

The Zone Golf Academy

Newsletter (GIN-02) – November 2010

“Your best shot always appears in the absence of mental interference” - Joseph Parent

The Zone Golf Academy (ZGA) distributes this Golf Improvement Newsletter (GIN-02) to provide free golf instruction for a circle of golfing friends. It contains excerpts from the books that our instructors are currently developing.

The Newsletter is structured so that you can read this cover page in a few minutes and then optionally ‘click down’ to an informational page only on items of interest. To return to the Newsletter: merely close the tab, back arrow, or x-out of the page.

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Book-of-the-Month Summary.

“Fearless Golf” by Gio Valiente is a good read. Gio coaches several professionals and is Golf Channel’s mental game guy. The best chapter in the book is his comparison of the ego-golfer vs. the mastery-golfer. Go to www.ZoneGolf.com and click on the left-button “CliffNotes” for details.

Mental Golf Tip-of-The-Month.

The great thing about developing a strong mental game is that you get better with age if you continual to learn and apply the mental game concepts. You do not have to have Tiger’s strength, talent, flexibility, and size to improve scores with your thinking. If you want to learn more about the 6 secrets to success through the mental game, then go to www.ZoneGolf.com and click on the left-button “Secrets”.

The Model Swing.

As long as you correctly arrive at the impact position as well as the positions just before and just after impact, you can hit perfect shots. The closer you resemble the model swing, then the more consistent you will be. It is easier to produce a simple, model swing than a swing with 2 off-plane moves and the additional 2 compensating moves.

Swinging like the model will also lower the chances of injuries- a good tip for senior golfers. Please go to www.ZoneGolf.com and click on the left-button "Model Swing".

Eight Major Components of the Swing and a Checklist.

To improve your swing, it is best to have a structured system approach. We have developed a system of 8 main components that can be addressed separately. A checklist is also provided so you can chart your strengths and weaknesses as well as your progress. Please go to www.ZoneGolf.com and click on the left-button "The Swing".

How to Improve Your Putting.

Use a mirror or video to see what your stroke looks like. Reproduce the movements of the model in a mirror. Get video/photos of the model stroke.

Practice 10 foot putts with a string line connected between 2 long pencils or knitting needles. Hold your follow through- this reflects the quality of your stroke.

The best training aid is the Putting Professor. This device trains the perfect face angle- the key to good putting. It also has a variable arc (or no arc). We can point you to the best discount.

When you practice to train good body mechanics, use a lot of balls. When you practice before a competition, use 2-3 balls.

Practice 30 footers- this is a common distance. Then master the 3 footer. Evaluate each putt: the path, pace, and roll. Putt the 3 footers to a tee- this eliminates the 'lumpy donut' and other imperfections.

And if you want to use a state-of-the-art putting laboratory or borrow training aids, see www.ZoneGolf.com and left-button "Putting". Gift certificates are available for the Holiday Season.

Have a Golf-Related Question?

Please submit any questions to info@ZoneGolf.com , and we will answer them via the Newsletter or email.

Fairways & Greens,

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