

How Gavin Reduced his Scores by Three Shots per Hole

“The Golf Expert”

Peter Thompson

“The Golf Expert”

How Gavin Reduced his Scores by Three Shots per Hole

Gavin wanted to be a better golfer but it was not happening for him because of poor and inconsistent shots. To improve Gavin's swing to allow him to produce better and therefore less shots his address position and posture needed to be improved quite dramatically and Gavin also had to change his thinking from the shot to how to produce the shot. Gavin took on board the new approach and this eBook makes a fascinating read.



PGA Fellow Professional

Peter Thompson is a Fellow of the Professional Golfers Association

® The Crest is a registered trademark of The Professional Golfers Association

Copyright © 2009 Jurassic Coast Publishing & Peter Thompson Golf

Copyright © 2009 Jurassic Coast Publishing & Peter Thompson Golf

Copyright © 2009 Jurassic Coast Publishing & Peter Thompson Golf

All rights reserved

The right of Peter Thompson to be identified as the author of this work has been asserted
by him in accordance with the Copyright, Design and Patents Act 1988

First Published in Great Britain in 2009 by Jurassic Coast Publishing Ltd

This edition published in Great Britain in 2009 by Jurassic Coast Publishing Ltd

www.jurassiccoast.com

How Gavin Reduced his Scores by Three Shots per Hole

One of my pupils, Mark Plummer, holds the West Country record with a gross 59 in a PGA Tournament. Another pupil, Robert Lee, produced a world record 27 over the first nine holes on his way to winning the Portuguese Open.

Yet another pupil, Mark Wiggett, has had gross scores of 62, 61 and 60. Other pupils have had net scores as low as 59. These are incredible scores and I am proud to have helped the golfers concerned achieve them.

Every one of my pupils is different and they come to see me for different reasons. One of my pupils, Sandra, who had a handicap of 20, asked me to help her from being moved out of the silver division and into the bronze division (21 and above). My solution was to improve her technique and subsequently her handicap came down to 14.

Another pupil came to see me when he was 12 years old with a handicap of 18. He is now 22 years old and plays off scratch. This was achieved by making sure that my instructions were understood and implemented so we could work as a team.

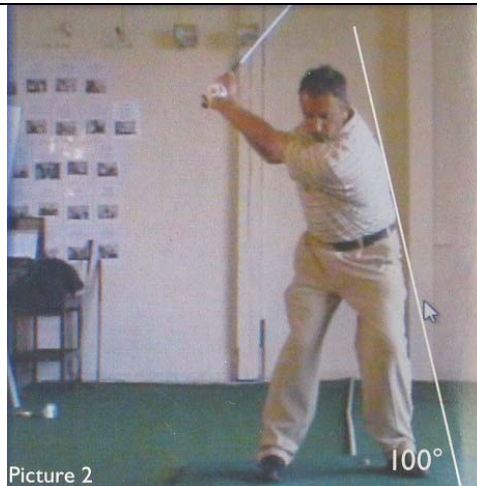
The subject of this eBook however is another of my pupils, Gavin Wareham, who came to see me in July 2006 having played golf on and off for several years. Gavin really loves the game but he didn't play very well: his best score was 106 and his highest score was 135. Despite having had a few lessons his scores had never improved.

Gavin has his own business, and I have found over the last 40 years that many people who are successful in business find golf very frustrating, as they cannot equate the effort they make with their lack of success. This is nearly always because the person concerned had not given himself or herself the time to understand what is required in order to ensure the golf ball is struck correctly with a degree of consistency.

Photograph No.1 Shows Gavin's first backswing in my studio.



Photograph No. 2 Features Mark Wiggett who produced scores of 62, 61 and 60 as previously mentioned. I showed Mark's backswing to Gavin and mentioned his fantastic scores (Mark's lowest score was 75 shots lower than Gavin's highest score) and asked him for his thoughts.



Like most golfers Gavin replied that the more speed/ coil/ effort in the backswing the further the ball would travel and therefore Mark's backswing was too short. I explained that the scores suggested the opposite and Gavin had to agree.

This was a major breakthrough as Gavin now realised that the backswing was merely to position the club in preparation for the hit/ downswing.

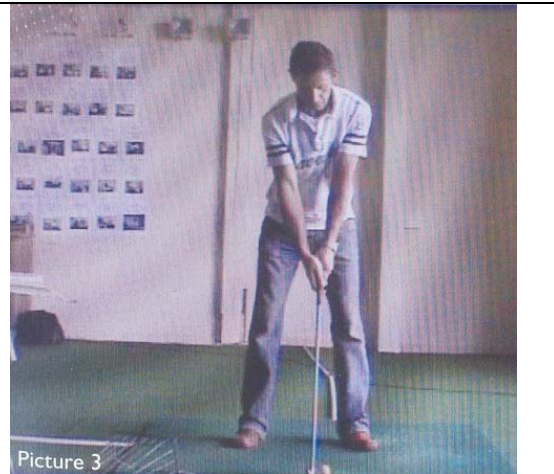
I use the word hit quite often as Arnold Palmer has described his swing as controlled violence. In 1961 he wrote a book called *Hit It Hard*. Arnold won 94 professional tournaments including seven Major Championships so, yes; it *is* a hit that needs to be controlled.

You might find that this eBook does not contain reams of technical instruction. This is because understanding what to do is in fact common sense: the ball and club are static at address and you are 100% in control of your movements.

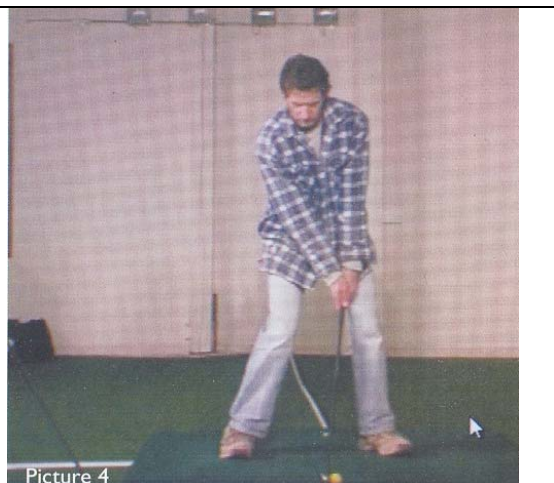
Gavin now realised that he was in control of the club and that the backswing was merely positional. I then explained to Gavin that everything that happens before the swing commences - the way the club is held, the position of one's body, i.e., stance and posture - accounts for 75% of the shot.

This really opened Gavin's eyes and he started to believe that he could in fact improve his game. I knew he could but as with all my pupils, I let the scores do the talking.

Photograph No. 3 Shows Gavin's original address position

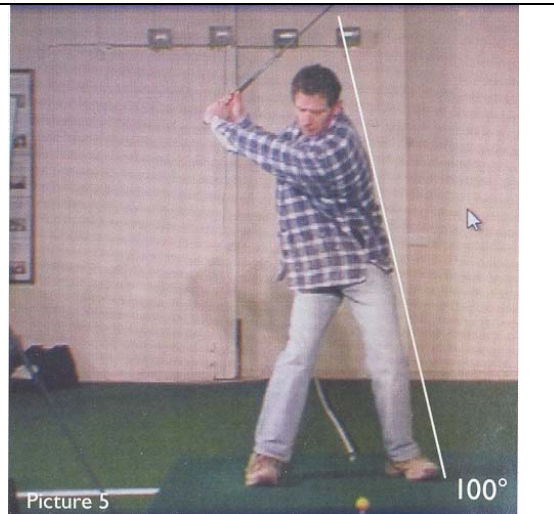


Photograph No. 4 Shows his new address position. His head is now behind the ball and not over the ball, as he previously believed was correct. This new address position automatically improved Gavin's backswing



Photograph No. 5 shows This new address position automatically improved Gavin's backswing.

Note: how far his hands are now away from his head.



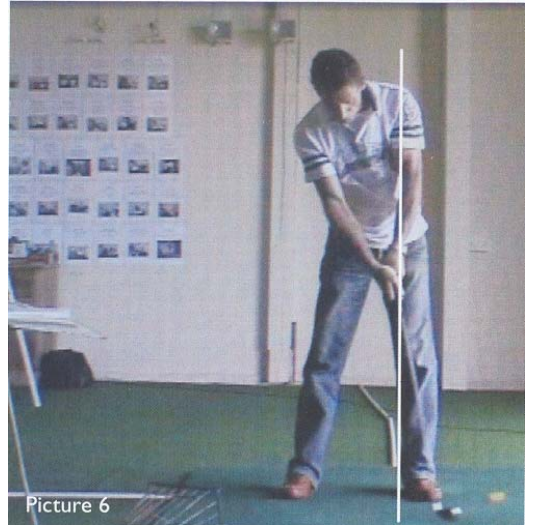
Alvaro Quiros, the longest driver on the European and U.S. Tours (average distance 314.5 yards) said in *Golf World* (March 2010) that 'I have to watch out that my right elbow doesn't get too close to my body. If you can keep your arms away from your body you can get greater distance.' So much for the nonsense of keeping the arms tucked into the chest.

The world's best ever golfer, Jack Nicklaus, supposedly had a swing fault: a flying right elbow. So the world's best ever golfer and the current longest driver keep their hand away from their bodies. Maybe they are both correct. I am sure they are.

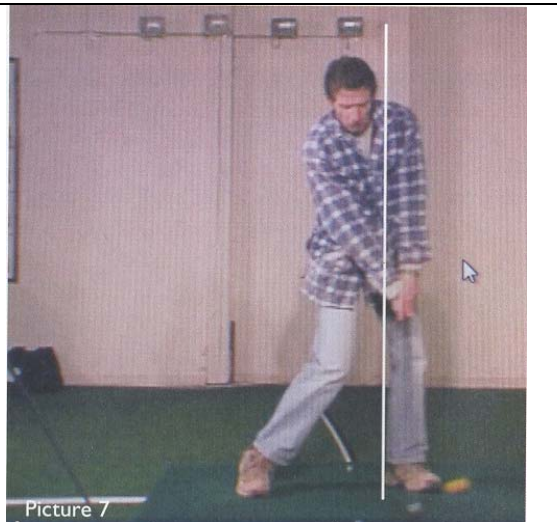
Gavin broke 100 for the first time after only one month when he scored a 99. This was reduced to an 89 the following month. His scores still fluctuated from 89 up to 114 but Gavin has now scored an 81 at Meyrick Park. This is his best ever score and is 54 shots less than his previous highest score.

When the club head strikes the ball it is vital that the left arm is leading the shaft and the shaft is more or less vertical.

Photograph No. 6 Shows Gavin's original impact with the opposite happening



Photograph No. 7 Shows an excellent impact position. The ball leaves the clubface within half of one thousandth of one second so a good impact position is critical.



Gavin has the sequence clearly in his mind now, namely that the address position allows a good backswing to be physically possible and a good backswing will allow a good impact position to happen.

CONCLUSION

You may not reduce your scores by three shots per hole but by thinking about the sequence you will certainly reduce your scores.

A good technique is crucial. As a fellow coach once said: “Anyone who thinks psychology is more important than a good technique ought to see a Psychiatrist”.

I wish I had said that - it is so true.

Remember the club and ball are static, so you are in complete control.

Best Wishes and Keep Golfing