

**MB**

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# **BOGIES TO BIRDIES**

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**PROGRAM INFORMATION PACKET**



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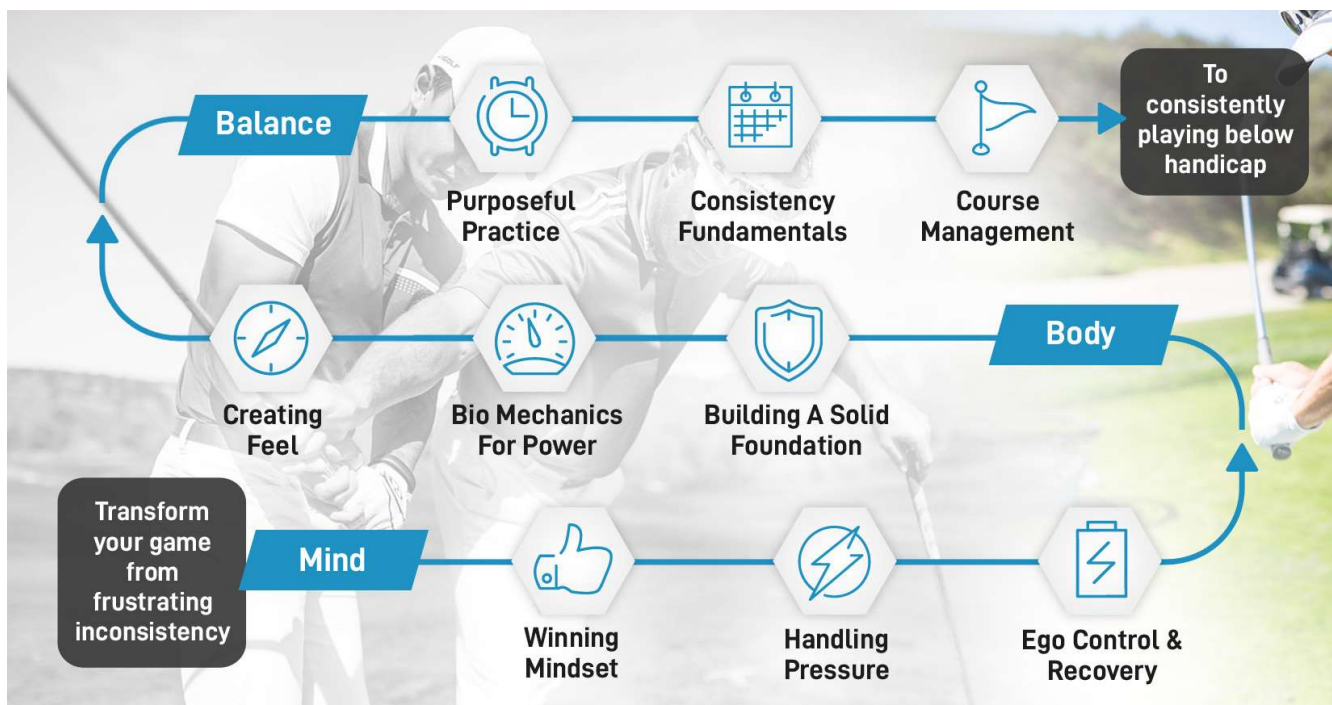


# THE ROAD MAP

The secret to scoring is NOT in the swing. The magic lies in mastering the game through a **mind-body-balance** approach.

Week after week I see the same people on the driving range banging balls, and year after year they still can't BREAK 80. Even worse, these same people still think their swing is the problem. Sound familiar? Trust Me, It's Not Your Swing.

To get the results you really want, you have to stop doing what you always do and start doing something completely different. With 25 years of experience coaching golf, I have a tried and true method to help my players go from **BOGIES TO BIRDIES**.



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# WHAT TO EXPECT

## COURSE OUTLINE

### MIND

#### MODALITY 1 - THE WINNING MINDSET

- From the Inside Out: Understanding your personality and the traits you live within.
- How to establish and change your Inner Stance
- Creating a winning mindset & self-belief - Self Talk and Morning Routine
- Start Establishing a pre-shot routine 101
- Learning to control vocal thought and The Power of the Tongue
- Visualization "Create a powerful mindset"

#### MODALITY 2 - HANDLING PRESSURE

- Using your strength and power of the mind
- Blocking out taunts and player distractions
- Breath Work
- Getting In the Zone
- Staying in your pre shot routine 102

#### MODALITY 3 - EGO CONTROL, RECOVERY & MATURITY

- How to recover from various mistakes
- Triggers to set up for success
- Controlling your anger and ego
- Choosing the right recovery shot for success
- Changing Bogies to Birdies



## BODY

### MODALITY 4 - BUILDING A SOLID GOLF FOUNDATION

- Power and biomechanics to maintain great balance
- The grip and solid impact
- Body alignment Ball position of ball trajectory
- Controlling the ball flight, shape, and spin

### MODALITY 5 - BIOMECHANICS FOR POWER

- Establishing a solid foundation to understand bio-mechanics & power
- Common mistakes athletes make in their training
- Developing strength and mobility
- Getting rid of mental fog and fatigue
- Proper nutrition and meal habits for training

### MODALITY 6 - CREATING FEEL THROUGH UNDERSTANDING

- Learning feel and how to practice with proper feel and balance
- Using your feet to provide feel and feed back
- Understanding grip pressure to develop consistency
- How your grip and feet work together
- Removing pressure in your swing to save your back and shoulders
- Create feel to develop power





## BALANCE

### MODALITY 7 - PURPOSEFUL PRACTICE

- Understanding how to make your practice, golf course ready
- Drills for different clubs
- Warm Up, driver, irons, putter and wedges
- Fairway Bunkers side hill lies and downhill lies different grasses
- Draw, fade, high, low, stinger, flop shot chip and pitch

### MODALITY 8 - CONSISTENCY FUNDAMENTALS

- Pre-Game Preparation
- Maintaining good, Life, Work, Golf Balance
- Posture and alignment that repeats for your body type
- When to use a chip vs a pitch shot
- Reading the greens & saving strokes
- How to play all bunker shots
- Hitting 100, 80, 60, & 50 yard approach shots that will score

### MODALITY 9 - COURSE MANAGEMENT

- Creating a game plan for all courses you play
- Creating a yardage books and taking notes
- Establishing your pre shot routine 103
- Avoiding Hazards by not playing to your Ego
- How to approach the fairways & greens with understanding
- Learn how to pay attention to your surroundings

