

# Daily Golf Thoughts for Good Golf Shots

An educational book of sequential one liner's that will make you ponder as it secretly reveals some of the most elusive lessons within the game of golf.

By

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# The Set Up

The purpose of the set-up is to consistently and accurately align the body into a proper position that lends itself to a successful golf shot.

# The Set Up

Most poor golf shots occur due to a poor set up, well before you ever make your swing.

# The Set Up

A poor set up causes involuntary compensations, which are necessary to accommodate whatever inappropriate conditions you have created in your set up, ultimately leading to errant shots.

# The Set Up

Good players don't lose their swings; they get out of position in their set up where they can't make their good swing.

# The Pre-Shot Routine

The purpose of the pre-shot routine is to align the mind and body so that they work together effectively to create a successful golf shot.

# The Pre-Shot Routine

The pre-shot routine is both physical and mental and it's the mental routine that guides the physical act.

# The Pre-Shot Routine

The pre-shot routine is your on-and-off switch to a successful golf shot.



# The Pre-Shot Routine

The pre-shot routine serves as a cocoon that encapsulates you in the present moment, allowing you an opportunity to focus on the task at hand.

# The Pre-Shot Routine

One of the major things that separate accomplished players from less-accomplished players is the individual's ability to stick to a consistently accurate pre-shot routine.

# The Swing

The golf swing is not a puzzle made up of all kinds of little parts; it's merely a rhythmic motion that should be made in balance.

# The Swing

The golf swing is a rotary motion back and through: turn your back and turn your belly.

# The Swing

On the back swing, the upper body is more active and the lower body is more passive.

# The Swing

On the follow-through, the lower body is more active and the upper body is more passive.

# The Swing

The purpose of the back swing is to store energy to a position behind the ball, utilizing a rotary motion of the upper body.

# The Swing

The purpose of the follow-through is to release the stored energy through the ball towards the target, utilizing a rotary motion of the lower body.



# The Swing

“Feel” is the most tangible, identifiable aspect of the golf swing.

# The Swing

A good golf swing is accompanied by a good feeling.

# The Swing

Rhythm, balance and contact are the glue to a good golf swing.

# Practice

The body is the engine of the golf swing.

# The Swing

Don't confuse effort with power—it's an illusion.

# The Swing

Strive for maximum power  
with minimum effort!

# The Swing

Swing easy to hit hard!

# The Swing

Soft Hands

=

More Distance



# The Swing

The essence of your control comes from your lack of control.

# The Swing

The golf ball is immaterial to the swing and is merely an object which happens to get in the way of the club head as it swings freely towards your intended target.

# The Swing

When it comes to the ball, you don't swing to it; you swing through it towards your target.

# The Swing

The #1 thing directly related to making solid contact has to do with whether or not you have visual contact with the ball at the moment of impact.

# The Swing

On all shots, during every swing, you should strive to the best of your ability to visually witness contact at the moment of impact.

# Practice

When practicing, always have a plan and strive to remain task-oriented!

# Practice

Practice often and be prepared! If you haven't "got game" on the first tee, chances are good you're not going to find it on the course!

# Practice

Practice doesn't make perfect. Practice makes permanent. Only perfect practice makes perfect permanent!



# Practice

Golf is a target-oriented game, not an object-oriented game.

# Practice

Swish the club head  
louder and faster for  
more distance.

# Practice

You don't make a good golf swing happen; you let it happen.

# Practice

There is only one  
moment of truth in the  
golf swing: impact.

# Practice

The body does what the mind thinks.

# Practice

If you are in pursuit of the perfect swing, you're in pursuit of something that does not exist.

# Practice

Most every round is finished with a putt, so practice often.

# Practice

If putting is statistically 50% of the game, it should comprise 50% of your practice.



# Practice

A marksman doesn't aim in the general direction of the target and expect to hit a bull's eye. He aims at the bull's eye and expects to hit the general target.

# Practice

Low scores are a product of ceaseless devotion to the short game.

# The Short Game: Putting

Drive for show  
& putt for dough.

# The Short Game: Putting

Par for 18 holes is 72.

Statistically, you are allowed 2 putts per hole or 36 per round.

Therefore, putting is 50% of the game or half of a regulation round with a par of 72.

# The Short Game: Putting

Putting is a game within  
the game.

# The Short Game: Chipping

Good chippers have  
better putting stats.

# The Short Game: Putting

Typically, the more greens you hit in regulation, the poorer your putting stats will be.

# The Short Game: Putting

In successful putting, distance is more important than line. Poor distance control causes more 3-putts than does poor line.



# The Short Game: Putting

Good putting is directly related to confidence.

# The Short Game: Putting

The PGA Tour players only make 40% of 10' putts, but average 88% inside of 10'.

# The Short Game: Putting

You don't often make a 3 foot putt that you feel you will miss and you don't often miss a 3 foot putt that you feel you will make.

# The Short Game: Putting

Always practice your putting using the same kind of balls.

# The Short Game: Chipping

You don't need to be a great chipper; you just don't want to be real bad.

# The Short Game: Putting

There are only two parts to putting: line and distance. You should set up for line and then roll it for distance.

# The Short Game: Chipping

When chipping, you should strive for minimum carry and maximum roll whenever possible.

# The Short Game: Chipping

When chipping, you should land the ball on the front of the green and let it roll to the hole.



# Scoring

To shoot your lowest score, strive to continuously advance the ball towards specific targets until the ball is holed.

# Scoring

The object of the game is to hole the ball in the least amount of strokes.

# Scoring

75% of all your shots occur within 100 yards of the hole.

# Scoring

Golf is a game of good misses, not good shots.

# Scoring

The woods are full of long hitters.

# Scoring

Focusing on anything other than the task at hand will only lead to errant shots.

# Scoring

Great players control their distance better than the rest.

# Scoring

Strive to end up pin high with all shots. Don't sneak up on it.



# Scoring

75% of most shots by amateurs come up short of the hole no matter how far away they are.

# Scoring

The driver is intended to create maximum distance within the confines of the golf course. Many birdies have been made from the rough.

# Scoring

You never know where the right place to be is until you hit your next shot, so don't be too quick to judge.

# Scoring

Most all golf holes can be bogeyed if you can consistently, accurately, and predictably hit a ball 150 yards with two putts.

# Scoring

Golf is not a game of distance; it's a game of consistency, accuracy, and predictability.

# The Scoring

Pick the smallest possible target on all shots.

# The Mental Game

One of the hardest things to do in the game of golf is to stay in the present.

# The Mental Game

Fact: 99.9% of all shots that come up short of the hole don't go in.



# The Mental Game

Don't count your chickens before they're holed.

# The Mental Game

When you hit a 3 wood when you should be hitting a 6 iron, you're ego-involved.

# The Mental Game

Your current shot is  
always more important  
than the last or the next  
shot.

# The Mental Game

You must be physically relaxed and mentally engaged on the current task at hand in order to create your best shot.

# The Mental Game

As a golfer, there is only one best shot for every shot, and it's your job to identify and execute it.

# The Mental Game

Nobody ever shot a great round of golf recovering from poor tee shots.

# The Mental Game

Always remember, when  
you're within striking  
distance of the hole:  
"This could go in."

# The Mental Game

Everything you physically do is merely the visible portion of your mental activity.



# The Mental Game

Whatever you think, you get.

# The Mental Game

Think where, not how.

# The Mental Game

Don't hit this into the water. Too late you just did.

# The Mental Game

The ball does what the mind thinks.

# The Mental Game

Playing better golf isn't necessarily about playing better; it's about not playing as badly.

# The Mental Game

If you want to see a  
crappy shot, just look up.

# The Mental Game

Many errors originate in the mind and find expression in the swing.

# The Mental Game

Every shot you ever hit is a miss to some degree or another—unless it goes in.



# The Mental Game

The biggest inhibitor of success is lack of trust.

# The Mental Game

It's better to believe you have the right club in your hands, than to actually have it.

# The Mental Game

Good golf is easy.  
Bad golf is hard.

# The Mental Game

Golf is a game played on a 6 and a ½ inch course located directly between your ears.

# The Mental Game

Until you are prepared to let go of trying, and trust things to the unconscious mind, you will never realize your full potential.

# **The Mental Game**

One shot at a time.

# The Mental Game

One of the hardest things to do in the game of golf is to stay in the present.

# The Mental Game

Never wish ill fate on your opponent, as it will eventually lead to your demise.



# The Mental Game

Remember golf is a  
game, not a job.

# The Mental Game

Visualize the ball going into the hole.

# The Mental Game

To maximize your enjoyment you should always strive to play with individuals who are playing for the same reasons you are.

# The Mental Game

Golf should always be a game of honesty and integrity.

# The Mental Game

Good golf is generally very easy and bad golf is generally very hard.

# The Mental Game

Always remember: for most people, golf is just a game, so strive to always have fun.