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# **The Simple Six Step Blueprint for Consistently Breaking 90**

**Mastering These Six Simple Skills is the Proven  
Shortcut to Shooting Scores in the 80s or Lower**

**UnAnnounced BONUS Break 90 Videos available at:**

**<http://www.Break90Over40Golf.com/b90v/>**

Some people understand golf concepts better through video demonstration rather than the written world (like me!). These videos available at the URL above cover the six simple skills in this report and share practice drills to help you improve even faster.

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Hello. Robert Phillips from Break90Over40Golf.com here. That's me in the photo below playing at my home course – Club El Rodeo in Medellin, Colombia.

As an unannounced BONUS I've decided to include some videos with this guide. Because golf is easier explained (and learned) in video rather than text, right?

I'll share the link with you a bit later when we cover the simple system for sinking 90% or more of your 3-foot putts.

We'll get to the simple six step blueprint quickly. First, allow me introduce myself and tell you the interesting story about how I first discovered it.

In my 50s, I'm hitting the ball as far as ever, shooting scores in the 80s, and having more fun than ever on the golf course.

I don't say that to impress you. Only to impress upon you that I can help you achieve the same results. And in less time than you probably think too.



If that's what you want. And if you're serious about achieving this worthy goal.

If you can't consistently break 90, I know how you feel!

Why?

Because 20 years ago I was so confused and frustrated by all the conflicting advice I got from golf magazines, videos, and TV that I didn't know what to do!

That's when I met the man who demystified golf for me: "Mr. Matty"

We met at a party in Buckhead in Atlanta in the 1990s and became fast friends. We both grew up in Indiana. And we were both golf fanatics so we had a lot in common.

Unlike me though, Mr. Matty was a champion golfer. He won a state championship in Indiana. He also earned a scholarship to play college golf in Florida.

The memory of our first conversation at that party is still vivid in my mind. My friends and I had played golf that day and I doubt any of us broke 90.

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Mr. Matty was frustrated because he shot 76! “You shot 76!” I said. “I don’t believe you.” And I didn’t believe him.... until we played the following weekend.

Cheese and rice! This guy was great! Easily one of the best golfers I have ever played with in my life.

He smashed the ball long and straight off the tee. He hit laser-like iron shots to the greens. His short game was fantastic too! And it was all so natural and effortless.

Very quickly, I discovered Mr. Matty was the real deal. He made golf look easy!

He was also a great guy. Always happy and willing to share his knowledge with me and anyone else who asked.

We started going to the driving range together after work on weekdays. And playing together on the weekends.

And partying hard after the round too!! In Buckhead and other neighborhoods in Atlanta. That was back in the 1990s and early 2000s when we were in our 30s.

I still enjoy a cocktail or two today but my hard-partying days are a distant memory (at least the parts I can still remember!). I’m often in bed sleeping by 10pm anymore.

Unfortunately, my dear friend “Mr. Matty” tragically passed away in a car accident. You can read the sad story here if you want: <https://tinyurl.com/mrmatty>

While Matty is no longer with us, his knowledge and passion for golf live on through me.

And just like Matty, I’m happy to share his simple lessons with anyone serious about cutting through all the complicated and confusing BS.

Break90Over40Golf.com is for anyone who wants to discover the secrets and shortcuts for improving your golf game faster than you imagined possible.

Specifically, my mission is help golfers over 40 who cannot consistently break 90 and have a burning desire to shoot scores in the 80s (or even lower) succeed.

Because that’s exactly where I was before I met Mr. Matty.

So, if you’re over 40, struggle to break 90, and are serious about shooting scores in the 80s (or even lower), then let’s get started!

I can’t possibly share everything I learned from Matty over many years in this short report. Today I’ll share a simple plan for consistently breaking 90.

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It worked for me. And if you follow it, I'm confident it will lower your scores too. And if you want more information, I'll tell you how to get it in a few minutes.

Breaking 90 doesn't have to be so difficult. You don't need to hit fairways and greens in regulation. That's for the professionals. And we're not professionals.

I'll tell you what's more important to keep track of later, fair enough?

Before we get started, let's apply some common sense.

You should play a course that matches your abilities. And you should play the tees recommended for your handicap.

In other words, Bethpage Black (where they've played US Opens) is probably not the course you want to play if you have a handicap over 18 and your goal is to break 90.

You should play a course where you actually have a chance to break 90. Then play harder courses as your game improves.

And you should play the tees appropriate to your handicap. If you can't consistently break 90, then your handicap is probably higher than 18.

With an 18+ handicap, you shouldn't be playing the tips. That's just setting yourself up for failure and frustration.

You can move back to the blue and black tees as your game improves.

In other words, golf his hard enough. You don't need to do things that make it even harder! Like playing difficult courses or playing the back tees.

The exception could be if you are a member of a private golf country club and that course is difficult. That's actually my situation. And it has advantages.

Let me explain how playing the same challenging course can be beneficial. The key words being "the same challenging course." Not different difficult courses.

By playing the same course repeatedly you'll gain valuable course knowledge. That simply means you'll know what clubs to hit off the tees.

And you'll know the best places to miss the greens. The spots that give you the best chances to get up and down.

You'll know where you absolutely do not want to hit your tee shots and approach shots so you avoid danger.

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And if you can improve enough to consistently break 90 on a difficult course then you should be able to consistently break 90 on any course.

And break 80 on easy municipal course you've never played!

This is exactly what has happened with me. Here's how it happened.

Although I was born and raised in the USA, I've been living in Medellin, Colombia, for over 6 years now. That's a story for another time.

But I'll tell you the year-round spring like weather (70s and sunny almost every day), the friendly people, and the beautiful women are just a few of the many things I love.

I have a great group of friends I play golf with every Friday afternoon. At least we did before COVID!

There must be about 25 of us in total. Here's a small group of us on the 15<sup>th</sup> tee box.





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We call ourselves the “Par Ceros.” That’s the president, Julio Andres Rodriguez, on the far left. I’m second from the right (the American looking guy!).

The attractive senorita in the middle is my friend Leticia. Perhaps you’re beginning to see why I love Medellin! Hahahahahaha...

Why do we call ourselves the Par Ceros?

It has a double meaning. First, “parcero” is Colombian slang for “buddy” for “friend.”

Second, we report our scores by saying two numbers: the score followed by the number of putts. In Spanish of course.

So, if I scored a 5 with two putts, I would say “cinco, dos” – Spanish for “five, two.”

One day while playing the 10<sup>th</sup> hole with my “parcero” (friend) Julio, he chipped in for par. Julio is a great guy and the president of our Par Cero Club.

Since he chipped in for par, his score was par with zero putts. Spanish uses most of the English golf terms. So, par in English is also par in Spanish. Zero in Spanish is “cero.”

So, Julio scored a “par, cero.” That’s the second meaning of Par Cero. And that’s why we call our group the “Par Ceros.” Here’s our symbol.



There is only one 18-hole golf course in Medellin. It’s a private country club called Club El Rodeo. I’ve been a member since 2015.

It’s a beautiful course in the middle of “the city of the eternal Spring.” Here’s an overhead view with Medellin and the Andes mountains in the background.



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One of the unique things about Club El Rodeo is that the Medellin airport (symbol: EOH) is literally on the other side of the 17<sup>th</sup> green! Separated only by a fence and a few trees.

Planes approaching the runway constantly fly over the 2<sup>nd</sup> hole. The planes are so low you feel like you could hit them with a pitching wedge. Although I've never seen it actually happen.

The planes can affect tee shots to the 170-yard par 3 though. So, you may want to back off if you hear an incoming plane.

Here's photo of a plane landing. That's the 2<sup>nd</sup> green. I can see the 17<sup>th</sup> green in the background too.



Here's a link to the club website if you'd like to take a look:  
<http://clubcampestreelrodeo.com/portal2/>

Rodeo is a very difficult course!! It's absolutely NOT the type of course I would recommend for anyone who can't consistently break 90.

The greens can be incredibly fast. So fast that if you have a downhill putt and miss the hole, the ball is going to roll off the green!

Many of the fairways are also narrow. Even worse, on many holes missing the fairway left or right is out of bounds.

A PGA instructor who spends his winters in Medellin once told me the tee shot on the par 4 17<sup>th</sup> hole is so narrow it would be illegal in the US.



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There are trees and water to the left. And a cemetery to the right. So, if you miss right, you are almost literally dead! And the wind is always in your face too!

Here's a view from the 17<sup>th</sup> tee box. The airport is just past the green in the distance.



There are probably half a dozen holes where you could easily score a 10 if you're just a bit off target. I've done it myself. And watched my playing partners do it many times.



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I've seen even low handicap golfers blow up on certain holes. It happens.

Club El Rodeo presents a challenging test of golf.

Yet having played it hundreds of times, I've learned where to hit the ball. Better to miss left on certain holes and better to miss right on others.

Better to be short and let the ball roll onto the green on certain holes (because the greens are so fast the ball will roll through). And OK to go for the green on others.

Make no mistake. It's still a challenge to break 90 at Club El Rodeo. But I do it consistently. I've even shot in the 70s several times.

Here's the big advantage of playing a difficult course over and over again:

When I go back to the US and play with my friends, we tend to play courses that are much more forgiving than Club El Rodeo. They are frankly very easy to me.

You can bomb your drives just about anywhere and still have a short iron to the green.

Unlike Rodeo, the greens actually hold approach shots. The greens are slow to me. And the holes are also shorter.

Compared to the course I'm used to playing these courses are a piece of cake!

On several occasions I've shot scores in the 70s the first time I ever played these courses.

My friends think I'm a great golfer! But I know better. The reality is I'm enjoying the benefits of playing the same tough course over and over again.

I'm convinced anyone can consistently break 90 by mastering just six simple skills.

Each skill builds on the next. And as you improve each skill, your scores will fall. We'll start on the green, then work our way back to the tee.

Because the biggest opportunity for golfers who cannot consistently break 90 to lower their scores lies in the short game.

### **Skill #1: Sink at least 90% of your "Circle of Confidence" (or CoC) Putts**

First let me explain the "Circle of Confidence" or CoC for short. It's very simple.

Start at the hole, then draw an imaginary circle where every point on the circle is three feet from the center of the hole.

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Most putters are 34 to 36 inches long. So you could simply place your putter blade in the cup. Then the end of the putter grip would be approximately three feet from the hole.

So a “Circle of Confidence” or CoC putt is a three-foot putt.

When you can sink at least 90% of these short putts (that’s 9 out of 10) with confidence, then you’ll be well on your way to consistently breaking 90.

Here’s a link to a short video I created to explain the “Circle of Confidence.”

I’ll also reveal the biggest reason why most people miss these short putts. I’ll share the simple fix. Plus a simple drill you can practice at home or on the putting green.

Here’s the link to the videos I promised at the beginning of this blueprint for breaking 90.

**<https://break90over40golf.com/b90v/>**

I explain the entire “Circle of Confidence” putting system in one of the videos. As well as simple drills you can practice at home, at the office or at the practice range.

And it’s not just putting either. I cover chipping, power and distance, hitting solid iron shots, and much more. So check out the videos too.

Moving on...

When you can confidently sink 90% or more of your three-foot putts, don’t stop there. Challenge yourself to keep improving by increasing the size of your CoC.

Move out to 4 feet. Then 5 feet. Imagine how stepping over these short putts full of confidence can help you hole more putts and lower your scores.

Now let’s move on to...

## **Skill #2: Develop the speed control to lag longer putts into your CoC.**

Now that you have the confidence to sink nearly every three-foot putt, the next step is to consistently leave the ball in your CoC when you don’t hole out a chip or putt.

You do that by developing speed control on the longer putts.

Let get one thing straight right away. Of course, you’d love to make your 10, 15, and 20-foot putts. I won’t tell you not to try to sink these putts.

However, even the pros don’t make more than half of their 10-foot putts. And even less of their 15 and 20-foot putts.

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The bigger mission for golfers who cannot consistently break 90 is to avoid the dreaded three putt! Nothing jacks up your scores like a bunch of three putts.

You avoid three-putting by lagging your first putt into your CoC. Then confidently draining your next putt.

Lagging your fist putt into your CoC ought to be easy from 10-feet. Then a bit more challenging from 15-feet, 20-feet, and longer. But still easily done with some practice.

As your skill improves, try leaving the ball inside a smaller imaginary circle around the hole. Maybe a 2-foot circle. Then 18-inches. Then 1-foot.

The closer you leave your lag putt, the easier the second putt will be. And the fewer score-killing three putts you'll need to write down on your scorecard.

Again, as your skill improves keep challenging yourself to get even better.

As New York Yankees catcher Yogi Berra famously said:

*"100% of short putts don't go in."*

There's nothing more frustrating in golf than watching a putt headed straight for the bottom of the cup – only to stop a roll or two short of the hole.

Here's how to get more of your putts to the hole while still leaving them inside your CoC when you miss.

Simply cut your CoC in half. Specifically, you eliminate the front half of the CoC.

Now your goal is to leave the 10 to 15-foot putt inside the back half of the CoC. When you can consistently do that, then you'll give yourself a chance to hole the putt.

Then confidently tap in the second putt when you miss.

Outside of 15 feet, you're probably fine just lagging the first putt into your CoC, then confidently holing your second putt.

But that really depends on you and your confidence in your putting. If you're a good putter, then you can expect more of yourself.

Here's a link to a short video that shows you a simple lag-putting drill you can do either at home or on the putting green.

Here's the link I shared earlier where you'll find videos where I talk about lag putting and share some drills.



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<https://break90over40golf.com/b90v/>

Now you understand the simple 2-step CoC putting system. Master this to hole nearly every short putt and virtually eliminate three putts.

Now let's move slightly off the green to...

**Skill #3: Chipping: When you miss the green, chip your next shot onto the green.**

Golfers who can't consistently break 90 typically lose a lot of shots around the greens.

They'll hit the ball fat so it goes nowhere leaving you the same shot. Or thin and skull the ball over the green.

Chipping doesn't need to be so difficult. You just need to understand a simple technique I'll share with you.

At a minimum you want to chip the ball onto the green, then two-putt.

However, as your chipping skills improve, challenge yourself to not only chip the ball onto the green, but also inside your CoC so you can get "up and down."

Getting "up and down" – basically turning 3 shots into 2 – could be the "Holy Grail" of golf.

The magical way to shave strokes off your score that could very quickly have you consistently breaking 90. Or even better.

In the videos I created for you, I demonstrate a simple chipping technique and share a drill you can practice either indoors or on the practice green. Here's the link again...

<https://break90over40golf.com/b90v/>

Developing these first three skills alone may be enough for you to consistently break 90. But you can do even better. Golf gets a lot more fun and exciting when you can hit the ball farther with...

**Skill #4: Add Power & Distance**

Every golfer wants to hit the ball longer and straighter. So why is it such a challenge for most?

Simple. Because they don't understand the basic mechanics of how the golf swing works.

What are the major sources of power? And the little things that steal your thunder?

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Think of swinging the golf club like swinging a sledgehammer at a 4x4 at the bottom of a wall. That's how you'll produce maximum power and distance!

This is much easier explained by demonstration than through the written word.

Once again, I won't leaving you hanging. I've created a video that reveals the basics of the golf swing. Plus a simple drill to make sure you're swinging the club to produce maximum power and distance. You'll find all the videos here:

**<https://break90over40golf.com/b90v/>**

Combining power and distance with the short game skills I've already shown you should have your scores dropping significantly. But we're not quite done yet.

Let's kick it up another notch with...

### **Skill #5: Striking Solid Iron Shots**

Now that you understand the basics of the golf swing, you're set to rip laser-like iron shots. You'll love hear the distinctive sound of a well struck iron shot.

But hitting irons is a bit different than hitting tee shots. Obviously, the ball is not teed up so you need to approach the shot a bit differently.

Just as with power and distance, most golfers who struggle to break 90 hit poor iron shots because they don't understand the basics behind executing the shot.

Most poor golfers mistakenly believe they must help the ball get up in the air. As a result, they'll try to "scoop" the ball. In reality, you want to do the exact opposite.

One critical part of the equation is understanding the concept of the "low point." That simply means the point in your swing where the club head strikes the ground.

The most important thing to remember is that the "low point" must be reached **after** you strike the ball.

Here's a link to a short video that explains "low point." Plus a simple drill that will have you striking quality iron shots in no time.

In the videos I've created for you, I'll explain "scooping" and why you shouldn't do it. Plus the simple drill I used to start striking crisp iron shots for the first time.

**<https://break90over40golf.com/b90v/>**

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By now you can see how each of these skills builds on the previous skill and helps you lower your scores even more.

First you develop the confidence to drain nearly every short putt. Next you develop the skill to lag your fist putt into your CoC so you avoid three-putting.

Then you develop a dependable stroke to chip the ball onto the green when you miss it with your approach shot.

After your short game skills are squared you away, you add power and distance to hit the ball farther and leave shorter approach shots.

Then you develop the ability to consistently hit crisp, pure iron shots. With that you've got all you need to consistently break 90...

Especially when you add in one last skill that has nothing to do with actually hitting the golf ball...

### **Skill #6: Increase Your Golf IQ**

This is my way of saying course management. Managing your way around the course in the most intelligent way that gives you the best chance to shoot your lowest score.

Put another way, it means playing the smart shot that gives you the best chance to put the ball in the hole in the fewest number of shots.

And avoiding the "hero" shot that's more likely to put a big number on your card when you don't pull it off the miracle you never should have imagined to begin with.

Let's break it down into some simple steps you can follow on every type of hole.

First, I'll tell you that I believe you only need to master two shots. Yes. That's right.

Mastering just two simple shots along with an average short game should be enough to consistently break 90.

So what are the two shots?

- 1) A playable 200+ yard tee shot
- 2) A playable 150-yard iron shot (or hybrid if you prefer)

I'll explain each shot in more detail as I suggest a battle plan for playing ever type of hole (par 3's, 4's, and 5's) with a score of bogey or better.

We'll start with par 4's since there are 14 of them on a regulation golf course.



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## 4 Simple Steps to Scoring Bogey or Better on Par 4's

### Step #1: Hit a playable 200+ tee shot.

My definition of playable is 200+ yards with a clear shot to the green. Who cares if the ball is in the fairway or the rough?

If you have a clear shot to the green (even if it's in a bunker or in the woods), then that is a playable tee shot.

Even if you need to punch a shot underneath some trees, it's playable if you can reasonably expect to reach the green. Period.

And that's what you want when you're trying to break 90.

It's the tee shots where you don't have a shot at reaching the green that results in high scores because you waste a shot chipping out of trouble

Or even worse, you're hitting three off the tee because you hit your first drive out of bounds.

Of course, the farther you hit your drive the better so long as your tee shot is playable. Because you'll have a shorter approach shot allowing you to hit a shorter iron. That's the "synergistic power effect" I referred to earlier.

This is where playing "smart" comes in. Who cares if you can hit a 300-yard drive if it's in the woods or out of bounds?

You need to be honest and assess your own game. Most high-handicap golfers would be better off hitting a 3-wood, a hybrid, or even an iron off the tee.

Because what's most important is not distance. What's most important is that you have an opportunity to reach the green in two shots.

Remember this: Golf is not a game of spectacular shot or "hero" shots that rescue you from danger. That's what we see on TV all the time. But don't forget the golfers we see on TV are professionals playing at a much higher skill-level than we are.

It is totally unreasonable to expect that we can execute the same shots the pros can. That's a recipe for mistakes that lead to blow-up holes.

The golfer who scores the lowest is almost always NOT the one who is constantly hitting "hero" shots to rescue himself from danger...

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It's much more often the golfer who avoids trouble in the first place. The golfer who plays within his ability and keeps the ball in play.

On each hole ask yourself: What club gives me the best chance to hit a playable 200+ tee shot where I'll have an opportunity to reach the green in two shots?

That's the club you should hit.

Mr. Matty showed me the basics of the golf swing. And how to get more power and distance. And what he showed worked fantastically!

But it's better show in video format than in a written report. I'll tell you how to get access to the videos at the end of this report. In the meantime, try this...

**SIMPLE POWER & DISTANCE DRILL:** The "whoosh" drill.

The "whoosh" drill reveals where you clubhead reaches its maximum speed. Common sense says the ball will go farther if the clubhead reaches max speed at impact.

Yet most golfers who can't consistently break 90 reach maximum speed well before impact. And that leaves little power remaining when the club strikes the ball.

The result is a tee shot lacking the power and distance with which you could and should be striking the ball.

So what's the "whoosh"? It's simply the sound the club makes when it reaches maximum speed as it goes through the air.

I demonstrate the "whoosh" drill for you in the videos you'll find here:

**<https://break90over40golf.com/b90v/>**

To do this drill, you'll need to grip the club backwards. So that your hands are near the club head and the grip end of the club is pointing down.

Now simply take your normal swing and listen for the "whoosh" sound. At what point in your swing do you hear it.

If you hear it at the point where the club head would be striking the ball, then you're in good shape. That's where you want to hear the "whoosh" sound.

However, if you hear it before the point where the club head would be striking the ball, you're not swinging properly. And you're robbing yourself of power and distance.

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In simple terms, this is what's happening. You're swinging the club with the little muscles of the hands and wrists instead of with the big muscles of the back and shoulders.

It's not necessary to consciously use the little muscles. They simply act as a lever or fulcrum. The weight of the club head will automatically hinge and unhinge your wrists.

Think of it like swinging a hammer. You don't use your wrist. The weight of the hammer naturally hinges and unhinges your wrist.

If you were to swing the hammer with your wrist, you would actually be slowing down the speed of the hammer.

To strike the nail with maximum force you use your wrist as a lever or fulcrum and let the weight of the hammer do all the work.

On the downswing you get the hammer moving forward and let the weight of the hammer gain speed. That's the proper way to swing a hammer.

It's also the proper way to swing a golf club! Just with both hands.

On the backswing the weight of the club head will naturally hinge your wrists at about waist high. And when you start the downswing, DO NOT use your wrists.

Just use your big muscles and get the club head moving towards the ball. At some point the weight of the club head will naturally unhinge your wrists allowing you to strike the ball with maximum club head speed.

With these thoughts in mind, practice the "whoosh" drill until you hear the "whoosh" sound at the point in your swing where the club head would be striking the ball.

## **Step #2: Hit your approach shot on or near the green.**

Pretty simple, right? And admittedly easier said than done. Most golfers who can't break 90 don't hit many greens in regulation.

Yet that doesn't mean you can still score a par. Or a bogey at worst.

Have confidence in your ability to hit the green in regulation. After all, golf is mental game and approaching each shot with a positive attitude goes a long way.

Yet you should also play smart. Play for the middle of the green, not the flag. And play away from trouble like water or bunkers.

This will save shots by helping you avoid costly penalty strokes. Or the difficulty of getting out of a bunker.



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Before you hit the shot, consider the spot where it would be easiest to get “up and down.” To chip the ball onto the green and make the par putt.

The more green you have to work with the better. “Short sided’ shots where you can’t let the ball roll out tend to be more difficult for golfers who can’t consistently break 90.

Short-sided shots are easy to screw up! By “skulling” a flop shot across the green, by decelerating (slowing down your clubhead speed) such that the ball barely moves.

And many other ways. That leave you with another difficult shot.

That being the case, if the flag is at the back of the green then it’s probably better to be short than long. If the flag is near the front of the green, better long than short.

If the flag is on the left side of the green, it may be better to miss right than left. And vice versa if the flag is on the right side of the green.

This is the smart way to play because these misses won’t leave a you “short sided” with a difficult next shot. You’ll have plenty of green to work with.

Here’s another thing to keep in mind. You don’t have to hit the majestic, towering iron shots that stop and backspin like the pros!!

There’s nothing wrong with hitting a low iron shot that bounces and rolls on to the green.

There’s a popular saying in baseball about a poorly hit ball that ends up as a base hit. They say “it looks like a line drive in the box score!” And they’re right.

It’s the same in golf. You don’t get any style points for hitting a great looking iron shot that sticks on the green when it lands.

It doesn’t matter **how** you get on the green. It only matters that you get **on** the green regardless of how you do it.

The only thing that matters in golf is the number you write down on the scorecard.

From personal experience, I can tell you hitting solid iron shorts was the last thing I figured out (thanks to Mr. Matty of course).

The truth is that I started breaking 90 by improving my short game and adding power and distance to my long game.

In between, I would hit a low-running iron or even hybrid shot to get me on or near the green. Don’t be concerned about “style points.” Do what works best for you.

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Again, hitting solid iron shots is something better shown in video than in the written word. But perhaps these few tips will help...

First, you must hit the ball before the ground. There's no need to help or "scoop" the ball to make it go up. The loft on the iron will do that for you.

It can be difficult for the idea that hitting down on the ball makes it go up. But once you start striking solid iron shots you'll see that it's 100% true.

Here's a simple drill that helped me tremendously.

**SIMPLE TIP FOR HITTING SOLID IRON SHOTS**: Imagine a spot in front of the ball. Then hit that spot, not the ball. By doing this you can't help but hit the ball first. And you'll hit more solid iron shots.

On the practice range, I would put a penny in front of the ball. You can use whatever works for you. Like a tee pressed into the ground or a ball marker.

Just be aware that I lost a lot of pennies doing this! But it was well "worth every penny" I lost because it helped me hit better iron shots by hitting the ball before the ground.

See these videos for more: <https://break90over40golf.com/b90v/>

**Step #3: If your approach shot misses the green, put your next shot on the green.**

Chipping can be easy or challenging. Mostly depending on the lie and the shot.

You never know how the ball will be lying in the grass. With a good lie, chipping is much easier. But sometimes the ball is buried in thick rough, in a hole, or in some other spot making your chip shot more challenging.

If you have a lot of green to work with (meaning you can let the ball roll out), then the chip shot should be easier.

On the other hand, if you are "short sided" (meaning you cannot let the ball roll out), then you are probably facing a more difficult chip shot.

This is why you should consider where the best place to "miss" is on your previous shot!

Remember, it's usually smarter to play away from danger and to give yourself more green to work with. That gives you the best chance to succeed.

Don't get too cute. Just get the ball on the green.

How you chip is a personal preference. You need to practice until you find out what works best for you.

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Some people like to use a 7-iron. Other players use a wedge. Still others will use either depending on the situation.

Some people like to place the ball more back in their stance while others prefer the ball position to be more forward in their stance.

Personally, I generally don't believe in one-size-fits-all solutions. So I'm not going to say you absolutely must chip in a certain way. It's up to you to figure out what works best.

What I can do is explain my preferences. If they make sense to you then feel free to use them. If not, then do something else. I won't be offended!

I tend to use my wedges. I carry a 52-degree wedge (52W), a 56-degree wedge (56W), and a 60-degree wedge (60W).

Remember, I told you earlier the greens at Rodeo (the course I play in Medellin) tend to be very fast. So using anything more than one of these three wedges is not necessary.

Depending on the course you play, you may prefer to chip with different clubs. And there's absolutely nothing wrong with that.

Which club I use depends on the shot. If the chip shot is uphill and I have a lot of green to work with (I can let the ball roll out), then I'll use the 52W.

And I'll place the ball further back in my stance because that promotes my striking the ball first. It also produces a lower shot that rolls out. And that's what I want.

If I'm short sided (don't want the ball to roll out) and have a downhill chip, I'll use the 60W. I'll place it more forward in my stance too. Because that promotes a higher shot that doesn't roll out as much.

Sometimes I'll even open the club face a bit. Because that promotes an even higher shot that rolls even less.

Again, chipping is something much better demonstrated in videos than explained in words. But I will share this one helpful tip I learned from Mr. Matty...

**SIMPLE CHIPPING TIP:** Think of your chip shot as a putt. Only with a different club.

What!? That simply means to take your putting stroke with your wedge (or whatever club you're chipping with). Try it and I think you'll be amazed with the results.

Here are a few pointers on this effective chipping technique.



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Use a “soft” grip. Tension is the enemy in golf. Any tension in your grip is transferred to the club face and then to the ball. And that results in a loss of touch around the greens.

The more tension in your grip, the more the ball will roll out. The less tension in your grip (i.e. a “soft” grip), the less the ball will roll out.

How “soft” should your grip be? You could easily pull the club out of my hands. That’s how relaxed and tension-free my grip is.

The advantage is that you can take a bigger swing and that gives you more control around the greens.

An important point: You MUST accelerate through contact with the ball.

Decelerating (slowing down your club speed before contact) is a mortal golfing sin that results in horrible shots and frustration.

This is true on all shots including tee shots and iron shots. But it’s particularly important to remember on chips or pitch shots where the ball is sitting down in thick grass.

Because the grass will tend to decelerate or even stop your club. So you may need to take a more aggressive swing when you find yourself in those situations.

Don’t worry about getting the ball in the air. The loft of the club will naturally lift the ball into the air.

You’ll probably want the ball to land on the green and then roll out the appropriate distance for your shot.

That comes with practice. So practice this chipping technique with different clubs and different lies to see how the ball reacts.

You’ll be chipping the ball closer to the hole in not time.

To see a demonstration of this drill, please watch the videos here:

**<https://break90over40golf.com/b90v/>**

#### **Step #4: Two putts.**

Now that you’ve got the ball on the green in either two or three shots depending on whether or not you hit the green in regulation, the final step is to put the ball in the hole.

Do that and you can’t possibly score worse than a par or bogey.

Mr. Matty taught me a simple two-step putting technique that really works well.

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First you get confident at making three-foot putts. You do this with practice. Make a point to practice three-foot putts until you can make 9 out of 10 or better.

You don't need a tape measure. Most putters are about three foot long. So just stick your putter head into the hole and place the ball where the shaft ends.

You could also use a coin to mark the spot. And even mark several spots in a circle around the hole. That should give you a variety of three-foot putts: uphill, downhill, left-to-right, and right-to-left.

Then practice making the putts. It shouldn't take too long until your confidence soars. You can take the confidence to the course with you and never fear a short putt again.

Here's great tip from Mr. Matty that help you sink more putts...

**SIMPLE PUTTING TIP:** Stroke your putt with enough pace to go 12 to 18 inches past the hole.

So many friends I play with miss so many short putts because they don't stroke their putts with enough pace!! It's so frustrating to watch because it's not necessary.

This is a result of not having confidence. You'll quickly overcome that challenge when you know you can sink at least 9 out of every 10 three-foot putts.

Why do want to stroke your putts with sufficient pace to go 12 to 18 inches past the hole? Why not let the putt "die" into the hole on the last roll?

Simple. Because that's a recipe for missing a lot of short putts!

Here's why:

Think about all the impediments around the green that will knock your putt off line: footprints, ball marks, pebbles, sand, uneven grass, even wind on certain days.

That's A LOT of things that could make you miss the putt – especially if your putt doesn't have the pace to overcome these obstacles.

A slower moving putt is much easier to knock off line. A faster moving putt is much more likely to hold its line despite these obstacles. It's as simple as that.

I couldn't begin to count the number of short putts I've seen my friends miss because the ball that what has headed for the bottom of the hole got knocked off line on the last roll! And all because it lacked the pace to overcome that last obstacle.

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Meanwhile, I'm knocking short putts in almost every time because mine have enough pace that they don't get knocked offline. And on the rare occasion I do miss a short putt, I've got a short tap-in for the next putt. It's so simple.

The second step is that when you have a putt outside of three-feet, you knock within three-feet so you avoid three-putting.

To do this you practice your distance control on longer putts. Just practice long putts until you can consistently knock them to within three-feet. Then make the next putt.

It's simple. And with practice you'll quickly gain confidence on the greens. You can even practice putting at home. Either on the carpet or with a putting matt or aid.

There's one last thing to add on putting before we move on. Don't leave intermediate length putts short.

For a golfer who can't break 90, an intermediate length putt would be somewhere between 10 to 15 feet.

You're not going to sink many putts over 15 feet so concentrate on avoiding three putts. Do that by leaving your "lag" putt inside an imaginary three-foot circle surrounding the hole.

But from 10 to 15 feet, you could possible hole the putt. And there's nothing more frustrating than watching a putt that's on a great line stop a few rolls short of the hole.

We've all done it. And it sucks. On these intermediate length putts, you still want to stroke the putt with the pace to leave the putt within three feet of the hole.

However, you want to cut that circle in half by eliminating the part of the circle that's short of the hole. In other words, if you miss the putt, it should stop in the part of the three-foot circle that is behind the hole.

At least that way, the putt has a chance to go in if it's on the right line. As Yogi Berra famously said: "100% of short putts don't go in." Wise words Yogi!

That's it. The simple formula for scoring bogey or better on par 4 holes. Along with some valuable "Mr. Matty" wisdom for executing the plan.

For par 3's and par 5's, we just need to make a minor adjustment.

On par 3's the blueprint skips step #2. Because in essence your tee shot on a par 3 is like your approach shot on a par 4.

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On par 5's, you'll normally be taking three shots to reach the green. So step #2 becomes putting your second shot in the best position for your approach shot to the green. From there, follow the par 4 blueprint.

Of course, you may be tempted to try and reach a par 5 in two shots. Before you try that, be honest. Ask yourself if trying to reach in two shots is really the best play.

If it is, then go for it. If not, then lay up to a comfortable yardage and reach the green in three shots. Then you're just two putts away from par.

As you gain power, distance, and accuracy, you likely will be able to reach par 5's in two shots.

From experience, I can tell you I've gotten myself in a lot of trouble by going for the green in two shots! Looking back, I'd have had a better chance of hitting the green in regulation by hitting two wedges than by trying to pound a three-wood.

Sure, it's fun to reach par 5's in two shots. And I'm not discouraging you from doing it...if you're playing smart.

On regulation par 72 course, you only need 17 bogeys and a single par to shoot 89.

If you follow this simple blueprint, that should be easily attainable.

You might want to write down what you'd consider to be your "personal par" on every hole as long as it adds up to less than 90.

Perhaps there is a very difficult par 4 that gives you fits. There are two of them back-to-back at Rodeo (12 and 13).

If that's the case on your course, you might be better off playing them as par 5s. That's something for you to decide.

Earlier I said golfers who can't consistently break 90 shouldn't concern themselves with fairways hit or greens in regulation. Those are statistics for professional golfers. Not us!

Here is what might help you break 90 consistently:

How many playable tee shots did you have out of 18?

I described playable tee shots earlier. If you have a clear second shot then you hit a playable tee shot. If you don't have a clear shot, then you didn't hit a playable tee shot.

Who cares if the ball is in the rough? Plenty of players hit the green and score pars from the rough. And you can too.

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How many greens did you hit in regulation +1?

Regulation +1 (or regulation plus one). Greens in regulation is two less than par. So hitting the green with your tee shot on a par 3, in two shots on a par 4, or in three shots on a par 5.

Again, that's a statistic for the pros. Not for us.

If you can put your ball on the green in two shots on a par 3, in three shots on a par 4, and in four shots on a par 5, then you're in great shape to break 90.

Because all you need to do is two-putt for bogey. And in a round of 18 holes you can't help but make a few pars by hitting the green in regulation +1.

And finally...

How many three putts did you have?

Not much blows up your score more than having a bunch of three putts on your scorecard. I gave you a simple blueprint for two-putting earlier.

That's the plan to follow. If you have more than two or three 3-putts in your round, then you'll want to practice your putting to get that number down to one or less.

You're going to three-putt now and then. Even the PGA pros three-putt occasionally. But there's no reason at all you should be three-putting more than once or at most twice per round.

And minimizing those dreaded three-putts goes a long way toward consistently breaking 90.

Now you have a simple blueprint you can follow to consistently breaking 90. All you need to do is go execute it. I'm confident you'll be playing better golf very soon.

Dedicated to Consistently Breaking 90,

Robert Phillips, Author  
How to Break 90 in 42 Days or Less

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In these comprehensive videos, you'll find almost everything I discussed in this blueprint for consistently breaking 90. Plus demonstrations of the drills. It's great companion for golfers who learn better through video than through the written word (like me!).

If you have any feedback, I'd love to hear it. I don't care if your feedback is good, bad, or ugly, as long as it's honest. Your feedback will help me improve. And if there are other aspects of golf you'd like me to cover, please let me know that too.

And of course, I'm always interested in hearing about your success stories. Please send them to me so I can add yours to the ever-growing pile of golfers shooting lower scores and having more fun on the golf course.

You can reach me by responding to any email I send you. Or by sending a message to: [robert@break90over40golf.com](mailto:robert@break90over40golf.com)

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## Medical Advisory

The information and practice drills provided in this guide are not intense. Yet they should still not be attempted by anyone with any medical conditions before being cleared by a doctor. If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.