

PROJECT EVEN PAR

How do you get better at “playing” golf?

When you want to work on swing technique you head to the range.

But what about those SKILLS that help you lower your handicap and shoot lower scores. Play more golf right? Well yes but how many “good” quality reps are you putting in? What the researchers call Deliberate Practice.

It’s difficult to nail down exactly what to do to maximize your learning so you can build real skills.

That’s where Project Even Par comes in. It’s a way to explore your playing skills and work on scoring instead of swing technique.

Test all aspects of your game and improve the quality of your practice.

You’re going to get 4 missions should you accept.

PROJECT EVEN PAR

MISSION #1

What do you shoot from 150 yards?

Can you actually shoot 36 from 150 yards?

No matter how good you are... try this.

If you don't feel comfortable skipping tee shots and just putting a ball down at 150 yards. Go ahead and hit a tee shot but just pick it up and go hit your second from the middle of the fairway at 150 yards.

The average on TOUR from 150 yards is 2.95 strokes from 150 so don't come in here expecting to shoot 27. Keep your expectations low and just shoot an easy 36.

Have more time? If you shot lower than 36 move back 25 yards to 175, 200, and 225. If you shot more than 36 move forward to 125, 100, until you find the spot you shoot 36 from.

Reflection: Of the three what seems to need more work?

Approach, short game, or putting?

What do you think is more helpful? Hitting 9 quality shots from 150 yards during this round or 50 shots from 150 yards on the driving range?

PROJECT EVEN PAR

MISSION #2

What do you shoot from the front tees?

If you're a male used to playing from the back tees this might be hard to move forward but totally worth it! Playing from those back tees you're used to might be just too difficult for your game and too much of a challenge.

Challenge is good! But too much challenge and we fail to create a really good learning environment that helps us grow and develop skills.

Have more time? If you shot lower than 36 move back a tee box until you shoot 36.

Reflection: Was it as easy as you thought?

Did increased distance off the tee equate to lower scores for you?



PROJECT EVEN PAR

MISSION 3

What do you shoot if you take a mulligan on every hole?

Play your normal tees and take one mulligan per hole. Can you shoot even par with this advantage in your back pocket?

Reflection: Take a note on the state you were in while playing.

How did your performance state change knowing you had an extra shot? Less tension more freedom?

How many times did you end up having to use your mulligan?

[PROJECT EVEN PAR]

MISSION #4

Start tracking stats

When you have good data you can make better decisions. If you track stats during this entire project you can get a better idea of what your actual strengths and weaknesses are.

As we've learned GIR, FIR, and putts simply aren't good metrics to discover what's working and what's not.

Strokes gained is an unbiased way to look at how well you're doing at each aspect of your game.

Recommended - Mark Broadies simple app - [Golfmetrics](#)

Action	Date	Round	Name	Course	Score
	16-01-15	1	Frank P	Eisenhower	29
	16-01-15	1	Lou Sr	Cherry Val	0
	16-01-15	1	Pete L	Cherry Val	0
	16-01-15	2	Pete L	Cherry Val	0

Hole 1 Add Shot

Start Hole Dis SG

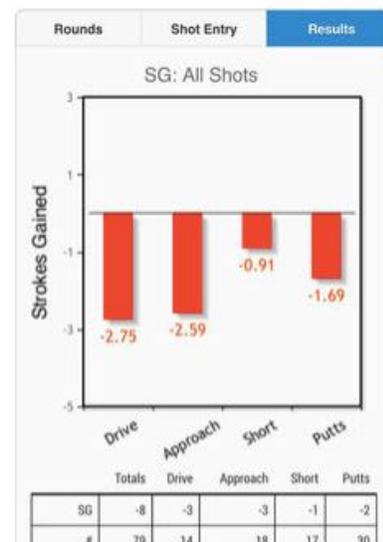
Add Shot 1

Tee 368 yards

Tee	Fwy	Snd	Grn	Rgh
1		2		3
4		5		6
7		8		9
Clear		0		

Penalty Dbl Pen Recovery

Cancel AddNext Add



[PROJECT EVEN PAR]

REFLECTION

→Were you more motivated to make it out to the golf course?

→Did you have more/less fun?

→How are you going to change your practice going forward?

→In what state did you play your best golf?

→What were your biggest strength and biggest weakness?

PROJECT EVEN PAR

Why is this challenge worth doing?

Have a stated mission or goal when headed to the course.

Doesn't have to be a score but give yourself something you're working for.

Mindless repetition and routine doesn't lead to good learning! Most of us get reactive when we practice. Hit a slice or a chunk and you spend the rest of your time attempting to correct something that isn't going to help you build the skills you need.

Having a mission keeps us focused and working on tasks that lower scores and handicaps.

Finding the sweet spot of your skill level and the difficulty of the challenge.

There's a lot of research looking at the importance of difficulty and challenge, however if the task is far too difficult WE DON'T LEARN EFFECTIVELY.

If you want to maximize your learning you need to find the challenge point. You want a task that's just a little outside your comfort level but not too easy or too difficult.

Playing from distances on the golf course is a way to change the difficulty. It shouldn't be a mens, womens, and senior tees. Change the skill level of golf simply by where you tee off based on your skill level is just smart. You're going to simply get better faster and then have the chance to move back in tee boxes when you're ready for the challenge.