



54[®]  **GOLF**

App Practice Plans

for iPhone



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App Practice Plans



VISION54 App for iPhone

Our **VISION54** App for iPhone is available for download through the iTunes App Store. To support your practice and learning through the app, we've put together some practice maps for different practice intentions.

Make your practice intentional, engaged and varied.

Enjoy your practice!

The VISION54 Team



Decoding the App Practice Plans

A Guide to Decoding the Exercise Path

Our **VISION54** App contains five different sections:

- **Skills** – Drills that make it easy to learn VISION54’s Human Skills of the Game.
- **Practice** – Sessions to complement your technical practice.
- **Play** – Exercises to simulate play and improve focus.
- **Games** – Increase creativity and add variety to your practice.
- **Notes** – Track your personal golf journey and create the golf future you want.

Each section contains exercises to enhance your practice. A few of the sections have the exercises organized into categories for quick reference to locate specific exercises related to a particular Human Skill. The exercises are also numbered, which we’ll reference in practice plans later on in this guide.

We have listed the exercises in the following pages using the path to locate that particular exercise within the app. Below is an example with explanation.



Balance Exercises

▶ **App Practice Plan: Swing**

Skills > Balance > 1: Swing

Practice > 24: Tension Awareness / Balance

Play > Simulate Golf > 2: Full Shots

Games > Balance + Club Selection “ON” – practice for 10 minutes

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Short Game**

Skills > Balance > 2: Swing / Chipping

Practice > 3: Game / Balance

Play > Simulate Golf > 42: Chipping

Play > Simulate Golf > 44: Bunker

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Putting**

Skills > Balance > 5: Putting

Practice > 34: Balance / Tempo

Play > Simulate Golf > 4: Putting

Play > Simulate Golf > 13: Putting

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

Tempo Exercises

► **App Practice Plan: Swing**

Skills > Tempo > 1: Swing

Practice > 4: Think Box / Creativity

Play > Simulate Golf > 7: Full Shots

Games > Tempo + Club Selection “ON” –
practice for 10 minutes

Go to **Notes** > Start – write down any ideas,
thoughts, or things you learned.

► **App Practice Plan: Short Game**

Skills > Tempo > 4: Pitching

Practice > 34: Balance / Tempo

Play > Simulate Golf > 44: Bunker

Play > Simulate Golf > 46: Pitching

Go to **Notes** > Start – write down any ideas,
thoughts, or things you learned.

► **App Practice Plan: Putting**

Skills > Tempo > 5: Putting

Practice > 2: Play Box / Game / Distance

Play > Simulate Golf > 34: Putting

Play > Simulate Golf > 38: Putting

Go to **Notes** > Start – write down any ideas,
thoughts, or things you learned.

Tension Awareness Exercises

▶ **App Practice Plan: Swing**

Skills > Tension Awareness > 2: Swing / Putting

Practice > 24: Tension Awareness / Balance

Play > Simulate Golf > 1: Full Shots

Games > Creativity Shots + Club Selection “ON” – practice for 10 minutes

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Short Game**

Skills > Tension Awareness > 1: Chipping / Putting

Practice > 7: Emotional Resilience / Tension

Play > Simulate Golf > 6: Chipping

Play > Simulate Golf > 54: Short Game

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Putting**

Skills > Tension Awareness > 1: Chipping / Putting

Practice > 31: Think Box / Tension Awareness

Play > Simulate Golf > 4: Putting

Play > Simulate Golf > 9: Putting

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

Play Box Exercises

▶ **App Practice Plan: Swing**

Skills > Play Box > 1: Swing / Chipping

Practice > 1: Game

Play > Simulate Golf > 2: Full Shots

Games > Play Box + Club Selection + Trajectory “ON” – practice for 10 minutes

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Short Game**

Skills > Play Box > 1: Swing / Chipping

Practice > 3: Game / Balance

Play > Simulate Golf > 3: Short Game

Play > Simulate Golf > 6: Chipping

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Putting**

Skills > Play Box > 2: Putting

Practice > 22: Managing Self-Talk / Creativity

Play > Simulate Golf > 4: Putting

Play > Simulate Golf > 9: Putting

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

Think Box Exercises

▶ **App Practice Plan: Swing**

Skills > Think Box > 1: Swing

Practice > 4: Think Box / Creativity

Play > Simulate Golf > 15: All Shots

Games > Club Selection + Trajectory “ON” – practice for 10 minutes

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Short Game**

Skills > Think Box > 7: Swing / Short Game

Practice > 45: Think Box

Play > Simulate Golf > 51: Short Game

Play > Simulate Golf > 54: Short Game

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Putting**

Skills > Think Box > 4: Putting

Practice > 38: Game / Think Box

Play > Simulate Golf > 24: Putting

Play > Simulate Golf > 34: Putting

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

Memory Box Exercises

▶ **App Practice Plan: Swing**

Skills > Memory Box > 1: Swing / Short Game

Practice > 7: Emotional Resilience / Tension

Play > Simulate Golf > 30: Full Shots

Games > Creativity Shots + Club Selection “ON” – practice for 10 minutes

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Short Game**

Skills > Memory Box > 7: Swing / Short Game

Practice > 5: Game

Play > Simulate Golf > 26: Bunker

Play > Simulate Golf > 35: Short Game

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Putting**

Skills > Memory Box > 5: Swing / Short Game

Practice > 23: Game

Play > Simulate Golf > 14: Putting

Play > Simulate Golf > 13: Putting

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

Emotional Resilience Exercises

▶ **App Practice Plan: Swing**

Skills > Emotional Resilience > 3: Swing / Short Game

Practice > 10: Tempo / Emotional Resilience

Play > Simulate Golf > 47: Full Shots

Games > Creativity Shots + Club Selection “ON” – practice for 10 minutes

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Short Game**

Skills > Emotional Resilience > 3: Swing / Short Game

Practice > 33: Master of Variability / Game

Play > Simulate Golf > 42: Chipping

Play > Simulate Golf > 35: Short Game

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Putting**

Skills > Emotional Resilience > 4: Swing / Putting

Practice > 10: Tempo / Emotional Resilience

Play > Simulate Golf > 13: Putting

Play > Simulate Golf > 18: Short Game

Go to **Notes >** Start – write down any ideas, thoughts, or things you learned.

Managing Self-Talk Exercises

► App Practice Plan: Swing

Skills > Managing Self-Talk > 1: In Between Shots

Practice > 54: Game / Think Box

Play > Simulate Golf > 2: Full Shots

Games > Creativity Shots + Club Selection “ON” – practice for 10 minutes

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

► App Practice Plan: Short Game

Skills > Managing Self-Talk > 1: In Between Shots

Practice > 22: Managing Self-Talk / Creativity

Play > Simulate Golf > 48: Short Game

Play > Simulate Golf > 35: Short Game

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

► App Practice Plan: Putting

Skills > Managing Self-Talk > 1: In Between Shots

Practice > 10: Tempo / Emotional Resilience

Play > Simulate Golf > 52: Putting

Play > Simulate Golf > 9: Putting

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

Master of Variability Exercises

▶ **App Practice Plan: Swing**

Practice > 41: Master of Variability

Play > Simulate Golf > 2: Full Shots

Games > Creativity Shots + Trajectory + Club Selection “ON” – practice for 10 minutes

Notes > MY54 Imagery

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Short Game**

Practice > 41: Master of Variability

Play > Simulate Golf > 18: Short Game

Notes > MY54 Imagery

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

▶ **App Practice Plan: Putting**

Practice > 41: Master of Variability

Play > Simulate Golf > 9: Putting

Notes > MY54 Imagery

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

Prep for Important Performance

▶ **App Practice Plan 1**

Practice > 41: Master of Variability

Practice > 1: Game

Skills > Managing Self-Talk > 4: Reflection

Play > Simulate Golf > 22: Putting

Play > Simulate Golf > 54: Short Game

▶ **App Practice Plan 2**

Practice > 8: Game

Skills > Memory Box > 7: Swing / Short Game

Play > Simulate Golf > 7: Full Shots

Notes > MY54 Imagery

▶ **App Practice Plan 3**

Skills > Emotional Resilience > 5: Swing / Short Game

Games > Club Selection + Trajectory “ON” –
practice for 10 minutes

Play > Simulate Golf > 31: Short Game

Play > Simulate Golf > 40: All Shots

Go to **Notes** > Start – write down any ideas,
thoughts, or things you learned.

Indoor Golf Practice

► App Practice Plan 1

Skills > Balance > 3: Swing

Skills > Tempo > 6: Swing

Play > Simulate Golf > 10: All Shots

Notes > MY54 Imagery

► App Practice Plan 2

Skills > Play Box > 7: Swing

Skills > Tension Awareness > 6: Swing

Practice > 27: Master of Variability / Game

Skills > Managing Self-Talk > 4: Reflection

► App Practice Plan 3

Games > Balance + Tempo “ON” –
practice for 10 minutes

Skills > Memory Box > 1: Swing / Short Game

Skills > Think Box > 1: Swing

Play > Simulate Golf > 15: All Shots

Notes > MY54 Imagery

► App Practice Plan 4

Games > Play Box + Club Selection “ON” –
practice for 10 minutes

Skills > Tempo > 7: Swing

Play > Simulate Golf > 47: Full Shots

Practice > 41: Master of Variability

Go to **Notes** > Start – write down any ideas, thoughts, or things you learned.

On Course Playing Simulation

Plan Theme: My Signature Swing

Use the following structure to set up your own practice with the help of the **VISION54** App.

Time Frame Options: 30 mins / 1 hour / 2 hours

Keep your *attention* on your *intention!*

► Technique

Spend time maintaining or working on technical aspects of your swing or stroke. Use accurate feedback and keep your attention on your intention!

10 mins

20 mins

40 mins

► Human Skills of the Game

Use the following app activities and games to practice your Human Skills.

[Practice >](#)

10 mins 3, 6, 7

20 mins 3, 6, 7, 12, 24, 25

40 mins 3, 6, 7, 12, 24, 25, 37, 40, 51

► Course Simulation

Use the following app activities and games to practice your course simulation.

[Practice >](#)

10 mins 1, 5, 8

20 mins 1, 5, 8, 21, 27

40 mins 1, 5, 8, 21, 27, 33, 43, 49

On Course Playing Simulation

Plan Theme: My Performance Routine

Use the following structure to set up your own practice with the help of the **VISION54** App.

Time Frame Options: 30 mins / 1 hour / 2 hours

Keep your *attention* on your *intention!*

► Technique

Spend time maintaining or working on technical aspects of your swing or stroke. Use accurate feedback and keep your attention on your intention!

10 mins

20 mins

40 mins

► Human Skills of the Game

Use the following app activities and games to practice your Human Skills.

[Practice >](#)

10 mins 2, 4, 16

20 mins 2, 4, 16, 20, 22, 38

40 mins 2, 4, 16, 20, 22, 29, 38, 42, 46

► Course Simulation

Use the following app activities and games to practice your course simulation.

[Practice >](#)

10 mins 15, 16

20 mins 15, 16, 29, 32

40 mins 15, 16, 29, 32, 44, 46

On Course Playing Simulation

Plan Theme: Your Best You

Use the following structure to set up your own practice with the help of the **VISION54** App.

Time Frame Options: 30 mins / 1 hour / 2 hours

Keep your *attention* on your *intention!*

► Technique

Spend time maintaining or working on technical aspects of your swing or stroke. Use accurate feedback and keep your attention on your intention!

10 mins

20 mins

40 mins

► Human Skills of the Game

Use the following app activities and games to practice your Human Skills.

[Practice >](#)

10 mins 9, 10, 41

20 mins 9, 10, 13, 23, 39, 41

40 mins 9, 10, 13, 23, 32, 39, 41, 44

► Course Simulation

Use the following app activities and games to practice your course simulation.

[Practice >](#)

10 mins 1, 19

20 mins 1, 19, 28, 36

40 mins 1, 19, 28, 36, 43, 49, 54

Playing Focus and On Course Plans

Playing Focus = your intention when playing that is 100% under your control

Pick your intention for the practice session, and go **DO** it.

Go to **Notes >** Start – write down any ideas, thoughts or things you learned while doing the exercises.

▶ **Balance**

[Play > Playing Focus > 4, 7, 49](#)

[Play > On Course > Balance > 1-12](#)

▶ **Tempo**

[Play > Playing Focus > 14, 23, 50](#)

[Play > On Course > Tempo > 1-10](#)

▶ **Tension Awareness**

[Play > Playing Focus > 20, 32, 45](#)

[Play > On Course > Tension Awareness > 1-9](#)

▶ **Play Box**

[Play > Playing Focus > 7, 10, 12, 40, 43, 53](#)

[Play > On Course > Play Box > 1-12](#)

▶ **Think Box**

[Play > Playing Focus > 2, 6, 8, 15, 16, 19, 22, 27, 32, 33, 35, 37, 38, 39, 47, 51, 54](#)

[Play > On Course > Think Box > 1-17](#)

▶ **Memory Box**

[Play > Playing Focus > 1, 3, 11, 13, 24, 30, 41, 44](#)

[Play > On Course > Memory Box > 1-10](#)

▶ **Emotional Resilience**

[Play > Playing Focus > 9, 17, 21, 25, 28, 31, 34, 36, 52](#)

[Play > On Course > Emotional Resilience > 1-8](#)

▶ **Managing Self-Talk**

[Play > Playing Focus > 3, 5, 18, 26, 29, 31, 42, 44, 46, 48, 52](#)

[Play > On Course > Managing Self-Talk > 1-8](#)

▶ **On Course**

[Play > On Course > Master of Variability > 1-20](#)

[Play > On Course > Between Shots > 1-9](#)

App Library

Locate all activities specific to any of the Human Skills in seconds!

Human Skills	Number of Activities	Practice >	Play > Playing Focus	Play > On Course
▶ Balance	8	3, 11, 24, 34, 40, 47, 48, 52	4, 49	1-12
▶ Tempo	8	6, 15, 25, 34, 51, 52	14, 23, 50	1-10
▶ Tension Awareness	11	7, 10, 12, 19, 24, 37, 50	20, 45	1-9
▶ Play Box	10	2, 9, 14, 17, 22, 26, 29, 30, 35, 42, 43, 49, 51	7, 10, 12, 40, 43, 53	1-12
▶ Think Box	8	4, 18, 31, 38, 42, 45, 54	2, 6, 8, 15, 16, 19, 22, 27, 32, 33, 38, 51, 54	1-17
▶ Memory Box	9	6, 7, 16, 17, 20, 26, 27, 33, 36, 44, 46, 53	1, 3, 11, 13, 24, 26, 30, 34, 37, 39, 41, 42, 44	1-10
▶ Emotional Resilience	7	10, 23, 32, 39	9, 28	1-8
▶ Managing Self-Talk	6	9, 13, 39, 44	5, 18, 29, 48	1-9
▶ Master of Variability	Click Notes	41		1-20
▶ Between Shots				1-9
▶ Course Simulation		1, 5, 8, 15, 16, 19, 21, 27, 28, 29, 32, 33, 36, 43, 44, 46, 49, 54	17, 21, 25, 31, 35, 36, 46, 47, 52	Play > Simulate Golf

Additional Training Resources



Become a
HAPPY + BETTER
Golfer!

Remote Training Programs

These innovative, multi-platform, online training programs are being brought to you – anywhere in the world – through the *CoachNow* app / website. The VISION54 principles are delivered using digital instruction, audio and video instruction, and actionable practice assignments since we know it's by doing and exploring that these skills come alive. You train at your own pace through each week's assignments with no schedule or live sessions. VISION54 coaches will offer support throughout the training program and you're encouraged to interact with the other participants in the group. Programs are available for juniors, golfers and elite players, coaches / teachers, and support team members.

Details / Registration

<https://www.vision54.com/remote-coaching>

Training Tools

To assist you in becoming the best golfer you can be, we've created training tools to further enhance your exploration of the Human Skills and on course learning. These tools encourage training on the course in the context of play, with the flexibility to learn at your convenience and at your own pace.



Additional resources, tools, and our in-person program schedule can be found at VISION54.com



App Practice Plan – A free resource full of practice plans, based on different intentions, to enhance your practice sessions with the app. Available for download on our website.

VISION54 App for iPhone

Tour-proven strategies created by two of the world's best and most highly regarded golf coaches – Lynn Marriott and Pia Nilsson

In this VISION54 app, you will find the skills and exercises you can use to complement your technical practice in order to help you become a better player of the game. The app was designed to be an effective practice partner for the range, short game area, putting green, and on the course. There are on course practice sessions; skill building tools; exercises to simulate play and improve focus; games to increase creativity and add variety to your practice; and a notebook to track your personal golf journey. The VISION54 app benefits all levels of play: professional tour players, aspiring amateurs, junior golfers, and weekend warriors.



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