

AI Golf University
Paper series

The Best Free Improvement Tool

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The Best Free Golf Improvement Tool You Probably Aren't Using

How One Simple ChatGPT Habit Can Help Every Golfer Learn More Between Lessons

Every year, golfers spend thousands of dollars on lessons, practice balls, green fees, launch monitors, and equipment.

Yet many lose the most valuable part of a lesson before they even get home.

Not because the coach didn't explain it well.

Because memory is fragile.

A coach may spend an hour carefully helping a golfer understand one important idea.

By the next morning, that idea has often become fuzzy, incomplete, or mixed together with several other thoughts.

The lesson slowly fades.

Not because the student wasn't trying.

Because that's how human memory works.

Here's the good news.

If you have a free ChatGPT account, you already own one of the most valuable learning tools ever available to golfers.

And it doesn't require expensive technology.

It requires one simple habit.

After Every Lesson...

Open ChatGPT.

Type something like this:

"I just finished a golf lesson.

Please help me organize what I learned.

Ask me questions one at a time until you understand the lesson.

Then create:

- a one-page lesson summary
- my three most important priorities
- a simple practice plan
- one thing I should avoid thinking about
- three questions to ask myself before my next practice session."

That's it.

No special software.

No paid subscription.

No technical knowledge.

Just a conversation.

Why this works

Most students try to remember a lesson.

ChatGPT helps you reconstruct a lesson.

Those are completely different things.

As ChatGPT asks questions...

“What drill did your coach give you?”

“What ball flight were you trying to create?”

“What did success feel like?”

...you begin remembering details you thought were gone.

The conversation strengthens memory.

Your Coach Doesn't Change

Your coach remains your coach.

ChatGPT doesn't replace the lesson.

It helps preserve it.

Think of it as writing the world's most organized lesson notebook.

Except the notebook asks questions.

Coaches Can Do This Too

Imagine every student leaving a lesson with:

- * a personalized lesson summary
- * an organized practice plan
- * reminders of the coach's priorities
- * a written record to review before the next lesson

Suddenly the lesson lasts for weeks instead of days.

The Super Team

This is where the idea of the Super Team begins.

Coach.

Student.

ChatGPT.

Each has a different role.

The coach teaches.

The student practices.

ChatGPT helps preserve, organize, and reinforce the learning.

Try It Today

If you do only one thing with AI this week, let it be this.

After your next lesson, spend ten minutes talking with ChatGPT about what your coach taught you.

The lesson doesn't end when you leave the lesson tee.

Some of the most valuable learning can happen during the conversation you have with ChatGPT afterward.