

TRAINING PLAN

Basic TSS practice plan

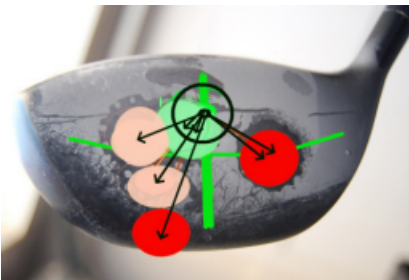
This 3-month training plan, primarily based on Rick Malm's detailed case study, is designed to systematically improve golfer's club face awareness, thereby enhancing his precision in impact location. While it can be adjusted to fit the psycho-physical abilities of the individual practitioner, it is suitable for golfers of varying skill levels. The only difference is that more advanced golfers will aim for greater precision and a tighter impact pattern during the exercises.

Always use Impact tape and check impact impressions of at least 90% of all ball hits you make. Check the video on how to optimally use the Impact tape.

Daily sets can be executed either consecutively with at least 10 min. pause between them or during various parts of the day.

Before you begin, take a few test shots using full swings with a driver, and measure the impact location pattern on the clubface using impact spray or impact tape. This will serve as a reference point to compare with the impact pattern after your 3-month practice.

Example pic.:



Training process Month 1

Always use Impact tape and check impact impressions of at least 90% of all ball hits you make!

Week 1

3 sets daily—5 days per week—of the following:

1. Full swing to PIN ... 10x
2. Full swing ball hit 5% (slow down before impact) ... 10x
3. ¼ swing ball hit 10% ... 10x
4. Full swing ball hit 10% ... 5x

Week 2

3 sets daily—5 days per week—of the following:

1. Full slow swing to PIN ... 5x
2. Full slow swing to Hidden PIN ... 5x
3. Full swing ball hit 5% (slow down before impact) ... 10x
4. ¼ swing ball hit 10% ... 10x
5. Full swing ball hit 10% ... 5x

Week 3

3 sets daily—5 days per week—of the following:

1. Full slow swing to PIN ... 5x
2. Full slow swing to Hidden PIN ... 5x
3. Full swing ball hit 5% (slow down before impact) ... 10x
4. ¼ swing ball hit 10% ... 10x
5. Full swing ball hit 15% ... 5x

Week 4

3 sets daily—5 days per week—of the following:

1. Full slow swing to PIN ... 5x
2. Full slow swing to Hidden PIN ... 5x
3. Full swing ball hit 5% (slow down before impact) ... 10x
4. ½ swing ball hit 15% ... 10x
5. Full swing ball hit 15% ... 5x

Training process Month 2

Always use Impact tape and check impact impressions of at least 90% of all ball hits you make!

Week 5

3 sets daily—5 days per week—of the following:

*A few relaxed warm up pendulum ¼ shadow swings with no thought of technique

1. Full slow swing DIFFERENTIAL to PIN ... 2 series of: 2x toe, 2x heel, 2x center
2. Full swing ball hit DIFFERENTIAL 5% (slow down before impact) ... 2 series of: 2x toe, 2x heel, 2x center
3. ½ swing ball hit 15% ... 10x
4. Full swing ball hit 25% ... 10x (error goal < 15 mm from center else slow down)

Week 6

3 sets daily—5 days per week—of the following:

*A few relaxed warm up pendulum ¼ shadow swings with no thought of technique

1. Full slow swing to PIN ... 3x
2. Full slow swing to Hidden PIN ... 7x
3. Full swing ball hit 5% (slow down before impact) ... 10x
4. ½ swing ball hit 15% ... 10x
5. Full swing ball hit 25% ... 10x (error goal < 15 mm from center else slow down)

Week 7

3 sets daily—5 days per week—of the following:

*A few relaxed warm up pendulum ¼ shadow swings with no thought of technique

1. Full slow swing DIFFERENTIAL to PIN ... 2 series of: 2x top, 2x bottom, 2x center
2. Full swing ball hit DIFFERENTIAL 5% (slow down before impact) ... 2x top, 2x bottom, 2x center
3. ½ swing ball hit 15% ... 10x
4. Full swing ball hit 25% ... 10x (error goal < 15 mm from center else slow down)

Week 8

3 sets daily—5 days per week—of the following:

*A few relaxed warm up pendulum ¼ shadow swings with no thought of technique

1. Full slow swing to PIN ... 3x
2. Full slow swing to Hidden PIN ... 7x
3. Full swing ball hit 5% (slow down before impact) ... 10x

4. ¼ swing ball hit 10% ... 10x
5. ½ swing ball hit 15% ... 10x
6. Full swing ball hit 35% ... 10x (error goal < 15 mm from center else slow down)

Training process Month 3

Always use Impact tape and check impact impressions of at least 90% of all ball hits you make!

Week 9

3 sets daily—5 days per week—of the following:

*A few relaxed warm up pendulum ¼ shadow swings with no thought of technique

1. Full slow swing DIFFERENTIAL to PIN ... 2 series of: 2x toe, 2x heel, 2x center
2. Full swing ball hit DIFFERENTIAL 5% (slow down before impact) ... 2 series of: 2x toe, 2x heel, 2x center
3. ½ swing ball hit DIFFERENTIAL 25% ... 2 series of: 2x toe, 2x heel, 2x center
4. Full swing ball hit 45% ... 10x (error goal < 15 mm from center else slow down)

Week 10

3 sets daily—5 days per week—of the following:

*A few relaxed warm up pendulum ¼ shadow swings with no thought of technique

1. Full slow swing to PIN ... 3x
2. Full slow swing to Hidden PIN ... 7x
3. Full swing ball hit 5% (slow down before impact) ... 10x
4. ¼ swing ball hit 10% ... 10x
5. ½ swing ball hit 15% ... 10x
6. Full swing ball hit 55% ... 10x (error goal < 15 mm from center else slow down)

Week 11

3 sets daily—5 days per week—of the following:

*A few relaxed warm up pendulum ¼ shadow swings with no thought of technique

1. Full slow swing DIFFERENTIAL to PIN ... 2 series of: 2x top, 2x bottom, 2x center
2. Full swing ball hit DIFFERENTIAL 5% (slow down before impact) ... 2 series of: 2x top, 2x bottom, 2x center
3. ½ swing ball hit DIFFERENTIAL 25% ... 2 series of: 2x top, 2x bottom, 2x center
4. Full swing ball hit 65% ... 10x (error goal < 15 mm from center else slow down)

Week 12

3 sets daily—5 days per week—of the following:

*A few relaxed warm up pendulum ¼ shadow swings with no thought of technique

1. Full slow swing to PIN ... 3x
2. Full slow swing to Hidden PIN ... 7x
3. Full swing ball hit 5% (slow down before impact) ... 10x
4. ¼ swing ball hit 10% ... 10x
5. ½ swing ball hit 15% ... 10x
6. Full swing ball hit 75% ... 10x (error goal < 15 mm from center else slow down)

*This exercise is for muscular freedom: a few relaxed warm up shadow pendulum swings (¼ swing) with no thought of technique to achieve muscular freedom; eyes closed and monitor your muscles internally, using only the muscles that are absolutely needed for the swing; all unnecessary muscles should be relaxed/deactivated.