IMPROVING GOLFERS

Break 100

For golfers who regularly shoot over 100. You don't need a single par: 9 bogeys and 9 double bogeys is 99.

PAUL PARLANE GOLF

8 weeks	1 × 45 min / week	1–2 × 60 min / week	1 round / week
Length	Lessons	Practice	Play

The scoring plan

9 bogeys + 9 double bogeys = 99 on a par-72 course. No pars needed, and no big numbers allowed. The five keys below are what stop the triples.

Every par is a bonus. Each one gives you a shot back for a bad hole.

The five keys

1. **Drive it in play.** The number one key. A tee shot in play every hole, even if it's shorter.
2. **Under 36 putts.** Lag long putts close and hole the short ones.
3. **Out of bunkers in one.** One swing, ball out and on the green.
4. **No penalty strokes.** Smart course management on tight holes: choose the club that keeps it in play.
5. **No topped fairway shots.** Solid contact off the ground with hybrids, woods and irons.

The eight weeks

Week	Lesson focus	Key
1	Baseline round: track all five keys	All
2	Driving fundamentals: setup, tempo, and how the driver technique differs from irons	1
3	Solid contact off the ground: hybrids, woods and irons	5
4	Putting: lag speed and short putts	2
5	Bunkers: out in one swing	3
6	Course management: plan and practise tight holes on the range	4
7	Combine all five keys in practice	All
8	Re-test everything and play a scoring round	All

Optional add-on (extra cost): on-course playing lesson. Put course management into practice on real tight holes with Paul. Booked separately; recommended in week 6.

Practice tests

Key	Test	Pass mark	Wk 1	Wk 8
1. In play	14 tee shots with the driver into a 40 m wide window	10 of 14 in play; no misses out of bounds		
2. Putting	3 putts each from 6, 9 and 12 m; stop within a putter-length	7 of 9		
2. Putting	10 putts from 1 m	9 of 10		
3. Bunkers	10 greenside bunker shots	8 of 10 out in one		
5. Contact	20 hybrid or fairway-wood shots off the ground	17 of 20 airborne		

Your round scorecard: the five keys

Every round	Goal	Rd 1	Rd 2	Rd 3	Rd 4
Triple bogeys or worse	0				
Tee shots in play (par 4s and 5s)	10 of 14, none out of bounds				
Total putts	Under 36				
Bunkers out in one	Every time				
Penalty strokes	0				
Topped fairway shots	0				

Pass marks are starting targets. Paul adjusts them after your week-1 baseline round.

Book this program: paulparlanegolf.com · Paul Parlane, NZPGA Class A Professional · The Golf Warehouse, Ellerslie, Auckland