

# **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.
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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 Temp, 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 split 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')*

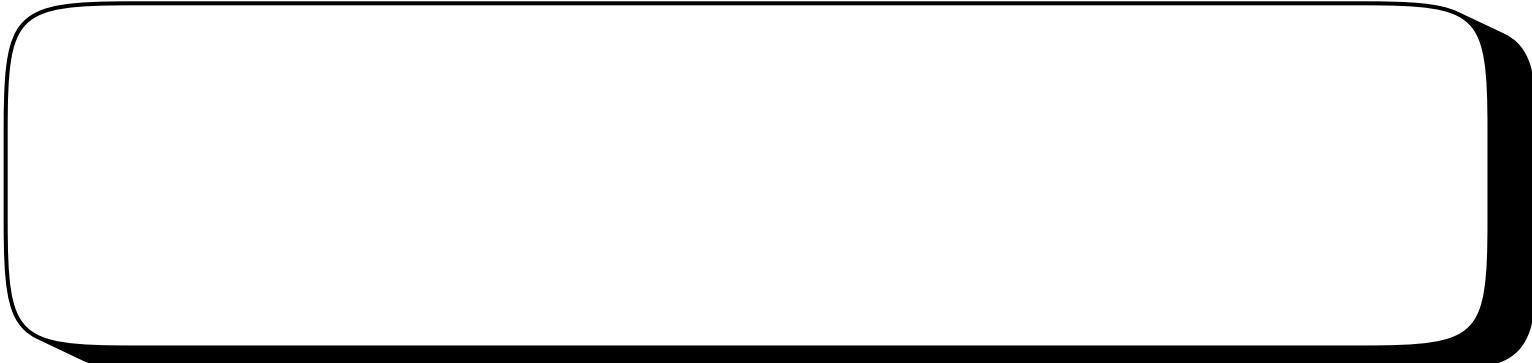
### KEY IDEAS

- 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

A large, rounded rectangular box with a black border, designed for users to write notes in.

# 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