



**54**  **GOLF**

**Essential  
Playing Skills  
Playbook**

**for Juniors**

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## Introduction

In this workbook, you will find support material created for you to integrate the **VISION54** Essential Playing Skills (EPS). To play your best golf, you want to develop your technique, be physically fit for golf and make sure you have fitted equipment. Then there is a fourth, very essential area of performance in golf. It's about the skills you need when you PLAY on the golf course. We call them Essential Playing Skills. They are the human skills that you need to manage yourself ON the golf course.

In this workbook, you will find hundreds of ways of practicing these skills. It doesn't matter how much you understand them intellectually. The only thing that will help your golf game is for you to DO them and learn how to integrate the skills into your game. The younger you are when you learn these Essential Playing Skills, the more you can access your possibilities.

All of us are unique as golfers, and we want you to create your own unique recipe for great golf.

Remember that the Essential Playing Skills are meant to complement your technical skills. Technical skills and EPS together will give you a foundation of skills for great performance ON the golf course. The EPS exercises work no matter your technical swing preference.

## Balance: Short Game

Give yourself a score for your ability to pay attention 100% on your balance using a scale of 1-5 (5 being 100% focused on your Balance). Use a variety of clubs. Have fun!

- ▶ 3 shots, with your feet together & your eyes closed:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, standing on your left leg / right hand only:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, standing on your right leg / left hand only:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, while standing on your toes:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, alternating where the majority of your balance is: left / right, heel / toe:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, 100% focused on your balance:

Shot	1	2	3
Evaluation			

## Play Box: Long Shots

Give yourself a score for your ability to focus on the task on a scale of 1-5 (5 being 100% focused on your Play Box). Change clubs as often as you can. Have fun and see which one's your favorite.

- ▶ 3 shots, with your feet together sensing your balance:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, with your eyes closed:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, singing your favorite song in your head / out loud:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, smiling at the ball until it lands:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, seeing the ball flying through a series of green circles:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, listening to the sound of your club hitting the ball:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, swinging at 100% tempo / max speed back & through:

Shot	1	2	3
Evaluation			

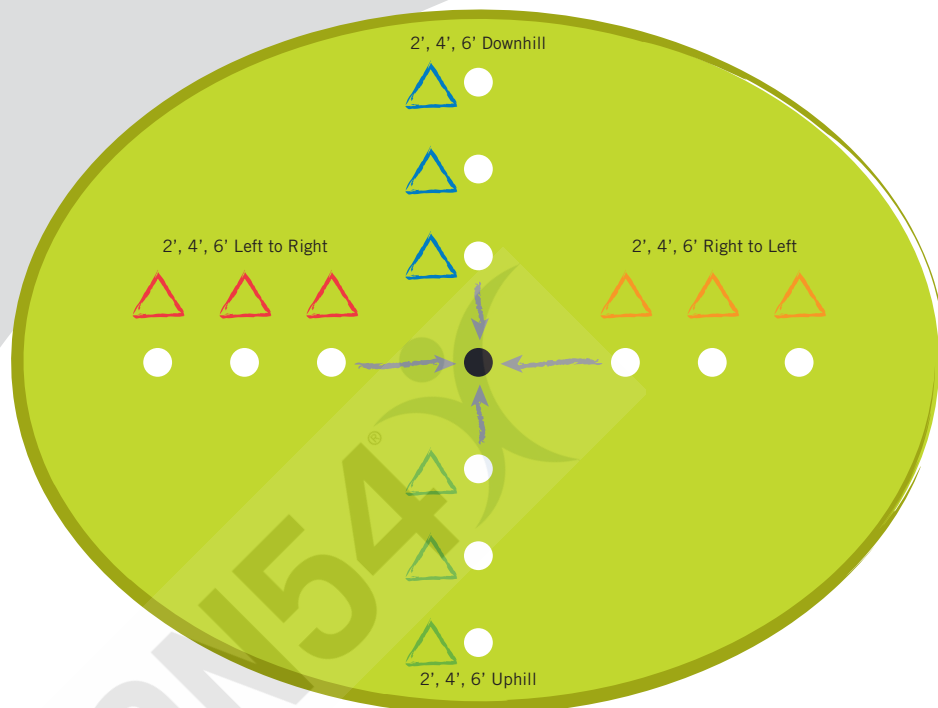
- ▶ 3 shots, imagining the target is a little yellow space creature:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, choosing your own Play Box focus:

Shot	1	2	3
Evaluation			

## Play Box: Putting Game – Lanes



### Objective

- ▶ Hit every putt with a clear, deeply focused Play Box.
- ▶ Players can use their own Play Box focus or pick one of the ideas in the Putting Play Box sheet earlier in this section.

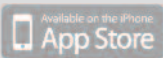
### How To Play

- ▶ Place 3 sets of 3 cones (12 in total) around a hole as above.
- ▶ Hit 1 putt per station.
- ▶ Avoid hitting from the same place twice.

### Going Deeper

- ▶ Players can make this exercise more challenging by adding points for the putts holed and successfully executing their Play Box focus.
- ▶ Changing the length of the putts can add difficulty and fun!

## Additional Practice Resources



Tour-proven strategies created by two of the world's best and most highly regarded golf coaches – Lynn Marriott and Pia Nilsson

Both apps have been created to benefit all levels of play: professional tour players, aspiring amateurs, junior golfers, and weekend warriors.

### **Practice App for iPhone** (blue app)

In this VISION54 app, you will find the skills and exercises you can use to complement your technical practice in order to help you become a better player of the game. The app was designed to be an effective practice partner for the range, short game area, putting green and on the course. There are on course practice sessions; skill building tools; exercises to simulate play and improve focus; games to increase creativity and add variety to your practice; and a notebook to track your personal golf journey.

### **Essential Playing Skills App for iPhone** (green app)

In this app, there are exercises for each of the eight Essential Playing Skills and Master of Variability™. You will practice them while you PLAY on the course. The best place to learn the Essential Playing Skills is always in the context of the game.

## 54X MYGAME

### MYGAME – Essential Playing Skills Virtual Golf School

Select the Complete Course or choose a Series!

Register at:  
<https://VISION54.myabsorb.com>

► Additional resources, tools, and our in-person program schedule can be found at [VISION54.com](http://VISION54.com)



We're bringing our highly acclaimed golf programs direct to your screen!

**MYGAME – Essential Playing Skills** is a self-paced, interactive virtual golf school, for golfers and coaches of all levels, which teaches the human performance skills necessary to complement technique through guided instruction, video demonstrations, and actionable practice. Focusing on technique alone is insufficient. By adding these nine human skills, you will learn to own your game, be your own best coach, and realize your true golfing potential. **MYGAME** is available online, worldwide on any web-enabled device ... on demand, on your schedule, at your pace.

Become a **HAPPY + BETTER Golfer!**





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