DAVID FRANKS GOLF · STARTER WORKBOOK

Lower Scores *Fast*

Five days to find where your strokes are going, and the practice that gets them back. Work through it at your own pace, on the course or the range.

Calabasas, California

BEFORE YOU START

Scores come from a few places.

Most of the strokes you can save come from three areas: the tee-to-green game, the short game, and the putter. You'll learn where yours are going, then work on the one that costs you the most first.

HOW THIS WORKBOOK WORKS

- Day 1: take your baseline from one round.
- Days 2 to 4: one focused practice block a day, 30 to 45 minutes.
- Day 5: play a round and compare it to your baseline.

WHAT YOU NEED

A scorecard, a pencil, a ball and target for the range, and a putting green or a mat. A phone for timing or video is useful but not required.

KEEP THIS IN MIND

A lower score usually comes from fewer big numbers, not better shots. Aim for avoiding the double bogey, and the rest follows.

DAY 1 · BASELINE

Know where your strokes go.

Play 9 holes or a full round. Track the numbers below on your scorecard. Don't change how you play. This is your starting point.

STAT	YOUR NUMBER	WHAT IT TELLS YOU
Fairways hit (of the par 4s and 5s)		Tee shot control
Greens in regulation		Approach quality
Total putts		Putter and touch
Penalty strokes		Trouble you can avoid
Double bogeys or worse		Where the big numbers come from
Up and down (missed greens that you saved)		Short game

YOUR BIGGEST LEAK

Look at the table. Which number cost you the most? Circle it. That's the area for Days 2 to 4.

DAYS 2 TO 4 · PRACTICE

One focus a day, 30 to 45 minutes.

Pick the block that matches your leak. Do the same block each day, and keep notes in the log.

SHORT GAME

- Pick one spot 20 yards off the green. Hit 10 chips to it.
- Count how many finish within one club length of the hole.
- Repeat with two different clubs.

PUTTING

- Make 10 putts from 3 feet. Keep the count.
- Then 10 from 6 feet, aiming to leave the next putt inside 3 feet.
- Finish with three putts from 20 feet.

TEE SHOTS

- Pick a target 150 yards away on the range, a fairway-width gap.
- Hit 10 drivers or 3-woods to it. Count the ones that finish in the gap.
- Use the same club for all 10.

APPROACH

- Choose one yardage. Hit 10 shots to a green-sized target.
- Count the ones that finish on the green.
- Note the miss: short, long, left, or right.

PRACTICE LOG

Track what changed.

DAY	FOCUS	COUNT (FOR EXAMPLE, 6 OF 10)	ONE THING I NOTICED
Day 2			
Day 3			
Day 4			

COURSE MANAGEMENT

Before each hole, pick the target that keeps the ball out of trouble, not the flag. Play to your strengths, and take the bogey when the pin is tucked behind a hazard.

RULE OF THUMB

If the safe shot leaves you a bogey and the risky shot can cost a double, take the safe shot.

DAY 5 · PLAY AND COMPARE

Play a round. Compare it to Day 1.

Use the same stats as your baseline. Look for progress in the number you chose, and for any new leak that showed up.

STAT	DAY 1	DAY 5	CHANGE
Fairways hit			
Greens in regulation			
Total putts			
Penalty strokes			
Double bogeys or worse			
Up and down			

NEXT STEP

Keep the block that helped. Pick the next leak from your Day 5 numbers, and repeat the process. Lower scores come from doing this again and again, not from one good round.

NEXT

Want a plan built around your game?

This workbook shows you where the strokes go. A coach shows you how to get them back, with a plan built around your swing, your goals, and the time you have.

BOOK A LESSON

Call 818.518.5710 or send an email to info@simclub.com.

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