



Jon's Golf Pro Tips

As we look forward to the 2017 golf season I can't help but be excited about the changes coming to the golf course, and the opportunity to play better golf.

Below are 4 tips that you can do to get you ready to have your most successful season yet.

- 1.) Check your equipment.** Now is a great time to go through your golf bag and assess what to get rid of and what you can improve. How do your grips feel? Are they worn or slick? Did you like the way they felt or would you like to try something different? How about your wedges? Are the grooves still sharp? Time to get rid of all those old chewed up golf balls and gloves. Think back to your misses, did you miss mostly right or left? That could be your lie angle. Too upright and the ball will want to hook or pull. Too flat and the ball will tend to push or slice. Make a mental note, so when the course opens we can make sure your clubs are correct for your game and your swing.
- 2.) The mental game.** "Of all of the hazards, Fear is the worst." –Sam Snead. Now is a great time to sharpen your golfing mental game. There are some great resources out there like "Fearless Golf" by Dr. Gio Valiante and my personal favorite "Golf is not a game of perfect" by Dr. Bob Rotella. Do your best to focus on the mental game and NOT the golf swing. There is no blanket swing change that covers everyone.
- 3.) Fitness and Flexibility.** Time to get your body ready for the upcoming season. The best way to do this is to focus on core strength and flexibility. Try Pilates or a yoga class like the ones offered at Heartwork Yoga Studio in downtown Northfield. If you go to the gym stay away from heavy weights and focus on low weight high reps or try using medicine balls.
- 4.) Lesson Plan.** Find a Golf Professional that you trust and feel comfortable with. Work with your instructor to put a plan together for lessons tailored to your goals. Lessons should be simple, not overwhelming and most of all fun. It is always nice to see results early in the season, don't wait!

Do your best to follow these four steps and I know that you will not only see improvement in your golf game but you will have more fun!



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