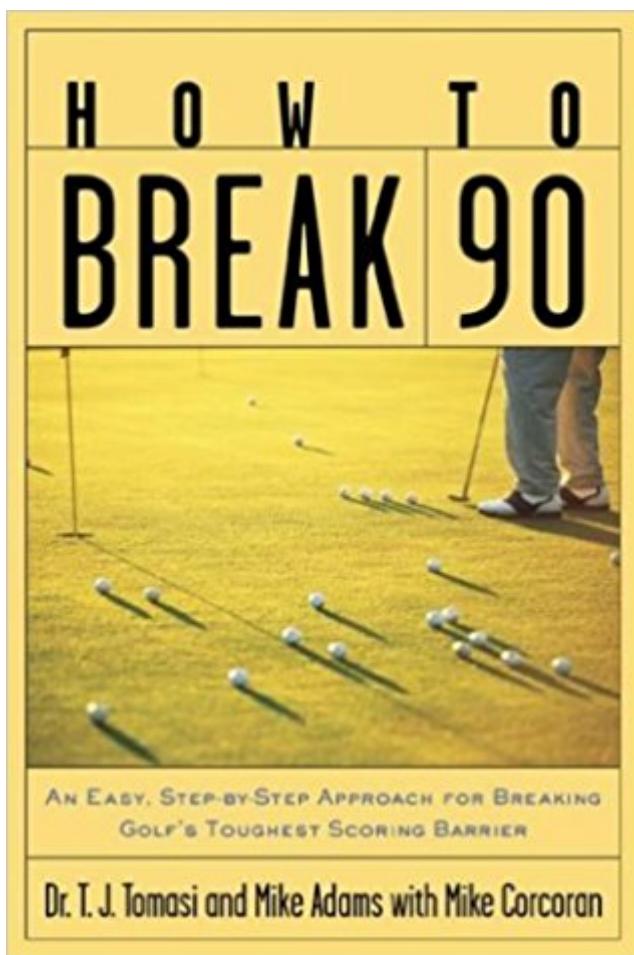


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# How To Break 90 : An Easy, Step-by-Step Approach For Breaking Golf's Toughest Scoring Barrier



## **Synopsis**

For most golfers, shooting a score below 90 for 18 holes represents a watershed--a ticket to respectability no matter where they play or with whom they are paired. *How to Break 90* offers a new approach to shooting sub-90 scores that stresses tactics rather than a swing overhaul. It dives right into the solutions that help a player break the 90-barrier, such as thinking about each hole as a series of points along a strategic map, learning how to shape shots to fit different situations, and, finally, putting--the part of your game that will push you over the top. The heart of breaking 90 lies in thinking ability, not swinging aptitude. This book will make you a smarter striker of the ball from tee to green. Written in an engaging, friendly style, *How to Break 90* offers the same proven, practical advice the authors have taught to thousands of middle to high handicappers at the Academy of Golf at PGA National, one of the world's finest golf teaching facilities. It will help everyone who wants to break go every time they tee it up.

## **Book Information**

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## **Customer Reviews**

For most golfers, shooting a score below 90 for 18 holes represents a watershed;a ticket to respectability no matter where they play or with whom they are paired. *How to Break 90* offers a new approach to shooting sub-90 scores that stresses tactics rather than a swing overhaul. It dives right into the solutions that help a player break the 90-barrier, such as thinking about each hole as a series of points along a strategic map, learning how to shape shots to fit different situations, and, finally, putting&#x97;the part of your game that will push you over the top. The heart of breaking 90 lies in thinking ability, not swinging aptitude. This book will make you a smarter striker of the ball

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I only keep a few really impactful books. I don't like cluttering up my bookshelf with junk books. This one's a keeper. Here's why:1. Quick Reference - once I read through, it has now become a quick easy reference to tune my fundamentals on short game and strategic game. Much like Tom Watson's book has become my go to reference for mechanics.2. Simple explanation of how to fade/draw - Game is so much more enjoyable when you can work the ball. And easier too actually. This book gave me a few key shifts in my thinking. One is how to hit the fade or draw, hitting from the correct part of the tee box and why, and where to aim to avoid danger. For example hit from the right side of the box because the tee box is crowned and that will promote a fade (ball below feet), then aim to the left middle part of the fairway to let that fade have plenty of room to land. Aim to a spot that if you end up hitting it straight you're still safe. this one thought helped me immensely.3. How to hit the three pitch shots. Again a very simple and easy to digest way to approach pitch shots. And Chips as well for that matter. He explains the setup, alignment, and ball position for each shot and let me tell you it works. I had much more confidence even my first time out employing this and it shaved another 2-4 strokes (of course I still mishit a few..still learning).4. Club Selection - The idea of playing your average distance not best. And how to select the right club depending on pin location. For example, if it's back and you're sitting 120 out, do you just play your 120 club?

Depends. Add about 15 yards for the pin being in the back (depending on the green of course), then hit the club that if you mishit it you be on the center and if you hit it perfectly you will be at the flag. But the same is not true if it is cut in the front. First take 15 yds off then you'd think you'd hit the club that if you hit it perfectly you'd be at the flag. Wrong! Because if you mishit it and hit your average distance you're on the fringe and have a tough chip. So hit the club that if you thin it your on at the flag and hit it well your on the center. It's ideas like this that are key to start thinking like a low handicapper. Brilliant book. Get it.

Probably the best golf book I read. Simple, to the point, and without the need to re-invent your game. Easy step by step advice not trying to emulate the pros (unless you have the skills) but providing an approach on simplifying your game and be consistent on how to plan your shots rather than the mechanics of hitting the ball. Should you pay attention to this book, I can tell you that you shall lower your handicap for sure. Was my case. May be yours. Hope you enjoy this book as much as I did. Thanks to the writer.

There are some good ideas here on strategies for breaking 100. But a lot of it is a rehash of Tomasi's book How to Break 100. I enjoyed the How to Break 100 book, and it definitely helped me get my game into the mid/low 90s. But I didn't get much new insight from this one to help me get below 90. I'd say pick one or the other but don't bother buying both.

Simple, clear and thoughtful approach to improving one's game. As I grow older, realize that I have to be smarter to offset the aging factor in my game. He gives not only technical help but gamesmanship to help you contend with those forces that raise your score. Use his approach and lose a couple of strokes and most of all feel more in control of your game.

This is the best book I have read and I have read quite a few. There is a doable plan laid out in the book that will work if you really pay attention to it. When I first got it I read it and saw some improvement. I read it a second and third time and each time I gained some valuable insights into how I had been sabotaging my game. The strategies are direct and simple to follow and they work. You cannot go wrong with this book for the price.

I will start off by saying that it must be understood that breaking 90 is hard... because, well, golf is hard. And the author does a pretty good job of providing a disclaimer in the first few pages basically

saying that you have to be a pretty decent player to make his strategies work. However, in practice, you just have to play well to break 90. TANGENT -- while it claims to be a strategy book and not an instructional book, at least 80% of the pages are taken up with swing instruction... which makes no sense, given that you should be able to already do the things it's telling you in order to break 90. The gist of the strategy the book teaches is basically three things: 1) Avoid the BIG miss (penalties), by hitting shorter, higher lofted clubs off the tee; (2) Add one stroke to every hole that will be your PERSONAL par; and (3) break down each hole so that your PERSONAL GIR is one more shot than normal, and play shots that will get you there with the least trouble. This is what they call "Level Fives"... essentially if you average five strokes per hole over an average of 18 holes, you'll hit 90, and b/c you're bound to do one or two strokes better than that (if you get lucky and par a hole) you'll break 90. I have tried this approach (I consistently flirt with the 90s barrier and haven't shot over 100 in more than a year, so I'm exactly the candidate this book is preaching to) and in my experience it does the opposite of what it's supposed to do... The theory is that if you have say a 400 yd par 4, you should attempt to reach the green in 3 strokes (your PERSONAL GIR) and 2 putt for a PERSONAL Par 5. To do this, you should not hit driver off the tee (specific book guidelines say that for a sub-450 Personal Par 5 (par 4) you should use the club that gives you the best combo of distance and accuracy (i.e. NOT your driver). So assuming that's your 5wood (that you hit 200 yds), your next shot should be a lay-up that will put you at a distance you will be very comfortable hitting on the green (say, 90 yds). Doing the math, your second shot should be whatever club you hit 110 yds to leave you with this easy 90 yd, high percentage shot. Hit that one and two-putt your way to a PERSONAL par 5.... rinse and repeat... break 90. This sounds great! Which is why I bought the book, but the problem I've found with hitting shorter shots than normal (especially on PERSONAL Par 6s (Par 5s) is that you have to execute every shot almost perfectly for the system to work. If you mis-hit one of these shorter lay-up shots you're left with a very long shot onto the green for your PERSONAL GIR, which like most people who shoot in the 90's you likely miss or hit into a bunker. Lets take an example to explain what I mean: PERSONAL Par 6 (Par 5) that is 575 yds w trouble on both sides of fairway. You hit your 3 wood which you pull a little and end up in the first cut of rough, 220 yds out (a solid hit for most hacks). Since you're trying to get onto the green for a PERSONAL GIR in 4 strokes, you have 355 yds to go in 3 shots. If my best lay up distance is still 90 yds that means that in two shots I've got to go 265 yds (or 132 yds per shot). Maybe I decide that since I'm in the rough, I'll have to hit a 7i to guarantee it gets that far. You hit it a little fat and instead of going 130, it only goes 75, but lands in the fairway. Now you have 190 left to get to your 90 yd lay-up... you have to hit a long iron or a hybrid or wood to get that... and chances are high that as a person

who shoots in the 90s, you don't hit those types of shots any consistant distance or direction. You hit a pretty decent shot off the deck with a hybrid but you push it a bit right and it lands in the rough at 110 yds to the green. You now have to hit the green from the rough with a PW, 9i or 8i to stay on pace... you hit 9i and you get a flyer out fo the rough the rolls right off the back. Now you have to get up and down to save a PERSONAL Par... you instead chip to 10 ft and miss the putt, carding a 7. You are now very much behind the 8-ball for breaking 90 even with the Level 5s plan. Now you could say that in the above example, anyone who hits bad shots like those doesn't deserve to break 90, but those are the exact types of shots people who shoot in the 90s hit all the time... and that audiane is the one that's supposed to benefit from this style of play. My thoughts here are that if you're the type of player who can hit 9 out of 10 7i-PWs straight and within 10 yards distance, you are probably the type of player that can already break 90 w/o this approach. It's sort of a catch-22. I respect the authors ideas, and the other positive reviewers who claim to have had much more luck than me with it (though I'm a bit skeptical of the guy who says he shot in the low 90s consistantly and is not threatening to break 80 after reading this book). It's probably as good a golf book as you can find, which doesn't say too much. Still... for what I perceive are it's faults, it was a good read and I doubt it did any damage to my game... maybe with more practice I'll break 90 consistantly.

Great book. A must read if you want to improve your golf score.

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