- **Check your ego.** You're not a tour pro, so don't try to hit shots they can. Choose the higher-percentage play every time.
- **Become "boring."** Keep the ball in play. Choose smart targets. Hit the middle of the greens.
- **Take your medicine.** If you do find yourself in trouble avoid any unnecessary risks and get the ball back in play.
- **Read the lie.** Learn what's possible from certain lies in the grass. If in doubt, use more loft.

Most golfers spend £500 on a new driver and lose twice that in golf balls by hitting it into the trees or water. Equipment won't save you from poor decisions.

The truth: You only need four clubs to play bogey golf:

1. **A club you can use from the tee and fairway** (e.g., 5-wood or hybrid).
2. **A mid-iron** you can advance into position (7 or 8 iron).
3. **A wedge** for chipping, pitching, and bunker play.
4. **A putter**—because the fastest way to drop strokes is on the greens.

Chapter 3 – Where’s Your Game Now?

You can’t improve what you don’t measure.

Rate each part of your game **Red** / **Amber** / **Green** (Red = needs work, Amber = average, Green = reliable).

Skill	Red	Amber	Green
Putting			
Chipping			
Pitching			
Bunkers			
Wedges 50-100yds			
Approach 101 - 170			
Fairway/Hybrids			
Driving			
Course management			
Mental game			
Golf fitness			

 **Action Step:**

Print this page or make a note to tick off what level you are at right now. This will make your priorities clear on what to improve.

Chapter 4 – Finding the Low-Hanging Fruit

The fastest way to lower scores is to fix the easiest, most impactful weaknesses.

1. Start with your **Red** areas—these are bleeding strokes.
2. Expect discomfort. Practicing weak areas isn't fun, but it's the only path to improvement.
3. Focus on **competency, not perfection**—good enough to avoid blow-up holes.
4. You don't need any fancy shots yet so leave the flop shot for another day.

Action Step:

I've put some benchmark tests in the bonus section for you to challenge yourself. Each practice session try to do one of the tests and find your current skill level.



Chapter 5 – The #1 Key to Consistency

IMPACT!

The reason you hit errant shots or perfect shots comes down to the split second the club is in contact with the ball.

Full or Partial swings with irons on a level surface.

Before you worry about direction there are 2 things you need to improve first.

1. Ground Contact: In order to get a consistent strike you MUST hit the ground BUT you have to hit the ball first. You need a negative angle of attack i.e the club must still be travelling down as you hit the ball.

If your club is travelling upwards you will most likely be someone who fats or thins a lot of shots.

You can still hit fat and thin shots with a negative angle of attack but that's easier to fix by controlling the Arc Height of the swing.

2. Clubface Contact: Ideally you want to strike the middle of the club face to avoid twisting and get the most energy into the golf ball so it carries the correct distance.

Many players I coach come to me with direction issues but in reality they're just not making consistent contact on the face.

Modern clubs with big sweetspots do help transfer energy more consistently on miss hits but if you consistently strike from the heel end, occasionally you'll hit a shank (and vice versa from the toe end)

Use this set up station to make your practice more purposeful and start to understand your tendencies.



Driver Swings.

With a Driver you definitely don't want to hit the ground!

If you get the set up correct your angle of attack should be upwards so use a large enough tee to do this.

Face strike is still very important although the clubface puts different spins on the ball due to a process called gear effect. Hit it from the toe and the ball spins left, hit from the heel and the ball spins right (for right handed golfers).

Chips and Pitches.

Now onto the really important shots!

When you're further out you can get away with a few miss hits as long as they stay straightish.

The closer to the green you get the more precise you need to be, especially with **pitching**.

To get the ball elevating from short range over a bunker or some thicker rough, you have to put a bigger swing on it with a lofted club. If you catch too high up on the ball you'll find yourself with the same distance on the other side of the green.

I recommend using a SW or LW for these shots as the clubs have added bounce.

If you use the bounce correctly you can hit the roots of the grass pretty firmly without taking a divot. [Watch the demonstration here.](#)

With a **chip** shot the swing is smaller with less involvement from the wrists.

To get the ideal strike you just need to brush the grass with a putting-like motion. Because the swing is slow and small, generally a mis hit won't be too disastrous.

Chapter 6 – Routines & Game Plans

Even with better skills, you'll struggle without structure.

Do you have a Game Plan for the course you play?

This should include:

1. Know where the trouble is so you can avoid it.
2. Play to YOUR strengths, don't do what others do especially if they are a better player.
3. Keep it as simple as possible, if you play for bogies pars will come but play for pars/birdies and the big numbers will creep in.
4. Be committed to the shot. If doubt creeps in then back away and recommit or choose a different target/club.

Your goal is to turn decision-making into a habit so you're never guessing under pressure.

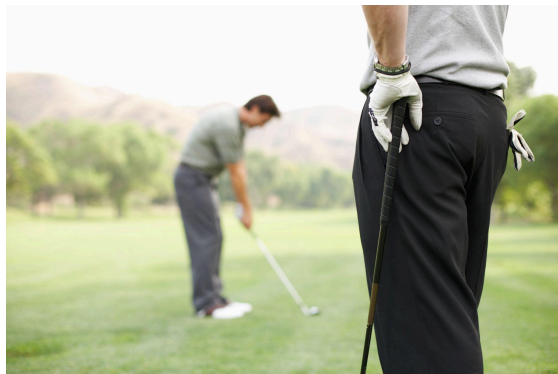
How is your Pre-Shot Routine - do you have one?

A good routine is when your playing partners know exactly when you will hit.

Your routine should flow and be the same for each shot.

You can have multiple routines depending on whether it's a full swing, pitch shot or putt.

Your routine starts the moment you've pulled your desired club and know the shot you're going to play.



Conclusion – The Bogey Golf Promise

If you follow this plan, your game will:

- Become more consistent.
- Feel more in control.
- Stop swinging between “amazing” and “disaster.”

The magic of bogey golf is that it’s within reach for almost every golfer—without a perfect swing, expensive clubs, or hours on the range every day.

You just need discipline, a clear plan, and the willingness to play smart.

I hope you find this guide helpful - this is a brief outline of what you can do to break 90 consistently.

Put in some work using the benchmark drills below and start to think differently on the course.



Level Up Golf

If you'd like a more structured approach then **Here are the details on my program called 'Level Up Golf'**

The outcome is simple: To give you a system that consistently lowers your score.

You'll have greater clarity, feel more confident, enjoy the game more and finally make progress in this infuriating sport.



I'm extending this invitation for you to join me so you can benefit from my 25+ years coaching/playing experience to help you play at a higher level, become more consistent and achieve so much more.

No swing changes and no aimlessly hitting balls. Just a few hours a week to level up your game.

[**CLICK HERE to find out more**](#)

BONUS SECTION – Benchmarking Drills

Do the drills based on your Red/Amber results:

Putting – Inner Circle

Place 5 tee pegs around the hole at 3 ft distance.

Hit 2 putts from each tee and make a note of your score.

How did you do?

This will be your current percentage i.e. $7/10 = 70\%$

Putting – Outer Circle

Leave the 5 tee pegs around the hole at 3ft distance.

Hit 5 putts from 12, 18, 24, 30 & 36 ft

How many did you get inside your inner circle?

The chances are it was harder from further away.

Now you should know where you can guarantee a 2 putt from.

Chipping – 6 ft is the goal

Place 5 tee pegs around the hole at 6 ft distance.

Hit 5 shots from 5-10 yards from the green and try with multiple clubs.

Which club performed the best

How many did you get inside 6 ft?

Pitching - Outer Circle

If you know your outer circle putting numbers use this as your goal.

Hit 5 balls from 10-30 yds from the green with either PW, SW or LW

Use multiple positions i.e. over bunker, rough and fairway.

How many did you get inside your outer circle?

Wedges 50-100 yards

Find a driving range that gives you carry numbers or use a launch monitor.

Hit 5 balls from 50, 60, 70, 80, 90 & 100 yards.

Scores only count if you land within 10 yards of the target.

Jot down how you did.

Approach Shots 101 -170 yards

Find a driving range that gives you carry numbers or use a launch monitor.

Hit 5 balls with each club from 9 - 6/5 iron

Give yourself a target on the range that is 30 yds wide.

How many finished inside the target area?

Tops, thins and fats don't count

Fairways/Hybrids

Find a driving range that gives you carry numbers or use a launch monitor.

Hit 10 balls with each club

Give yourself a target on the range 40 yds wide

How many finished inside the target area?

Tops, thins and fats don't count

Driver

Hit 10 balls going through your full routine.

Give yourself a target on the range 50 yds wide

How many finished inside the target area?

Course Management

Next game you play make a note of:

How many lost balls/penalty shots did you have? (and which club)

How many 3 putts did you have?

How many times did you get into the hole within 3 shots from inside 100 yards?

Mental Game

Next game you play make a note of:

How many times did you fully commit to the shot?

Did you use your pre - shot routine everytime?

Did you pick the correct target for your skill level?

Golf Fitness

Next game you play make a note of:

Did you [warm up](#) before your game, either stretching or hitting balls?

Did you take enough food/water with you?

Did you play pain free for the whole round?

Did your concentration wander over the closing holes?

Thanks once again for downloading this ebook.

I hope you start to play more consistent golf and I'd love to hear your feedback.

Drop me an email at steve@stevecowlegolf.com I'd love to hear your success story.

And remember, you can join [Level Up Golf](#) to improve even faster by following a structured plan.

Steve Cowle

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