

BEGINNER GOLF ROADMAP

Your First 30 Days of Golf



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35+ Years Teaching All Levels

Follow this roadmap with the free 12-lesson Beginner Series on YouTube

Session 1 – Start Here: Your First 30 Days of Golf

FOCUS

Give yourself a clear, simple 4-week plan instead of random tips.

WATCH

Start Here: Your First 30 Days of Golf (Beginner Roadmap)

KEY IDEAS

- Golf gets easier when you follow a plan, not YouTube chaos.
- Over 4 weeks we'll cover setup → contact → short game → course play.
- Your job: show up 3 times a week and do the drills.

Checklist

- ☐ I watched the full video.
- ☐ I chose my 3 “golf days” each week.
- ☐ I'm willing to be a beginner on purpose.

NOTES

Session 2– The Only Grip a Beginner Needs

FOCUS

Build a neutral, repeatable grip that stops the club from fighting you.

WATCH

The Only Grip a Beginner Needs (Stop Fighting the Club)

KEY IDEAS

- Handle in the fingers, not buried in the palm.
- See 2-3 knuckles on the lead hand.
- Trail hand lifeline sits over the lead thumb. “Hill to valley”
- Grip pressure about 5-6 out of 10.

DRILL

20 slow practice swings at home with your new grip
- no ball needed.

CHECKLIST

- ☐ I watched the full video.
- ☐ I chose my 3 “golf days” each week.
- ☐ I’m willing to be a beginner on purpose.

Session 3 – Posture & Setup in 60 Seconds

FOCUS

Stand to the ball in an athletic, balanced position every time.

WATCH

Posture & Setup in 60 Seconds (Your Swing Starts Here)

KEY IDEAS

- Tall, athletic posture: hinge from the hips, knees soft
- Feet about shoulder width, ball centered (5 iron)
- “Train tracks”: body line parallel to target line

DRILL

10-15 reps of setup only: get set, check posture/stance/alignment, step away. No swing.

CHECKLIST

- ☐ I practiced at least 10 setups without hitting a ball
- ☐ I understand the “train tracks” alignment picture
- ☐ I corrected at least one old setup habit

Session 4 – Stop Topping the Ball

FOCUS

Fix topped shots by controlling where the club hits the ground

WATCH

Stop Topping the Ball: One Simple Contact Drill for Beginners

KEY IDEAS

- Topping happens when the club is too high/body lifts
- Goal: Brush the grass at or just after the ball
- Small, slow swings beat full-speed thrashing

DRILL

10 swings with no ball brushing the grass, 20 swing with a ball using the same feel.

Checklist

- ☐ I felt the club brush the grass after the ball
- ☐ Out of the 20, I hit this many solid: ____
- ☐ I wrote that number down to beat it next time.
- ☐

NOTES

Session 5 – Why Your Ball Curves

FOCUS

Understand what controls curve so your shots get more predictable.

WATCH

Why Your Ball Curves (Straight Shot Basics for New Golfers)

KEY IDEAS

- Face starts it; path curves it
- Face = where the “car” points; path = the “road” it drives on
- Typical slice: face open relative to path

DRILL

Gate drill - two tees in front of the ball, swing the clubhead through the “gate” without hitting them

CHECKLIST

- ☐ I can explain “face starts it, path curves it” in my own words
- ☐ I tried the Gate drill
- ☐ I paid attention to where my ball started and how it curved

Session 6 – Smooth Tempo, Better Shots

FOCUS

Swap wild swings for smooth tempo and solid balance.

WATCH

Smooth Tempo, Better Shots (Without Swinging Out of Your Shoes)

KEY IDEAS

- Most beginners need better tempo, not more speed.
- Rhythm pattern: 1-2 back, 3 through; “1 thousand 1, 1 thousand 2”
- Balanced finish = better contact

DRILL

- 1,2,3 rhythm with no ball
- Hold your finish for 3 seconds after each swing

CHECKLIST

- ☐ I did at least 10 swings with the 1,2,3, rhythm (no ball).
- ☐ I did at least 10 swings with the ball, holding the finish.
- ☐ My best swings felt smoother and more in control.

Session 7 – Chipping 101: One Simple Technique

FOCUS

Create one reliable “bump and run” chip from just off the green

WATCH

Chipping 101: One Simple Technique from 5 yards Off the Green

KEY IDEAS

- Pick one “chip buddy” club (PW or 8 iron)
- Narrow stance, ball back, weight forward, hands ahead
- Motion = small putt with no hinge (a little is ok)
- Land it on a spot & let it roll like a putt

DRILL

Hit 20 chips from easy lies using the same setup and landing spot idea.

Checklist

- ☐ I chose my “chip buddy”: _____
- ☐ I hit at least 20 chips with this setup.
- ☐ Inside one putter-length: _____ chips

NOTES

Session 8 – Putting 101: Short Putts

FOCUS

Build a routine to make more 3-6 foot putts.

WATCH

Putting 101: Make More Short Putts with this Simple Routine

KEY IDEAS

- Solid, comfortable setup with eyes roughly over the line.
- 4-step routine: Read, Aim, Look & Go, Commit.
- Confidence comes from repetition with the same routine.

DRILL

- Circle drill: 6 - 8 balls around the hole at 3 ft; go around using your routine.

CHECKLIST

- ☐ I used the same 4-step routine on every short putt.
- ☐ My current record for 3 footers in a row is:_____
- ☐ I wrote that record down to beat it later.

Session 9 – Your First Driving Range Session

FOCUS

Practice with a plan instead of smashing random balls.

WATCH

Your First Driving Range Session: Exactly What to Practice

KEY IDEAS

- Small bucket splint into 3 parts: contact, ball flight, tempo
- Pt 1: small swings, brush the grass (10-15 balls)
- Pt 2: watch start line and curve (10-15 balls)
- Pt 3: 1,2,3 rhythm + 3 second finish (10-15 balls)

CHECKLIST

- ☐ I followed the 3-part range plan
- ☐ My biggest improvement was in:
 - ☐ Contact ☐ Ball flight awareness ☐ Tempo
- ☐ I wrote down one note from this session to remember.

Session 10 – Beginner Etiquette & Pace of Play

FOCUS

Feel comfortable around other golfers by knowing the basics of behavior and pace.

WATCH

Beginner Etiquette & Pace of Play (Don't be 'That Golfer')

KEY IDEAS

- Etiquette = respect for people, the course, and pace.
- Be ready when it's your turn; stay quiet during swings.
- Fix divots, rake bunkers, repair ball marks.
- Let faster groups play through when needed.

Checklist

- ☐ I understand tee box, fairway, and green basics.
- ☐ I know it's ok to let a group play through & how.
- ☐ I feel less anxious about knowing “what to do”

NOTES



Session 11 – How to Play Your First 9 Holes

FOCUS

Have a simple game plan for your first real round.

WATCH

How to Play Your First 9 Holes without Embarrassment

KEY IDEAS

- First rounds = progress, not pars.
- Play the most forward tees
- Use a “par 5 mindset”: advance the ball in safe chunks
- It’s ok to pick up and move on after enough shots (5 in the fairway, 3 on the green)

CHECKLIST

- ☐ I picked a course & tees that fit my first-9 goal.
- ☐ I used the “Par-5 mindset” not hero shots
- ☐ After my first 9, I wrote 3 things that went well, and 1 thing to improve.

Session 12 – Beginner Golf Clubs: What You Really Need

FOCUS

Understand a simple, forgiving starter set and avoid gear overwhelm.

WATCH

Beginner Golf Clubs: What You Really Need (and What You Don't)

KEY IDEAS

- Starter set: 1 wood, 1-2 hybrids, 7 iron, 9 iron, wedge, putter
- Forgiveness & comfort matter more than brand.
- Used clubs are often a smart choice early on.
- Proper fitting becomes important only as your swing stabilizes.

CHECKLIST

- ☐ I listed the clubs I already own.
- ☐ I spotted any big gaps (no wedge, hybrid, etc)
- ☐ I decided whether to keep my current set or look for a simple used starter set