

PRECISION COACHING



DESIGNED FOR FEMALE GOLFERS

THE PRECISION COACHING PROGRAM

“If you distilled all the new science about talent development into two words of advice, they would be “practice better.” Forget everything else about your genes, your potential -- it’s all just noise. The most basic truth is that if you practice better, you’ll develop your talent -- and you won’t develop your talent unless you practice better. **Period.** “

- Daniel Coyle, Author of *The Talent Code*

Improve your golf game by making practice more
effective, efficient and productive

You can become a better player. You can shoot lower scores. *I know this to be true because I’ve seen the results.* I’ve been teaching and coaching for over 30 years, and I’ve spent the past several years developing a program that increases your odds of achieving your goals. My objective is to provide a viable way to get a true assessment of how player performs in practice. If you want to improve your results, you have to learn to practice more effectively, more efficiently, and more productively.

ABOUT THE PROGRAM

CREATED BY ROBERT LINVILLE

A results-proven program to achieve lower scores

The Precision Coaching Program is a comprehensive system that allows players and coaches to track progress in practice, non-tournament play, and tournament play. This program involves goal-setting for both performance goals and process goals. The objectives are set, and the progress is tracked throughout the year. The overriding concept is **based on the correlation and the relationship between the three areas of golf; Practice, Non-Tournament Play, and Tournament Play.** Once we see the progress, we can evaluate the best application of your practice time. I have one main objective: to help you accomplish your goals.



Katie Kirk, 2 Time Carolina's Women's Amateur Champion

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I am a self-proclaimed learner, so I've always been open to gaining knowledge from instructors. All instructors can grasp what you're doing and suggest how to improve upon your current ability, but few really know how to communicate why: why the golf ball behaves the way it does; why you should set appropriate goals and expectations; why you should work at improving wholeheartedly even when winning may be out of your control. **Robert lives out the why.** He can break things down to their essence to help you make connections mentally, psychologically, and technically. He helped me see my potential and aided my growth as a junior golfer and a collegiate player. He can make a difference in the way you play golf no matter what your skill level or goal may be.

- Katie Kirk

Former D1 Golfer and Recipient of the LPGA Dinah Shore Trophy

Robert Linville's
**PRECISION
GOLF SCHOOL**



HOW THE PROGRAM WORKS

Practice is essential in improving, but most players fail to practice effectively or efficiently. We coach a lot of tournament golfers; whether they are Tour Players, top amateurs, or junior golfers hoping to play in college, the goal is still the same: they want to know how to improve so they can shoot lower scores in competition.

To truly accomplish this, we *must measure*. I have developed the **Precision Coaching Program** to measure practice similar to the way you would measure a competitive round. I want to know if the player is improving in practice and how this relates to their scores in tournaments.

Part I: Evaluate

To start, I need to gather some basic information about your game and how often you practice. *For example:*

- What is your average score?
- How many rounds per month do you play?
 - How often do you practice?
- How do you divide your practice time?

Once we have this information, we begin mapping out a practice system with the goal to help you improve. The process is very simple. You will receive certain practice challenges to complete. Each challenge is very simple and takes between 5 and 30 minutes. For example, you may be asked to hit 6 random putts from 3, 10, 15, and 30 feet. You just input the number of 1 putts, 2 putts, and 3 putts from each distance. The calculations are made, and you see the results. You will have between 3 and 10 practice challenges to do each week, based on the amount of time you can invest in practice.

Part II: Analyze

The next aspect of the program is the use of ShotbyShot.com for keeping stats. I have chosen ShotbyShot.com because of the simplicity of the program. This is extremely important because our goal is not to have your practice more effectively, but it is to have play better and shoot lower scores. The only way to evaluate the effectiveness of practice is to have a way to compare practice and play. ShotbyShot.com is a great tool because it uses strokes gained calculations in addition to the normal fairways hit and greens hit percentages and putts per round. Once we gather enough data, we can begin looking at patterns within a few weeks which will play an essential role in identifying your strengths, weaknesses and how you need to improve.



HOW THE PROGRAM WORKS

Part III: Strokes Gained and Your Practice

Now that I have this data, I can assist the player in how they invest their practice time. Not only can I guide the player in effectively using their time, but I can have measure how they are doing in practice. The program allows me to view the results of practices, and compare the results of practice to tournaments using the same strokes gained metrics. This is the new analytics of coaching.

Strokes gained is a statistical measurement of your performance against a norm. We compare your results in various parts of the game (driving, approach shots, short game, bunker & putting) to a scratch golfer to understand where you are gaining and losing strokes to the field. This allow us to set goals in each part of the game. It also allows us to compare your results in all categories to your peers. Specific practice needs are addressed based on the strokes gained calculations. Since we are always comparing your results to the scratch golfer model, we can easily track progress throughout the year.

The **Precision Coaching Program** uses strokes gained to statistically measure your game. This gives the most productive assessment of how to improve and where to spend the most time practicing. The difference in the approach of the Precision Coaching System is that is continually updates the information to compare your tournament playing stats with the those in practice. This enables you to make your practice much more **effective, efficient, and productive**. Below is an example of a player report. Each player receives a monthly report showing the strokes gained numbers in each area of the game. By monitoring the progress, we can make sure that the player is attending to most important aspects of his/her game.

Strokes Gained in Tournaments, Non-Tournament, and Practice					
	Goals	Tournament	Playing	Practice	
Driving	2.40	1.98	2.49	1.89	on track
Approach	-0.57	-0.52	-2.14	0.37	on track
Short Game	0.20	-0.90	-0.48	-1.38	improving
Bunker	-0.20	0.05	-0.17	-0.33	on track
Putting	-0.70	-1.30	-1.24	-0.92	improving
Total	1.13	-0.69	-1.54	-0.37	
		Jan 1—March 11 5 Rounds	Jan 1—March 11 10 rounds		

“Stated most simply, if you want something to get done, measure it.”

- AN EXCERPT FROM THE BOOK, “PRACTICE PERFECT”

TYPES OF PRACTICE

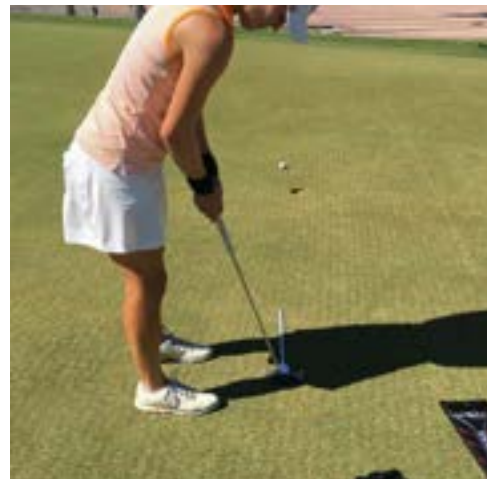
There are four main variations of practice; block practice, random practice, scrimmage (or game-like) and no purpose practice:

Block Practice - Another way to think of block practice is technique practice. Most golfers spend the vast majority of time in this area. Block practice is needed, especially when you are making modifications to your technique. You should avoid excessive block practice for a couple of days leading into a tournament. Of the four hours of time designated for block practice, 90 minutes is an appropriate time frame. A good practice session should not last more than 45-50 minutes before taking a 3-10 minute break.

Random Practice- My preference is to hit no more than 5 shots with a single club before changing to another in random practice. The other main characteristic of random practice is that you should change targets, lies, and any other variable possible as you hit different shots. The primary focus is to connect with the target, the ball flight, or a feel of the swing. There should be very little thoughts about how to move or swing the club. 90 minutes is a good allotment of the four hours for random practice.

Scrimmage Practice- In this example, we designated four total hours for approach shots. WE have used three hours between block and random practice, so that leaves one hour for scrimmage practice. This version of practice is the one we measure. You choose a target, go through your complete routine, play a shot, and chart the results. When we measure these shots (called target practice) I ask the player to measure every 3rd shot and change clubs after each shot. Does this mean that you will hit fewer balls in the same time period? Yes, but the quality of learning will be dramatically better.

No Purpose Practice- There's actually one more version of practice. Some players like some of their time just to be hitting balls and not really thinking about much, just more of relaxing and enjoying the time in practice. This can be very advantageous, and certainly it can be a way of just getting away from everything for a while. It's a good way to clear the cobwebs for a few minutes. The only thing I ask, is that this time doesn't count in the time we charted in the above example. It's just "additional time", not "instead of time". It's just a way of relaxing and getting exercise, not a lot more.



WHAT THE PROGRAM INCLUDES

My mission is to provide a better way for you to improve. I want a way for you and your instructor to evaluate your progress and determine the best plan for you. I will provide the analytics and give you the information. I will make suggestions in your practice based on the combination of data from tournaments, non-tournament playing, and practice. You will be updated as patterns emerge. You will be able to adjust your plans based on data, rather than how you feel about your game.

I have one goal.....and that is to help you accomplish your goals.



With the Precision Coaching Program you receive:

- Monthly Progress Report
- Annual subscription to ShotbyShot.com
- Unlimited use of Edufii
- Information and articles about psychology
- Weekly analysis of your progress, including tournament assessment
- Coaching information about your specific practice plan based on analysis
- Strategy insights based on analytics
- Ability to send videos for instruction analysis
- Weekly Practice Challenges

START IMPROVING TODAY

This program is designed for **female golfers**, including juniors, collegiate players, or tournament players out of college. It's equally beneficial for professionals as well as amateurs. With the Precision Coaching Program, I can help you achieve your goals through efficient, effective and productive practice.



Robert Linville is the Founder and Director of Instruction at Robert Linville's [Precision Golf School](#). In addition to being an award winning instructor, Robert also coached collegiately for 13 years and was a two-time NCAA National Coach of the Year. Robert has taught and coached players on all major professional tours, top amateurs, and many elite junior golfers. He co-founded the PKBGT in 2006 and serves as the [PerformPKB](#) Player Performance Consultant.