



CONSISTENCY WITH IRONS

FREE TRAINING GUIDE

Consistency - The Holy Grail



We all want it! Consistency - The Holy Grail of Golf! But what is it? Is it achievable? Even the GOAT can have his bad days. Tiger has shot 61 several times on the PGA Tour and has even shot 59 at his home club, Isleworth.

However, Tiger's highest score as a Professional is 85! That's hardly consistent!

Ah, 85! 'I'd be happy with that!' we hear you say. Good and bad scores are relative though.

How about we focus on some 'Mastery Golf' instead of concerning ourselves with the score.



Let's clarify what we should strive to achieve. Most golfers really actually just want to hit the golf ball better. To not hit so many of those scrubbers, tops, duffs and wicked slices into the woods. In short, you don't want to embarrass yourself. Fair enough, and definitely achievable.

However, regardless of your skill level, you need to accept that some days just aren't going to be your day. How you react on those days and how you conduct yourself as a human being, tells you much about yourself.

Step 1 - Club Selection



Club selection is often the difference between a good shot and a poor one.

Awareness of your capabilities is critically important. Choosing the right club for any approach shot does take some experience. Too many golfers keep making the same mistakes, week after week.



The majority of club golfers leave their iron shots short of the flag, and even short of green!

Why is this? There are several reasons, including overestimating your yardages, mis-hitting the shot and often just anxiety.

It's OK to go past the flag with an approach shot. Most of the trouble protecting your target, is waiting for you at the front of the green.

Step 2 - Setup



If you want to hit the golf ball consistently, then you'd better setup consistently!

Its amazing how some golfers manage to hit the golf at all, considering how challenging they make the game for themselves! Alignment varies and ball position can change drastically!



Head to the driving range at any professional golf tournament and you'll witness a plethora of different setup drills utilised by the competitors.

Tour players often use alignment rods, but you can use a couple of clubs.

The goal is simple, to setup consistently and to become comfortable with it.

Step 3 - Strike



Ballstriking is an important but often neglected aspect of golf performance.

Iron shots struck anywhere on the clubface, other than the sweetspot are not going to fly to your intended target. Both direction and distance are affected by poor quality contact and the further away from the sweetspot you are, the worse the flight of the golf ball.

Improvement is difficult because you can't see which part of the clubhead is striking the golf ball.

There are plenty of ways you can gain feedback. One example is to mark the golf ball with a permanent marker. Place the ball, so that the clubface will (hopefully) strike the mark, transferring the pen mark to the club. A great drill for the range.

Improvement begins with quality feedback!

Step 4 - Tempo



Golfers who swing with poor tempo, will always struggle with distance control. Clubhead speed will vary, as will the quality of strike.

This is often evident with golfers failing to find a balanced finish position. These players might be too tense or trying to hit the ball too hard.

The easiest way to improve tempo with your irons, is to strive for a balanced followthrough.

When playing any shot and even when warming up, make sure to remain in your balanced finish position for a couple of seconds.

This will look different for each golfer but should be comfortable and pain-free.

Step 5 - Compression



Is this you? Constantly hitting the ground before the golf ball? You can't compress the ball if there's a lump of dirt and grass in the way!

There are many different causes of hitting shots fat, or heavy, such as early release and hanging back, to name a couple.



Let's not get too technical here. The definition of achieving compression in golf is simple - to hit the ball, then the turf.

Most golfers have no trouble at all hitting the turf later with their practice swings. Therefore, the major cause is often concept based, rather than technical.



Drill:

Place a broken tee just after where you would position your golf ball. Take a practice swing, focusing on clipping the grass and the tee. This is creating the good habit of brushing the turf later.

Now try hitting a shot, with a broken tee just after the ball. Your focus should be solely on hitting the tee. Try to forget that the golf ball is there.



A Final Thought:

These 5 Steps are all part of a plan to create good habits. You don't need to be an amazing physical specimen or highly skilled or talented to perform any of these tasks.

These 5 Steps are just good, solid processes, which all golfers should strive to make a part of every golf shot.

THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

If you love our content, have a question,
or just want to say **G'day**,

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