

# **GOLF** **HACKS**

**QUICK WINS FOR YOUR GOLF GAME**



**BY ADAM YOUNG**

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# INTRO

I'll keep this brief - no one likes intros and everyone likes info.

This is a book of **quick wins** - some simple yet actionable advice regarding how to instantly improve your ball flight.

While it's not a comprehensive game-improvement product (like my premium programs), it will get you from A to B in fewer shots.

**About me** - you don't care about that, and I get it. All you need to know is I'm a pretty nice guy/coach who likes to take the frustration out of this game for regular golfers.

I can go in depth on forces and torques and ground pressures etc - or I can just tell you to "try this - it will make you hit it better". This book is more of the latter.

But whether you are brand new to the game or have been playing for years, **you will** learn something new/unique/cool in this Ebook.

Why am I giving it away free? Because I want you to become a raving fan of mine. Please do.

Play well,  
Adam



# **THE ONE THING**

## **ALL GOLFERS MUST IMPROVE**

### **THIS**

Improving your golf is, on the surface, something that should be easy to do. All we would have to do is look at the top players in the game and copy them.

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However, there is one big issue with this.

When we look at the World's best, they all swing the club in a very different manner. Sure, there are some commonalities with their movements, but even players with multiple major wins can have swings which look different to what the golf textbooks say is "correct".

Even golf instruction is a mess of contradictions - and it can be hard for the average golfer to pick a single philosophy from the plethora of swing theories - each promising golf nirvana.

**But you need not fret - there is one thing that guarantees improvement in your game.**

This one thing is something that all golf pros do well, and all amateurs do poorly.

It's not a "secret" as such, but it's so small and happens so quickly that many miss it.

The great news is, every single golfer can improve this one thing, regardless of

- Age
- Sex
- Physical limitations

- Strength
- Length of time played

And, when you do improve this one thing, your shots will instantly fly better - guaranteed. There is nothing else out there that can make this claim.

So, what is this "one thing"?

## **THE MOMENT OF TRUTH**

If you haven't guessed it, I'm talking about impact.

Now, to be clear, I'm not talking about body positions at this critical time - while tour pros look similar at this point

in the swing, even the World's best can have dramatic differences.

I'm specifically discussing **the interaction between the clubhead and the golf ball.**

**You see, the result of your golf shot (or anyones) is always the product of what the clubhead did to the golf ball while they were connected.**

No, the top of your swing, your takeaway, your posture, your grip, your ball position etc don't mean a thing to the golf ball.


Now, it's not to say the above things don't matter at all, it's just that they won't make a difference to your shot result.....

**Unless it affects the club-ball interaction**



The most important part of the swing, and **everything the ball does** is a result of what happens in the pink, shaded area.

This is why pros can all look so different in their movement patterns - the movement is simply their personal vehicle to creating a good impact.

 **Let me emphasize this - if you improve your impact, your results will get better.**

Therefore, any changes you make must have this in mind, or you are just playing the golf-swing lottery.

## **THE 7 LAWS**

I told you a little white lie.

When I say impact is one thing, it can really be broken down into 7 things. The good news is that not all of these things apply to you - I will help you figure out exactly what **you need** to improve your own game.

# **7 IMPACT LAWS**

**GROUND CONTACT**

**FACE CONTACT**

**SPEED**

**FACE DIRECTION**

**SWING PATH**

**ANGLE OF ATTACK**

**DYNAMIC LOFT**

The 7 laws of impact that affect the result are;

- 1. Ground contact**
- 2. Face contact**
- 3. Clubhead speed**
- 4. Face direction**
- 5. Swing path**
- 6. Angle of attack**
- 7. Dynamic loft**

As a coach, when improving a golfer in front of me, I know I absolutely must change one or more of the above.

So, which ones do we change?

## **THE 3 PG'S**

PG stands for Performance Goals - there are only really 3 things that we can do to affect our scores.

1. Increase distance
2. Improve accuracy
3. Improve distance control

When determining how to improve a player, I am first looking at which one of the 3 PG's a player needs to improve, then I am linking it to their **impact variables.**

Let's take a look at how you can do this in your own game.

## INCREASING DISTANCE

If there is one thing that modern statistics have shown us, it's that hitting the ball longer is going to result in lower scores.

We are limited to how far we can hit the ball by our clubhead speed.



The above chart shows the maximum carry (air) distance you can achieve for a given club speed with the driver.

Most golfers are nowhere near their maximum potential distance - creating power leaks everywhere.

In order to maximize our distance, the following impact factors are the most influential

- Clubhead speed
- Face strike
- Angle of attack
- Dynamic loft

Improving one or all of the above will either help you get closer to your potential, or increase your potential distance.

Later on, we will look at ways of doing this.

## **IMPROVING ACCURACY**

Accuracy refers to whether your miss right or left.

These misses can be categorized as a slice (curve right), push (straight right), hook (curve left) or pull (straight left).

Which direction do your shots miss?




When a player is suffering with accuracy, the main impact factors we must change are;

- Clubface direction
- Swing path
- Face strike (with bigger headed clubs)

We will take a look at how to achieve this later.

## **DISTANCE CONTROL**

Arguably one of the most important skills in golf.

With 94% of shots hit by amateurs falling short of the green, simply hitting a **more consistent distance** can make your scores drop dramatically.

The main factors that relate to this are;

- Ground contact
- Face contact

Take a look at the below picture, which circle looks more like your shots?



The above data is from an actual test using a radar device - the difference in results is purely the difference between

striking the ground like a pro, versus striking 2 inches behind.

## **SUMMARY SO FAR**


So far we have learned that;

- Impact is everything - nothing improves unless impact improves
- There are 3 performance goals - max distance, accuracy and distance control
- The impact factors relate to the 3 PG's. Find out what PG you want to improve, then improve the associated impact factor

# IMPROVEMENT DRILLS

## IMPROVE IMPACT TO IMPROVE YOUR GAME

Now, we will take a look at drills to improve some of the more relevant impact factors.

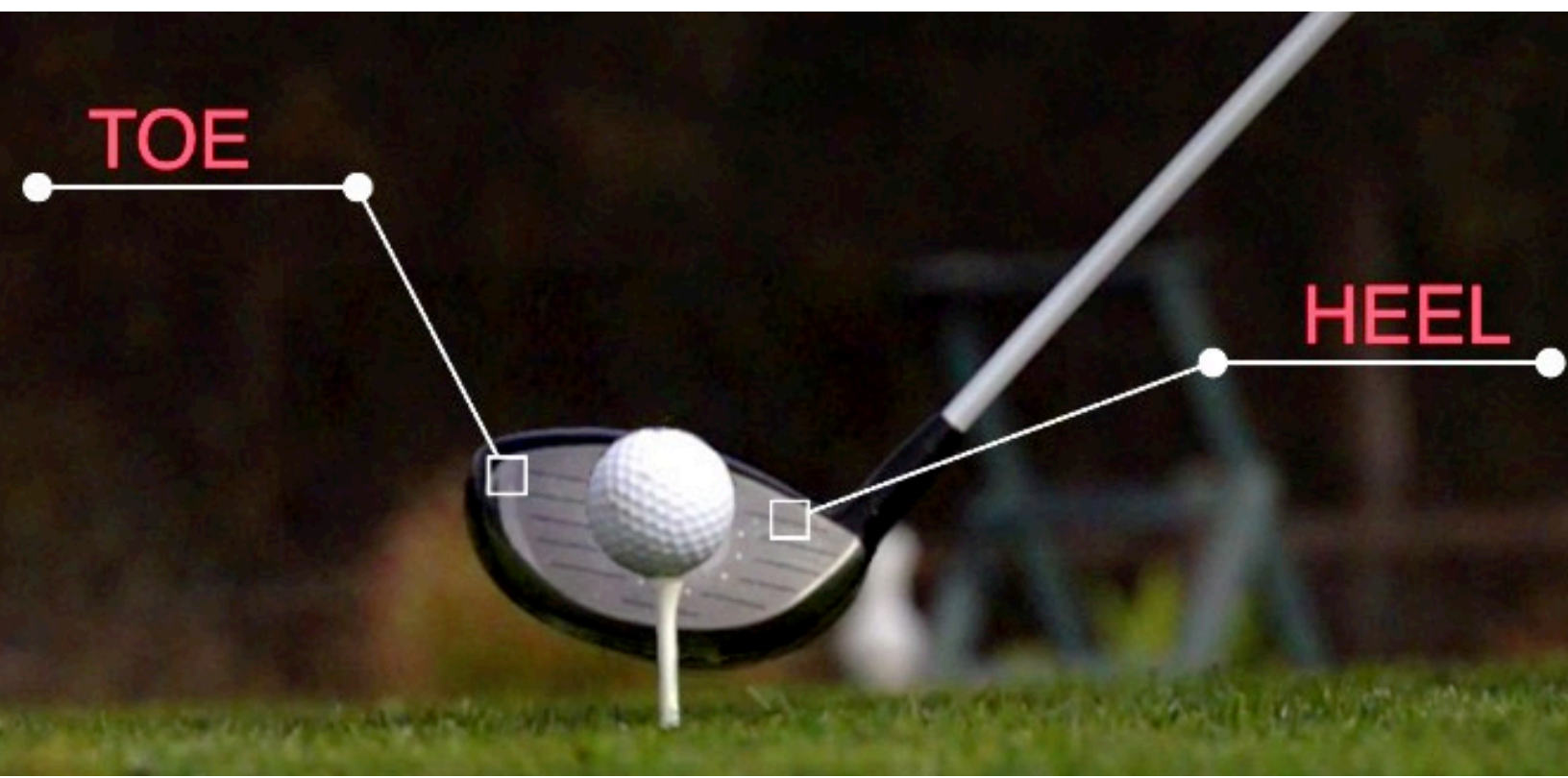
It's best to pick a relevant impact factor depending on what performance outcomes you desire. However, doing any of the drills can help you regardless of any issues you have.

## FACE STRIKE

Striking the sweet spot is vital if we wish to

- Hit the ball longer
- Be more consistent with the driver
- Hit more consistent distances
- Have shots that feel good

In fact if your shots feel clunky, lack energy or you feel the club twisting, this is one of the first places I would look.



One of the best exercises you can do to learn about your own face strike is the following.

1. Get a can of powdered foot spray or dry shampoo
2. Spray the clubface
3. Hit shots - then look and see where the mark is on the face



This gives you great feedback, but it doesn't tell you much about how to change it.

But that's where this next concept can help you.

While we can look at our swing mechanics in order to affect strike location, we can achieve just as good (if not better) an effect by simply changing our intention.

 If I asked 100 golfers to try to hit a different spot in space, their strike location would change accordingly.



In the above picture, imagine this is your perspective as you look down on the ball on the ground.

If I asked you to aim to hit the **yellow** spots, your strike would move more to the **heel**. If I asked you to aim to hit the **red** spots, your strike would move more to the **toe**.

This works - go out and try it. Have some fun with it.

Sure, there are many ways that are more technical that can affect your strike location, but this above concept works quickly - and lasts forever (the idea never changes).

Some days you may have to aim at the small yellow spot, other days you might have to aim at the middle red spot - but the concept will remain the same for life.

If you want to learn more about improving your face-strike quality, including how to make it more consistent, check out my improvement program, The Strike Plan.

[\*\*CLICK HERE TO LEARN MORE\*\*](#)

***THE STRIKE***  
***PLAN***




## **GROUND CONTACT**

If you want to;

- Maximize **distances** with your irons
- Hit more **consistent distances**
- Increase **back-spin**

then improving your ground contact is key.

 In a high quality iron shot, the club will travel down, strike the ball first THEN contact the ground a little after.

Sometimes a pro will take big divots, sometimes small divots - it doesn't matter because the ball has been struck first.

In the below picture, the white line represents the downward travel of the club - and the pink star represents the first ground contact - below the ball.



Note - the club will not continue on this downward arc after striking the ground.

One of the best drills you can do to help you identify your own ground contact is the following.

1. Place a tee or coin next to your golf ball. This creates a reference point for where our ball was before we hit it.



2. After we hit our shot, we can check where our divot started relative to where the ball was.



If you strike the ground in the right place, you eliminate fats/thins.

This is one of the most vital golf skills to possess/learn/improve.

My program, **The Strike Plan**, takes you through everything you need to know to get better at this skill and improve consistency of ground contact.

[\*\*CLICK HERE TO LEARN MORE\*\*](#)

***THE STRIKE***  
***PLAN***



## **CLUBFACE DIRECTION**

The direction the clubface is presented at impact is the biggest determining factor for shot direction.

All else being equal, if you present the face more to the **right** at impact, the shot will go more to the **right**, and vice versa (pretty simple).

Now, we can't turn a slicer of the ball into a drawer just by changing face position alone, but we can turn a slice into a playable fade.

The formula is simple - if you need the ball to finish more left, present the face more left at impact (and vice versa).

One of the simplest drills you can use to learn these skills is the following.

1. Close/open the face at address, as needed



2. Then take your normal grip



3. Hit shots, noting down the pattern change.

4. Adjust accordingly, doing more or less club closing/opening at address until you achieve your desired result.

Now, the above drill is a little unorthodox as a way of changing shot direction, but it;

- Works incredibly well
- Is easy to implement
- Achieves quick results
- Is fun

No matter how good you are at the game, go out and try this drill at the range and see what shots you can create.

Using this drill, even complete beginners can learn to shape shots left/right at will.

If you want to learn more about improving your clubface control and making it more consistent, **The Accuracy Plan** shows you everything you need to know to become more accurate.

[CLICK HERE TO LEARN MORE](#)

***THE ACCURACY  
PLAN***




## **SWING PATH**

Swing path refers to the direction the club is traveling through impact - whether it is more left or right of the target.



Golf can be a a game of opposites, and this is never more evident than when we look at the swing path.

 All else being equal, a swing path that is more **left** will curve the ball more **right**, and vice versa.

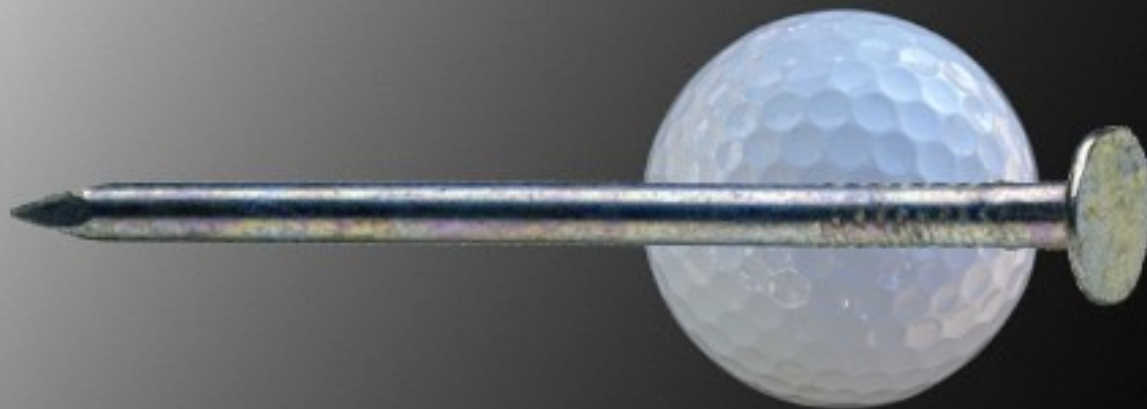
In other words, if you want to draw the golf ball to the left, your swing path will need to be more to the right.

If you want to learn to hit a fade, your swing path will need to be more to the left.

How do we change our swing path?

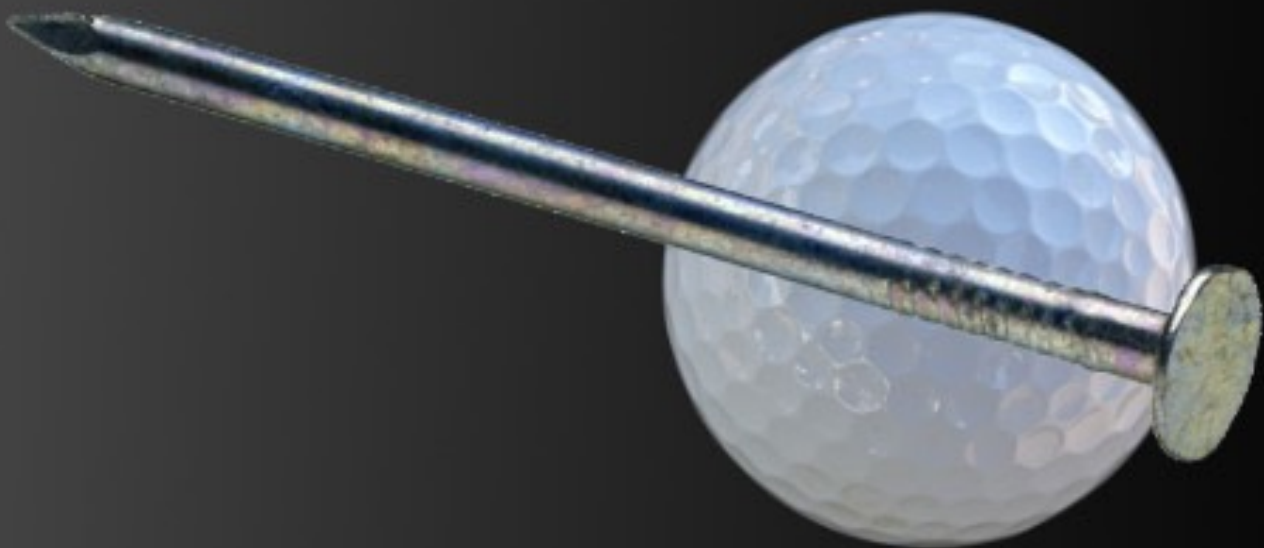
An awesome drill that allows you to tap into instinct and change your swing path immediately is **the nail drill**.

This drill is incredibly simple - first, imagine there is a nail through the golf ball, and the ball is the head of the nail.

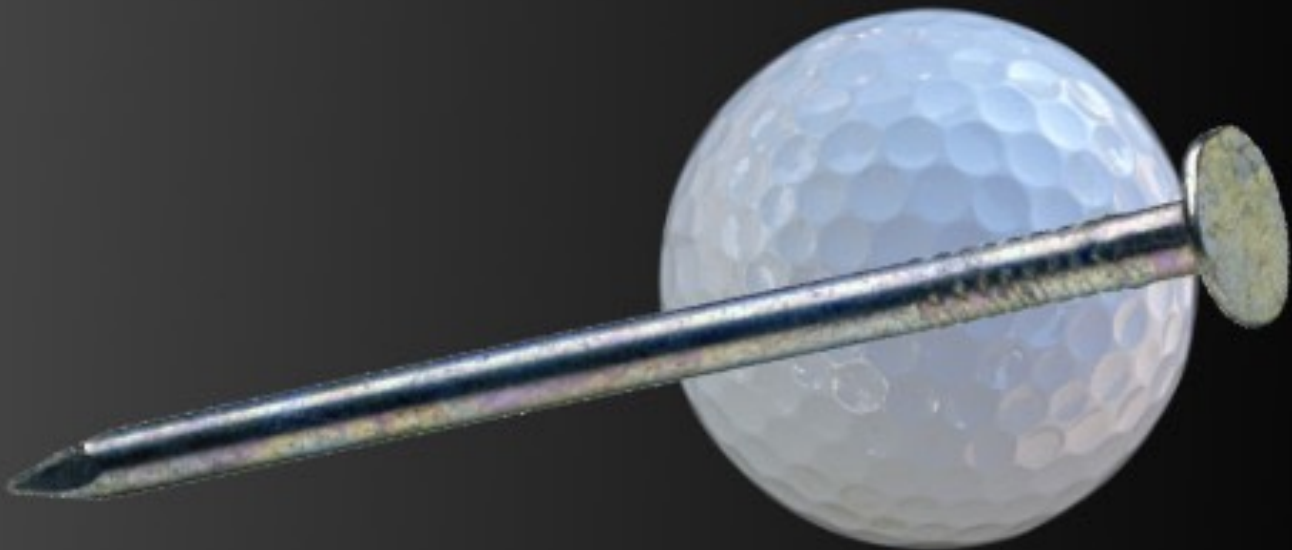


By asking you to angle the nail more to the left or right, we can tap into our incredible instincts and immediately change our swing path.

Angling the nail more to the **right** is great if you want to learn to **draw** the ball, or help fix a **slice**.




And angling the nail more to the **left** is great if you wish to learn a **fade** shot, or neutralize a **hook**.



Have some fun with it - it's so simple yet so effective.

Start with chip shots from a tee and work your way up to fuller swings as you gain more confidence.



Combine this drill with the clubface drill earlier to get real control over both the shape and direction of your shot.

Play around on the range until you can curve the ball both ways - doing so will allow you to be able to get out of trouble as well as straighten out your normal shots quicker.

If you want to really improve your shot direction, **The Accuracy Plan** is the perfect thing for you.

You will learn **everything you need** to be able to hit straighter shots than ever, and be more consistent with the driver.

[\*\*CLICK HERE TO LEARN MORE\*\*](#)

**THE ACCURACY  
PLAN** 

## **SPEED**

We know that club speed has the biggest influence on how far we can potentially hit the ball.

This drill might help you get some more speed really quickly.

Many amateurs are very tense - often due to not being relaxed, or due to thinking so much about swing mechanics.

When I ask a golfer to simply **hold an alignment stick** or garden cane in their right hand with a **relaxed grip** and make as loud a "swoosh" as possible, they often pick up incredible speed.



Try to be as relaxed as you can with your hands, and really whip the hell out of the club/stick - don't hold on like many amateurs do.

Imagine the golf ball is a balloon and you are trying to pop it with the stick by whipping through it.

Try to use your entire body too - don't just throw your hands and arms at it!

I would start by teeing a few balls up and hitting them with this feeling - teeing up helps you lose the fear of a mistake, allowing you to make a freer swish through the ball.

# **PLAYING THE GAME**

## **HOW TO SCORE LOWER**

So now you are striking the ball better, hitting it farther and controlling your direction.

We now need to put this into practice and transfer it to the course.

The following tips will allow you to do this better.

## **GET RID OF IT**

A few years ago, I wrote a blog post detailing an incredibly simple strategy that can allow us to score better.

To this day, I still get emails from golfers telling me how much that article helped them.

The philosophy was as follows - imagine the goal was to just hit the green and the flag didn't exist - what strategy would you use?

As a result of this mindset, most people don't aim at the pin - instead they look at the fat of the green and try to get the ball to go there instead. They take a

club that would reach the middle or even the back of the green instead of barely getting to the front.



Think about how differently you would approach the above scenario if the flag wasn't there.

## **TRAINING TO WIN**

We stand on the range hitting ball after ball

- From the same spot
- With the same club
- To the same target
- From the same lie

just like real golf..... wait!

Real golf isn't like that. We have to change clubs, targets etc, do a full routine each time.

Is there any wonder one of the most common complaints amongst amateur

golfers is **“I can't take my range game to the course”**.



If your chipping practice looks like the above, you are probably not training effectively - even if your results are good in practice.

To make our practice better, we need to better simulate the conditions of play.

Try this simple game;

- 1. Pick a target area on the range -  
E.g. between two range signs.**
- 2. Hit a 7 iron towards that target**
- 3. Next, hit a wedge towards that target**
- 4. Finally, hit a driver towards that target**
- 5. See how many times you can get 3 in a row between the target - that's one point.**

By doing the above exercise we are better simulating the club changes that

we go through in a normal round of play, as well as the pressure of having a goal to achieve.

As you are on your third successful shot in a row, you will feel a little bit of pressure - especially if you play the above game with a friend.

This type of practice has been scientifically shown (motor learning research) to improve your rate of learning and transference to the course.

# **WHAT NEXT???**

## **TAKE YOUR GAME TO THE NEXT LEVEL**

I know what you're thinking....

**WHY DID YOU  
GIVE THAT  
AWESOME  
CONTENT AWAY  
FREE?**



While I'm positive the above free content will make you a better player, I've saved my really good stuff for my **premium programs.**

What, you think I'd give my best stuff away for free???

My premium programs are incredible - taking a much deeper look at

- the swing
- skill development
- concepts

All in the name of improving your shot results **quicker** than ever, refining/**perfecting** those results and making them more **consistent.**

## **NEED MORE DISTANCE/BETTER DISTANCE CONTROL?**

If these are your desired performance goals, the **The Strike Plan** is the perfect program for you.

We look specifically at getting your

- **Ground contact**
- **Face contact**

as pro-like as possible, so you can hit your irons the same distance every time, as well as hit both the driver and irons longer.

I even show you some pro-moves that can make your strike more **consistent** -

moves that many amateurs actually try the opposite (because they have been misled).

We also take a look at **angle of attack** with the driver, so you can really maximize your yardage.

There's even a "**winter module**" that allows you to improve, even at home.

[\*\*CLICK HERE TO LEARN MORE\*\*](#)



## **NEED STRAIGHTER SHOTS?**

If you're sick and tired of slices or hooks, **The Accuracy Plan** is perfect for you.

We take a look at all the impact variables that relate to accuracy, and show you how to improve them through

- Simple **swing** changes
- Never-seen-before **skill** drills
- Incredible **concepts** to give you the "light-bulb" moments
- An amazingly unique **course-strategy** system to help you hit more greens

You'll learn everything you need to hit more **fairways** and **greens**, be more

**consistent** with the driver and irons and be able to **quickly fix** any issues that pop up.

So if you want to lose fewer golf balls to the trees, click below to learn more about **The Accuracy Plan**.

[\*\*CLICK HERE TO LEARN MORE\*\*](#)



## **WANT IT ALL?**

Can't decide? Want to truly take your game to the next level?

That's why I created **Next Level Golf**.

**NLG** is my ultimate program - not only does it combine the best worlds of The Strike Plan and The Accuracy Plan, but it goes into coach-level depth on

- Impact mechanics
- Swing mechanics
- Practice/training methods
- Psychology
- Strategy/course-management
- Short game

- Deep topics in my “university” section, such as motor learning.

NLG isn't for everyone, but anyone who is looking for in-depth high-level information will **LOVE IT!**

You don't have to be a good golfer to appreciate and benefit from NLG - but it suits those who want to squeeze every last ounce out of their performance.

[CLICK HERE TO LEARN MORE](#)



## **LIKE READING?**

If you've read this far, you probably do.

Did you know there is a book that;

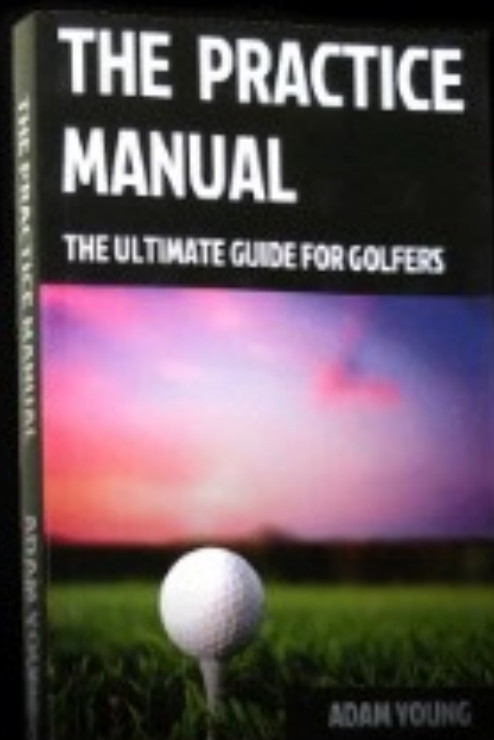
- Is an international best-seller
- Has been featured on The Golf Channel as a "must have" book
- Has an average rating of over 4.5 stars on amazon with over 400 reviews
- Is used by many coaches and university teams around the world

**It's called The Practice Manual - The Ultimate Guide for Golfers.**

In it, we go more in-depth into the impact mechanics, and look at the best ways to train for improved performance.

It's like nothing you will have ever read before, discussing many unique concepts that have helped golfers learn and improve faster than ever before.

[\*\*CLICK HERE TO LEARN MORE\*\*](#)



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I get over 2 million views a year, and would love you to be part of that.

I write about everything, from the simple to the complex - so there is something for everyone there.

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