



# Human Skills Playbook *for Juniors*

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## Introduction

In this workbook, you will find support material created for you to integrate the **VISION54** Essential Playing Skills (EPS). To play your best golf, you want to develop your technique, be physically fit for golf and make sure you have fitted equipment. Then there is a fourth, very essential area of performance in golf. It's about the skills you need when you PLAY on the golf course. We call them Essential Playing Skills. They are the human skills that you need to manage yourself ON the golf course.

In this workbook, you will find hundreds of ways of practicing these skills. It doesn't matter how much you understand them intellectually. The only thing that will help your golf game is for you to DO them and learn how to integrate the skills into your game. The younger you are when you learn these Essential Playing Skills, the more you can access your possibilities.

All of us are unique as golfers, and we want you to create your own unique recipe for great golf.

Remember that the Essential Playing Skills are meant to complement your technical skills. Technical skills and EPS together will give you a foundation of skills for great performance ON the golf course. The EPS exercises work no matter your technical swing preference.

## Balance: Short Game

Give yourself a score for your ability to pay attention 100% on your balance using a scale of 1-5 (5 being 100% focused on your Balance). Use a variety of clubs. Have fun!

- ▶ 3 shots, with your feet together & your eyes closed:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, standing on your left leg / right hand only:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, standing on your right leg / left hand only:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, while standing on your toes:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, alternating where the majority of your balance is: left / right, heel / toe:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, 100% focused on your balance:

Shot	1	2	3
Evaluation			

## Play Box: Long Shots

Give yourself a score for your ability to focus on the task on a scale of 1-5 (5 being 100% focused on your Play Box). Change clubs as often as you can. Have fun and see which one's your favorite.

- ▶ 3 shots, with your feet together sensing your balance:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, with your eyes closed:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, singing your favorite song in your head / out loud:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, smiling at the ball until it lands:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, seeing the ball flying through a series of green circles:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, listening to the sound of your club hitting the ball:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, swinging at 100% tempo / max speed back & through:

Shot	1	2	3
Evaluation			

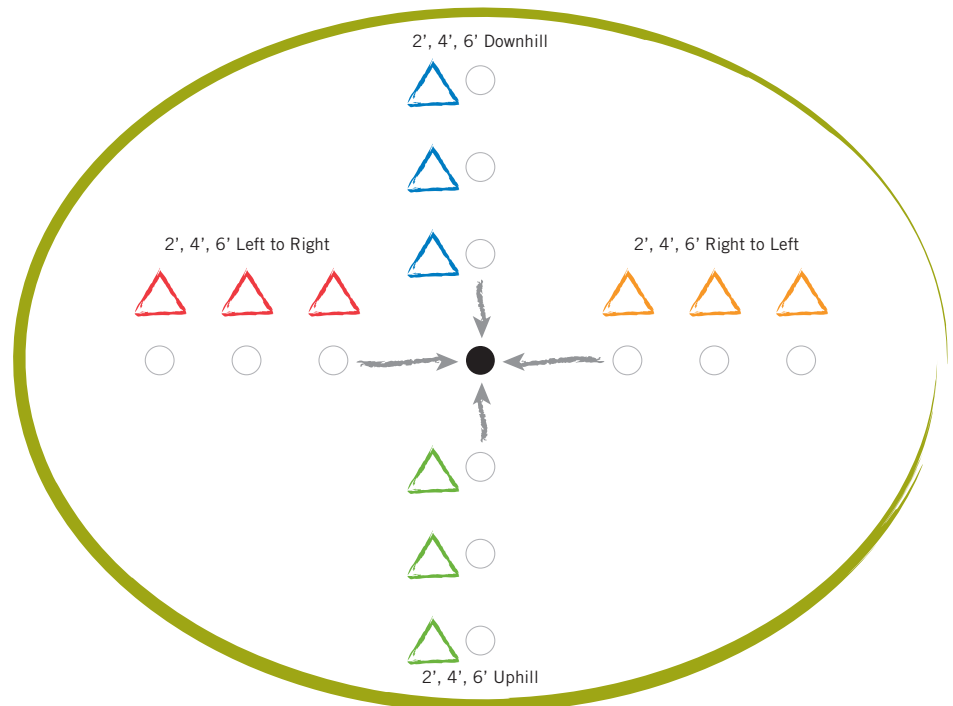
- ▶ 3 shots, imagining the target is a little yellow space creature:

Shot	1	2	3
Evaluation			

- ▶ 3 shots, choosing your own Play Box focus:

Shot	1	2	3
Evaluation			

## Play Box: Putting Game – Lanes



### Objective

- ▶ Hit every putt with a clear, deeply focused Play Box.
- ▶ Players can use their own Play Box focus or pick one of the ideas in the Putting Play Box sheet earlier in this section.

### How To Play

- ▶ Place 3 sets of 3 cones (12 in total) around a hole as above.
- ▶ Hit 1 putt per station.
- ▶ Avoid hitting from the same place twice.

### Going Deeper

- ▶ Players can make this exercise more challenging by adding points for the putts holed and successfully executing their Play Box focus.
- ▶ Changing the length of the putts can add difficulty and fun!

## 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](http://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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