



# Human Skills Playbook

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## Human Skill: Play Box

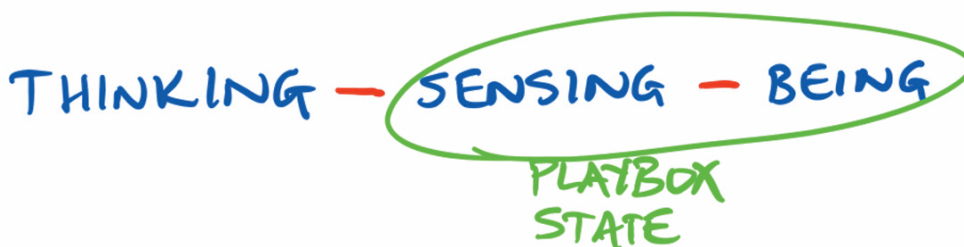
### BE Focused

- Learn to sense, not think.
- Keep focus to the finish.
- Be time-efficient.
- Be deeply engaged with swing and target.

### Explorations

Play and explore these choices. Afterwards, make notes of which choices are good for your golf game.

- ▶ Choose a feeling Play Box – feel the core rotating, feel relaxed in arms, feel grip pressure.
- ▶ Choose a seeing Play Box – see ball flight, see the target, see a dimple on the ball, see the starting line, etc...
- ▶ Choose a hearing / rhythm Play Box – feel the same tempo back and through, listen to sounds around you, count during the entire swing.
- ▶ Choose an emotional Play Box – be calm, excited, confident, focused, etc...
- ▶ Keep the Play Box choice until the end of the swing + one deep breath.
- ▶ Play with a Play Box focus that is under 5 seconds. Be all prepared before stepping into the Play Box.
- ▶ Alternate between being 50% engaged and 100% engaged. Do you notice any difference?
- ▶ Hold your finish for 2 extra seconds and notice if you stayed with your focus.
- ▶ As you address the ball, stay analogue, moving and not static until the end of the swing / stroke.
- ▶ Use one Play Box sensation for your backswing, and a different “feel” for your forward swing. For example, feel 50% tempo in your backswing and 75% tempo in your forward swing. Or, feel relaxed shoulders in your backswing, and feel a finish in balance.



## 27 Shot Challenge: Memory Box

### BE Confident

Do your full routine for every shot. Pick a new target and club for every shot. Evaluate your awareness on a scale of 1-5. Five is exactly what you intended to do.

- ▶ Three shots, state something factual / objective about each shot:

Shot	1	2	3
Evaluation			

- ▶ Three shots, say something positive about each shot:

Shot	1	2	3
Evaluation			

- ▶ Three shots, say and feel something positive about each shot:

Shot	1	2	3
Evaluation			

- ▶ 3 great / good / good enough shots and feel a happy feeling an extra 15 seconds:

Shot	1	2	3
Evaluation			

- ▶ 3 great / good / good enough shots and amplify the positive feeling at least times three:

Shot	1	2	3
Evaluation			

- ▶ 3 great / good / good enough shots and replay by seeing / feeling / hearing what you did well:

Shot	1	2	3
Evaluation			

- ▶ Three shots, skip five times after each shot:

Shot	1	2	3
Evaluation			

- ▶ Three shots, be without any attachment, reaction or commentary. Feel and hear your breathing for 15 seconds:

Shot	1	2	3
Evaluation			

- ▶ Three shots, without attachment, reaction or commentary. Look at some part of nature around you for 15 seconds:

Shot	1	2	3
Evaluation			

Total points:

## 18 Shot Short Game Variety

**Hit these 18 shots and only say true and helpful things to yourself between shots:**

- ▶ Chip with a 9-iron standing on your right foot.
- ▶ Chip with a wedge with 60% of full tempo.
- ▶ Hit one good bunker shot finishing on your front foot.
- ▶ Chip with an 8-iron using only your right hand and standing on your left foot.
- ▶ Hit a pitch shot with eyes closed and listen to impact.
- ▶ Pitch and feel light grip pressure while you smile at the ball.
- ▶ Hit a downhill bunker shot listening to the club hitting the sand.
- ▶ Chip with a SW using very light and constant grip pressure.
- ▶ Pitch with 25% tempo and feeling soft shoulders.
- ▶ Chip with a 7-iron while looking at your target.
- ▶ Pitch with a 3-second Play Box seeing the target.
- ▶ Hit the highest bunker shot possible seeing the ball flight.
- ▶ Pitch while humming a song.
- ▶ Hit a short bunker shot while smiling.
- ▶ Pitch and run, see the target being extra bright.
- ▶ Chip with a wedge and be very relaxed in shoulders.
- ▶ Hit a bunker shot from a buried lie standing on your front foot.
- ▶ Pitch running up to the shot and have 50% tempo.

Do these shots for full swings and putting.

### Reflection

- ▶ ***Any discoveries about your self-talk?***

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## 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](https://www.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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