

# 18 TO 8

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GOOD GOLF TO GREAT<sup>®</sup>

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WITH TODD MEENA

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## Why is Golf Good?

Golf costs money. It takes time. And it inspires more cursing than any game on the planet. So how can it be good?

Golf is good because it is a game, not a profession, an industry or an association. There are not many games left on earth that men and women can play with children and the kids can win fair and square. There aren't many games left where people who do not speak the same language can play together and four hours later shake hands as friends.

Golf is good because people can get lost on a golf course. They can put away for a few hours all the other stuff that is dominating their day. The golf course is the only place left where grown-ups can play in the woods together and not be called names.

Golf is good because it causes people to spend time together without a television set.

Golf is good because there are few moments as beautiful as standing on a tee box on a warm May morning just after the grass has been cut.

Golf is good because it never ends. No matter how good the last round was – it is always possible to shoot one stroke better.

Golf is good because it affords a lifetime of laughter—mostly at ourselves.

Golf is good because it gives us a chance to be children again.

Golf must be very good because at every golfer's funeral the saddest people in the room, after the immediate family, are always the friends who lost their golfing buddy.

## INTRODUCTION

This is a very different book about the game of golf. Most golf books are written by golf professionals. This book is about amateurs – the people who do most of the playing and paying in the world of golf. It is not a lecture by somebody better than you or smarter than you or richer than you. It is a book inspired by a bunch of golfers who are lifelong friends and have seen just about all there is to see in golf in North America and a bit of Europe. Friends who have been to St. Andrews, Augusta, Pebble Beach, Oakmont, Pinehurst, Whistling Straights, and lived to talk about it. Golfers who play public courses as quickly as exclusive clubs and who celebrate a great golf swing no matter who makes it: youngsters, oldster, male or female. Friends who eat hot dogs at the turn and still laugh telling old jokes and learning new ones.

18 to 8 is a journey from where you are right now to where you would like to be in the game of golf. Of the millions of people who play the game, less than 10% shoot under 80. Ask most regular players who love the game what their handicap is and they will likely tell you “around 18.” That means they shoot “bogey golf” or one stroke per hole over par for an average score of 90. They are used to seeing a lot of “45s” on their scorecards. A 39 for 9 holes is a really good moment.

Most everybody who plays knows about people who carry handicaps under 10. They are the pro athletes, the doctors and dentists, the country club kids and college players who now sell insurance and investments. The rest of us – we’d love to break 80 once or twice. We have been oh, so temptingly close. Or we’ve done it one day only to come out the next round and shoot the moon.

18 to 8 is a way of enjoying golf and journeying from the current scores you are shooting to the mythical land of 8 – that place where most of the scores you post are 80 or under. Is this a guarantee? If you read this book, study the DVD, and subscribe to the 18 to 8 website, are you guaranteed to shoot below 80 all the time?

If you are asking that question – please, re-gift this book

## INTRODUCTION

to someone else. This book guarantees only one thing: you will read and see the results of well over 100 combined years of teaching, playing, crying, praying, throwing clubs, missing putts, wasting time and money, injuries, recoveries and real honest better results in golf. And yes, the players who helped put this book together all began as bogey golfers and now golf in the land of 8.

18 to 8 is a process of discovering how you can improve your swing without adding some secret move or formula. In fact this book is about just the opposite. 18 to 8 is about dropping strokes, dropping anxiety and frustration, and dropping unnecessary and bad actions from your golf swing and game. The more stuff you lose the faster you will find the pathway to that mythical land of 8 – where all those really good golfers live and play. There is plenty of room for you.



## CHAPTER ONE

# YOU HAVE TO SEE THIS

Every golfer is an artist. Some of us are house painters, some sculptors, some paint by number and some are Michelangelos. When the bag comes out of



the car and the tee goes in the ground, every one of us begins a composition, a story, a concert. Some days it is a comedy, other days bring high drama, some days are tragedies.

It is often said, a bad day on the golf course is better than a good day at work. That doesn't have to be true. What if you never had another really bad day at the course? What if everyday you stepped on the green grass and spiked up the little white ball, you couldn't stop smiling inside?

There are lots of ways to learn this game. Some people