

SPF FUNDAMENTALS

1. Overview

- a. S.O.P. – Your Standard Operating Procedure/Process
- b. Your template
- c. Your mantra
- d. SPF Mechanics
- e. Bridges

2. Checklists

- a. Studying/Chalking
- b. Standing /Stalking
- c. Shooting/Talking

3. Mother Drills

- a. #1 Setting my template and building a mantra into my S.O.P.
- b. #2 Testing my stroke
- c. #3 Personal eye pattern
- d. #4 Learning to cue on vertical center
- e. #5 Speed Control
- f. #6 The Stop Shot
- g. #7 The Draw Shot

4. Report Card and Homework