

Swing Practice Stations



ORBISgolf™

Alignment Check



Equipment Needed

- Alignment Stick
- Driver, Fairway Wood or Iron

How to Practice

- Students should work in pairs to check each other's alignment
- The student should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The student should experiment with what it feels like to align a long way right and left of target, to build a real sense of what aiming on target feels like

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they take aim
- This activity will help students to work together and gain a deeper understanding of how alignment helps to prepare for a good golf shot

Speed Swinger



Equipment Needed

- Driver

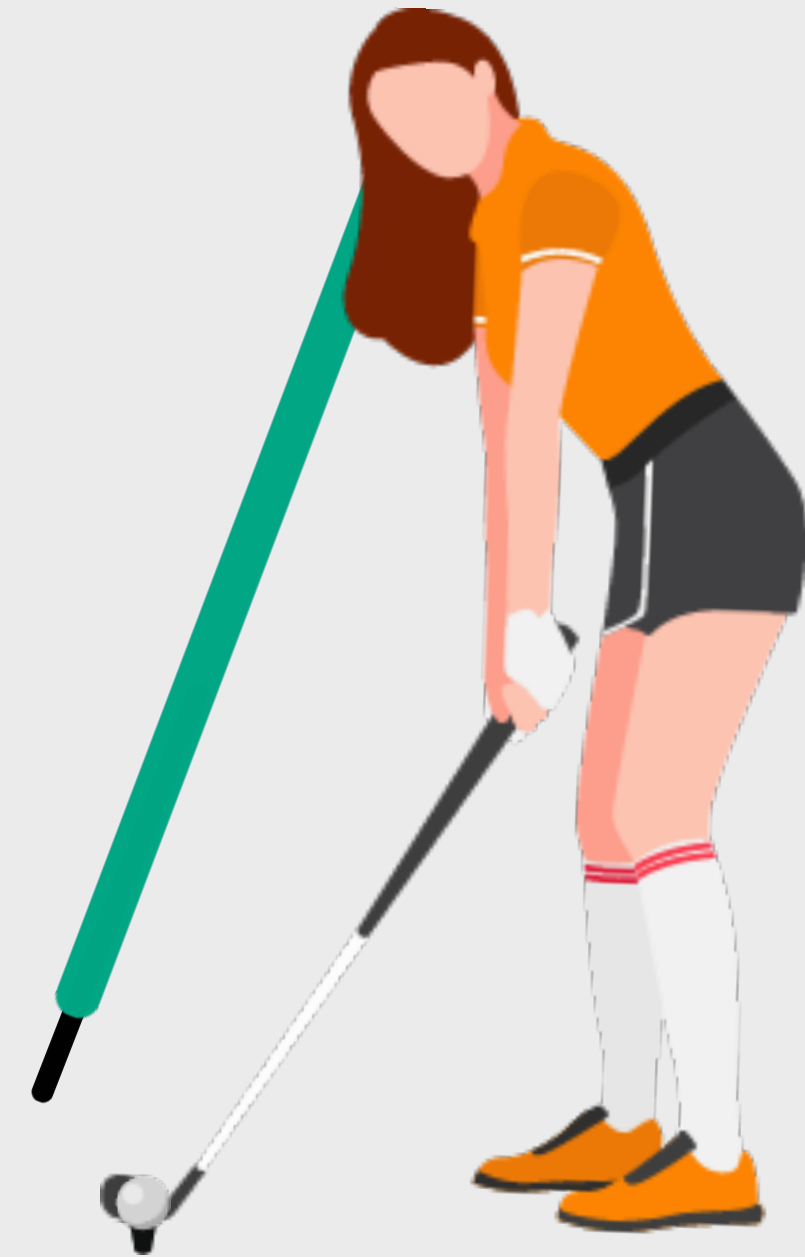
How to Practice

- The student should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the student is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, students should not worry about making perfect contact

Technical Link

- This activity will help the student to understand the importance of generating speed to hit the ball further

Shoulder Plane



Equipment Needed

- Alignment Stick
- Foam Noodle
- 7 iron and hybrid

How to Practice

- Following on from previous weeks, learning about posture in the golf swing, the students will benefit from learning about shoulder plane
- The student should use the alignment stick by placing it across their shoulders, getting into posture and rotating so that the point of the alignment stick points roughly towards the ball
- Another alignment stick and noodle can be placed at an angle along the ball to target line so that when the student is swinging they can practice with the visual and physical guide in place

Technical Link

- This activity will help the student to strike the ball more consistently and improve their swing path

Rotation



Equipment Needed

- Hoop
- Alignment Stick
- Driver, Fairway Wood or Iron

How to Practice

- Students should understand that the golf club swings on an arc around the golfer and only touches the ball to target line on the few inches through impact
- Use the alignment stick to demonstrate the ball to target line and the hoop to represent the club head's movement around the golfer
- The student should experiment with this feeling to improve their club head control

Technical Link

- Understanding this means students will practice the rotation that is required to make a golf swing where the club head is moving along the correct arc

Start Line



Equipment Needed

- Tees
- Driver, Fairway Wood or Iron
- Alignment Stick

How to Practice

- Students should place an alignment stick on the ball to target line, approximately 1 yard ahead of where the ball is teed up
- The student will then have a better perspective of what a straight start line is from their address position
- The student should experiment with what it feels like to start the ball to the right and to the left of the ball to target line in order to build awareness

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they take aim
- This activity will help students to gain a deeper understanding of how to achieve the correct start line

Ball Position



Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge

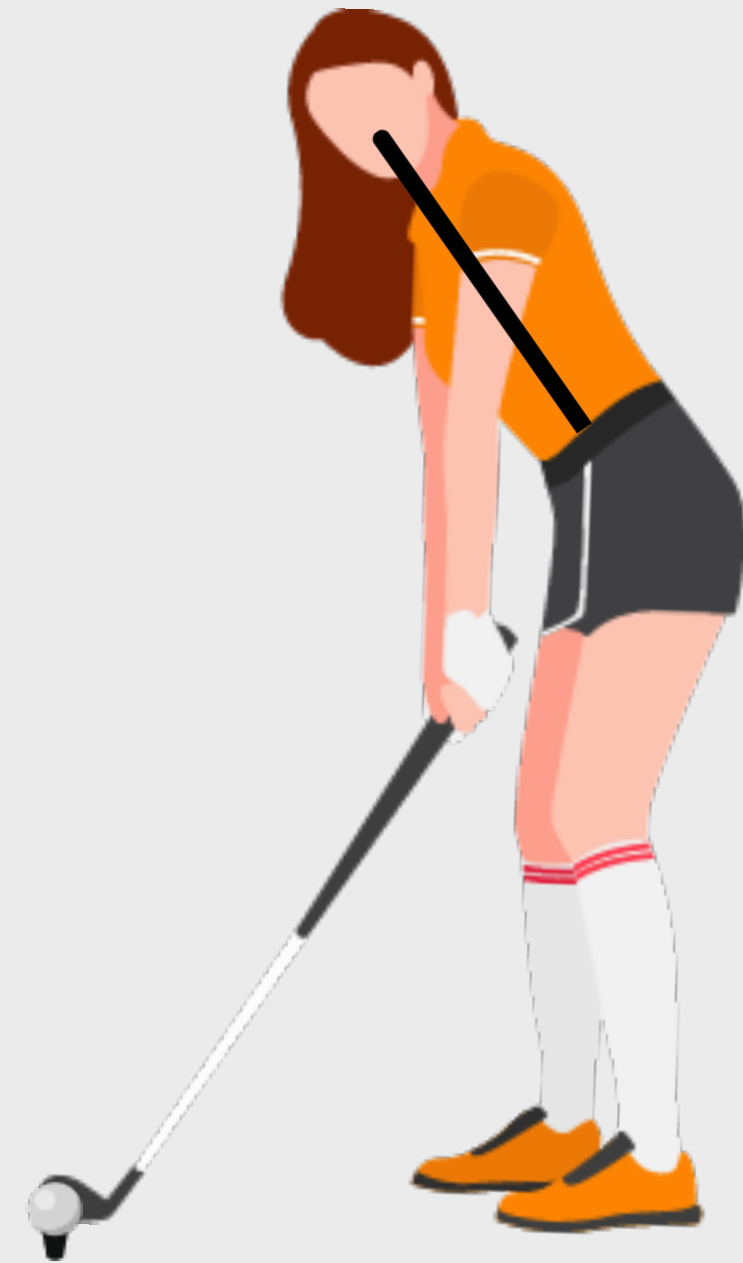
How to Practice

- Students should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the student's stance
- The student should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further forward still for the hybrid
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact

Technical Link

- Understanding this means students will practice appropriately and strike the ball more consistently

Perfect Posture



Equipment Needed

- Alignment Stick
- 7 iron, hybrid and wedge

How to Practice

- Reinforcing posture with some key drills will help the student to improve their consistency of strike
- One posture tip could be to give a student is to place an alignment stick from their belt buckle, up in front of their nose and practice tilting forwards whilst maintaining this straight line
- Another posture drill is for the student to place an alignment stick horizontally across their hips, and to lean over the stick in order to create the correct feelings of tilting forwards, rather than stretching to reach the ball

Technical Link

- This activity will help the student to improve their posture and strike the ball more consistently

Swing Direction



Equipment Needed

- 2x Alignment Sticks
- Iron

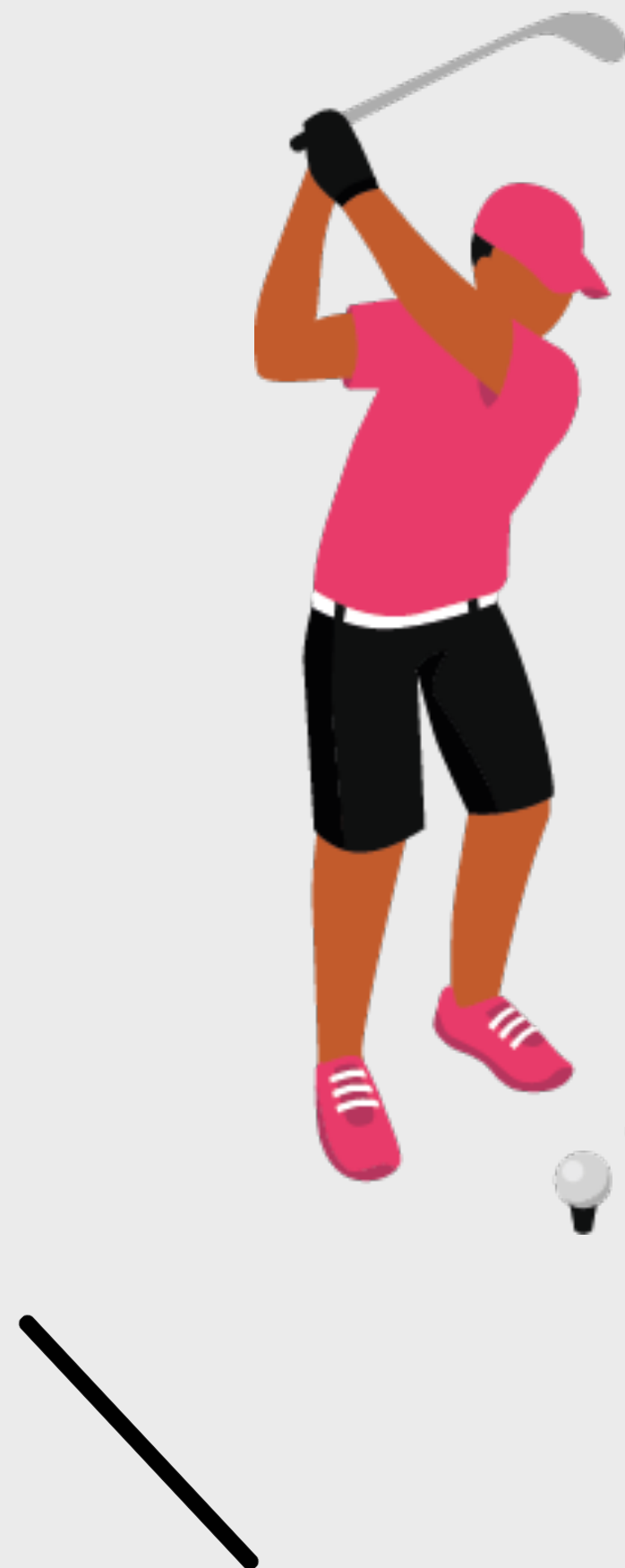
How to Practice

- The student should practice whilst using alignment sticks to help them learn how to control the direction the club travels
- By moving the alignment sticks to aim left of target and then right of target the student will begin to control the direction of the swing
- Encourage students to start with small swings with this challenge and work up to fuller swings once confident in controlling swing direction

Technical Link

- This activity will help the student to build an awareness of swing direction and how to improve their overall technique

Swing Speed



Equipment Needed

- Alignment Stick
- Driver

How to Practice

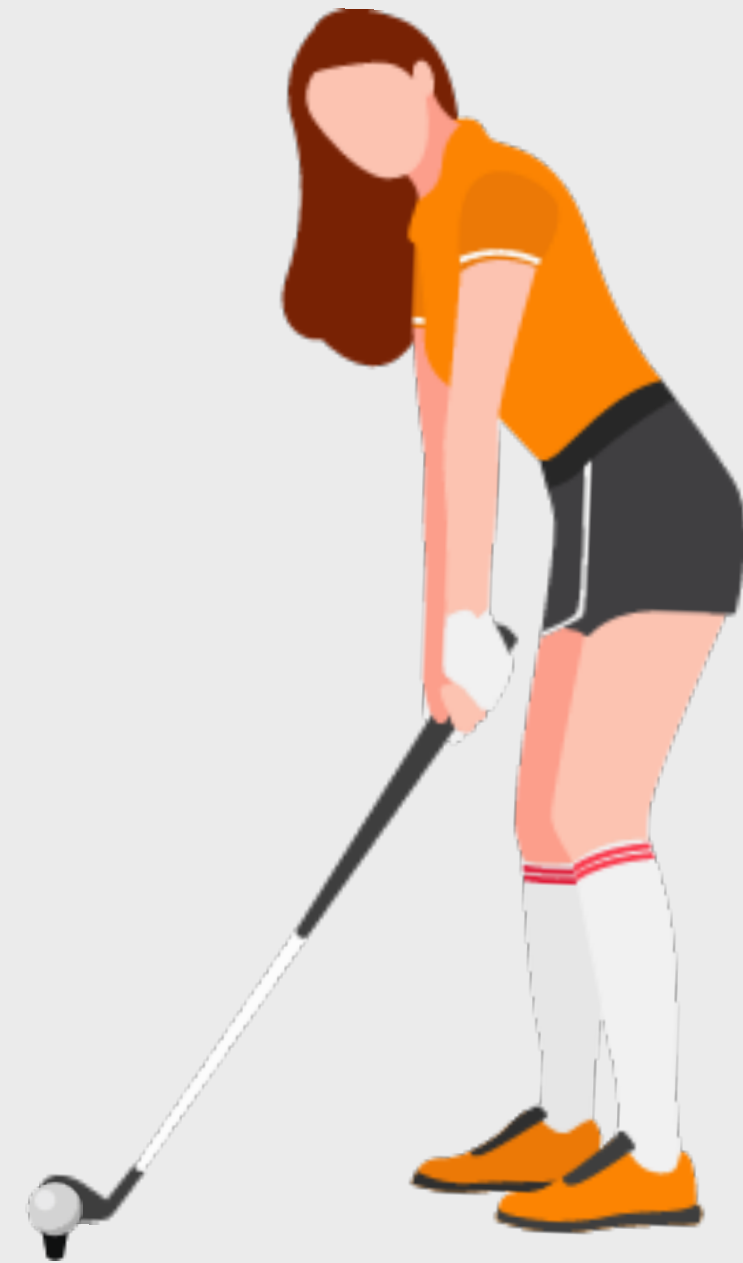
- Students should understand that the faster they swing the club, the more potential they have to hit the ball further
- Students should swing the alignment stick as fast as possible, as it is lighter than a normal golf club they will be able to do this effectively
- The student should then attempt to maintain that speed when swinging the driver
- Make sure students complete these fast swings without a ball and without too much thought for technique
- When you reintroduce the ball the student should try to make solid contact and do this at 80% of full speed

Technical Link

- By improving the maximum speed at which they swing the club without a ball students will be able to swing the club faster with a ball and increase their distances



Launch Angle



Equipment Needed

- Driver
- Launch Monitor

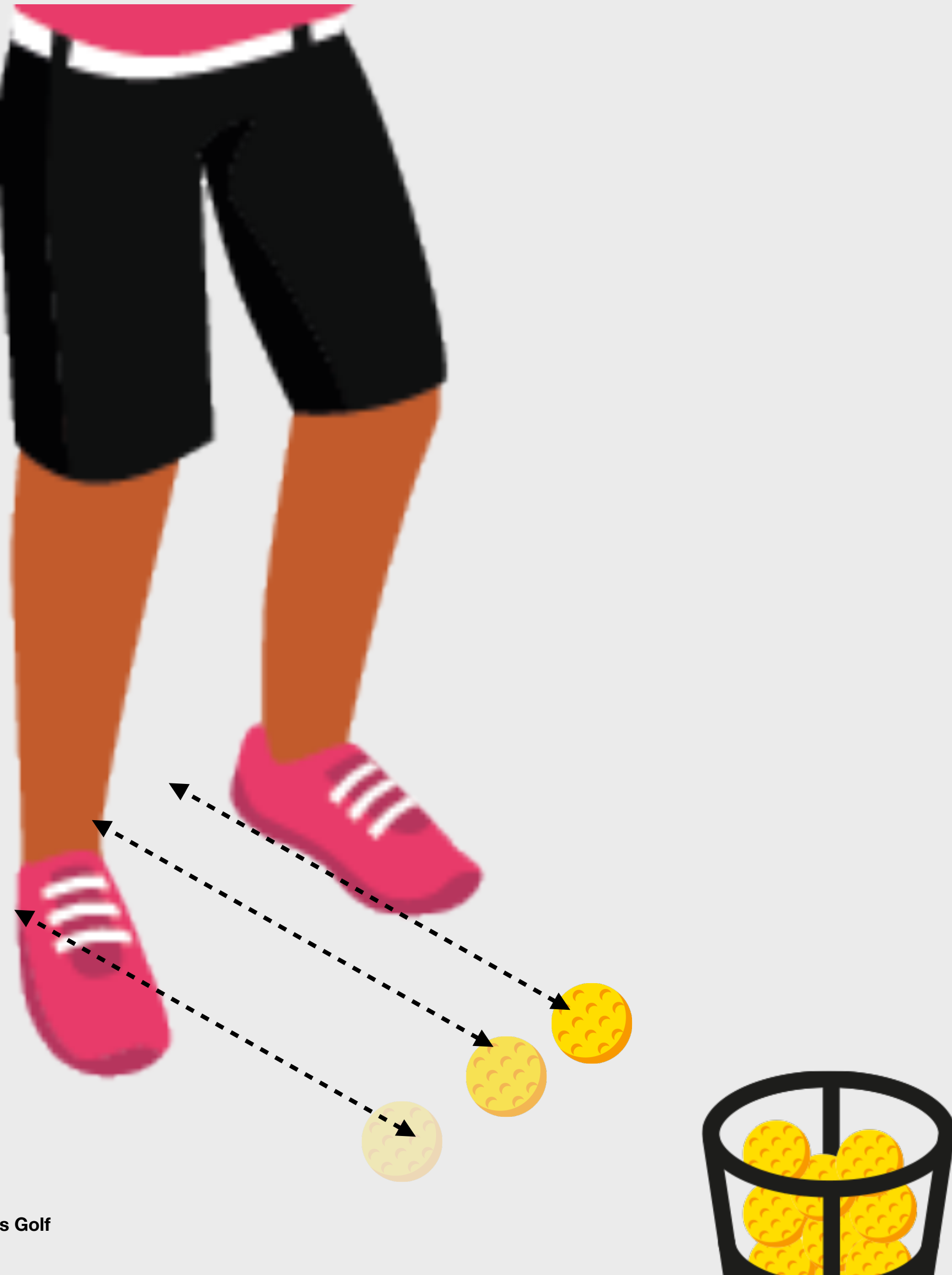
How to Practice

- Introduce the best way to create an optimal launch angle for the driver, include ball position, tee height and intention to hit the ball as the club is travelling up
- One posture tip could be to tilt the spine angle away from the target, to encourage the launch angle required to maximise distance
- If you have a launch monitor available measure the student's launch angle so they understand how they launch the ball and what they need to do differently to increase their carry distance

Technical Link

- This activity will help the student to increase their carry distance with the driver

Change Set Up



Equipment Needed

- Driver, Fairway Wood or Iron

How to Practice

- Students should understand how changing their setup will affect the consistency and type of shot they hit
- Ask the students to adjust their ball position forwards and back in their stance and see the difference that makes
- Adjusting their alignment will also affect the consistency and quality of their stock shot

Technical Link

- Allowing the learning to change and adjust their setup will help them understand the importance of a correct set up and the difference it makes

Stepping Drill



Equipment Needed

- Iron

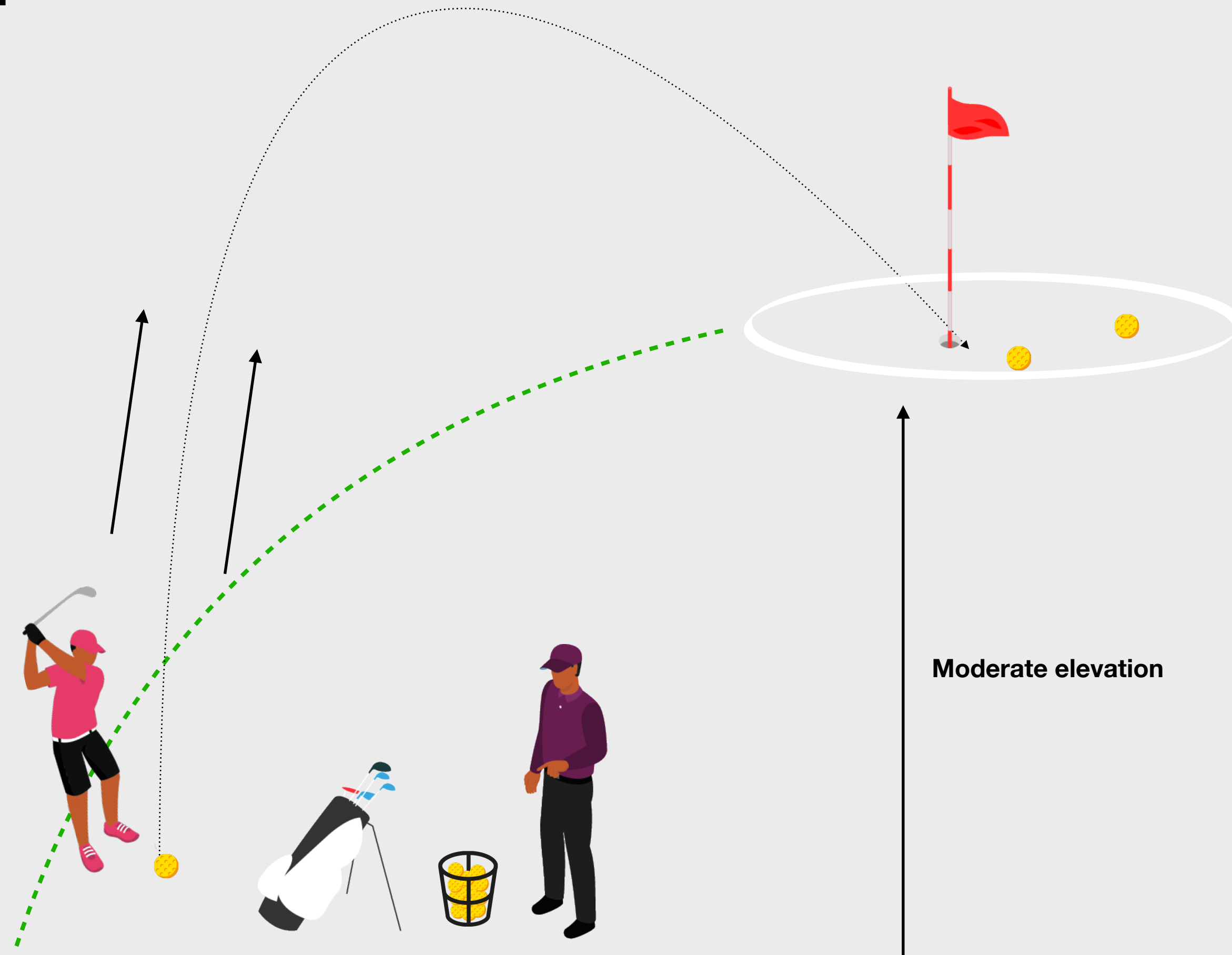
How to Practice

- The student should practice by swinging up to the top of their swing and as the club is reaching the top of the swing, step forward and swing the club
- Once the student achieves the coordination required to step and swing they can attempt the challenge with a ball and see if they can make contact
- Encourage students to start with small, slower swings with this challenge and work up to fuller swings once confident in the movement

Technical Link

- This activity will help the student to build an awareness of using movement to generate speed

Uphill Lie



Equipment Needed

- Uphill shot on course or on range
- Irons

How to Practice

- Students should understand how an uphill lie will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how an uphill lie will shorten the shot because of the additional height
- Explain to the student how to adjust their technique and also to change club to allow for the change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the student how these changes will affect their result

Downhill Lie

Equipment Needed

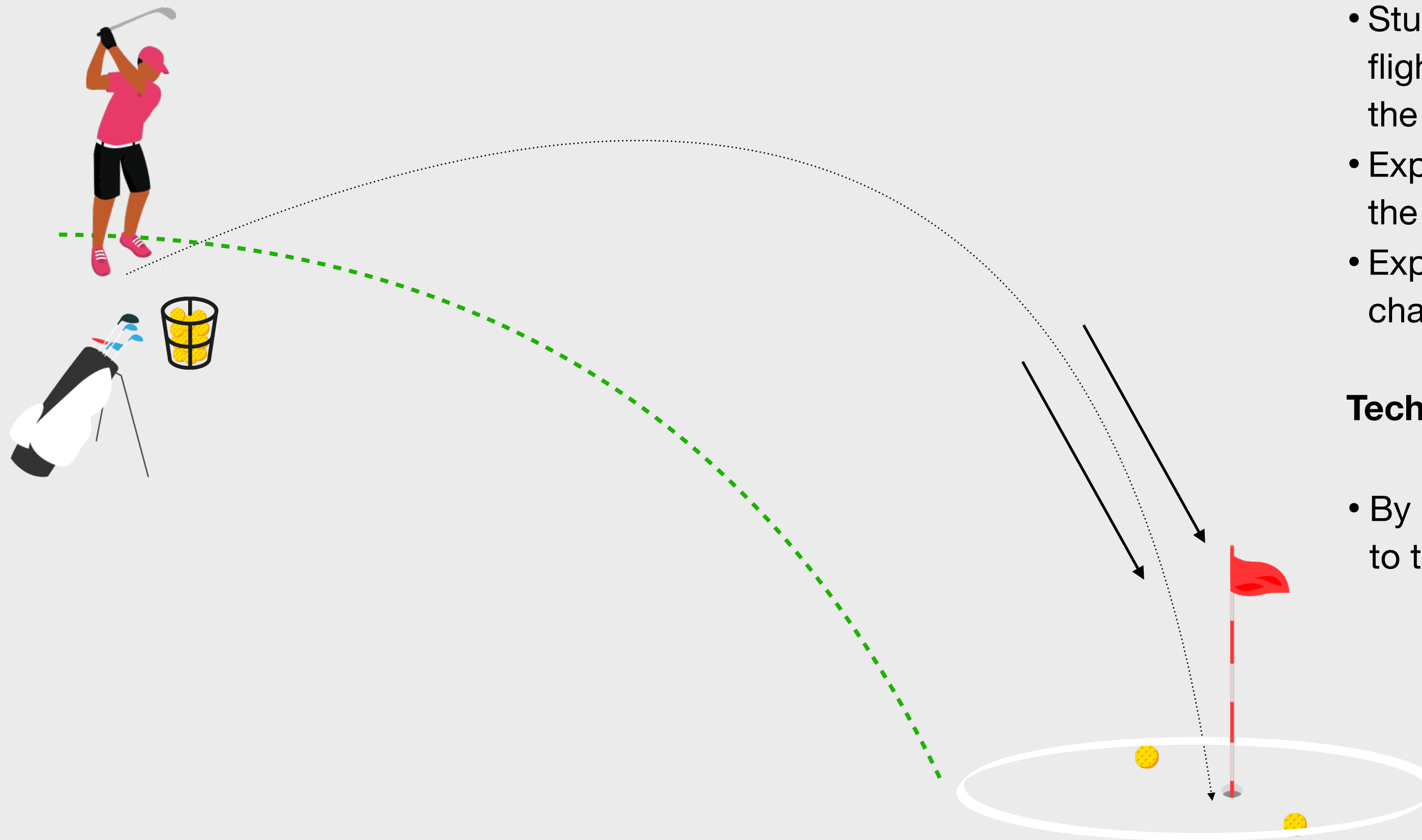
- Downhill shot on course or on range
- Irons

How to Practice

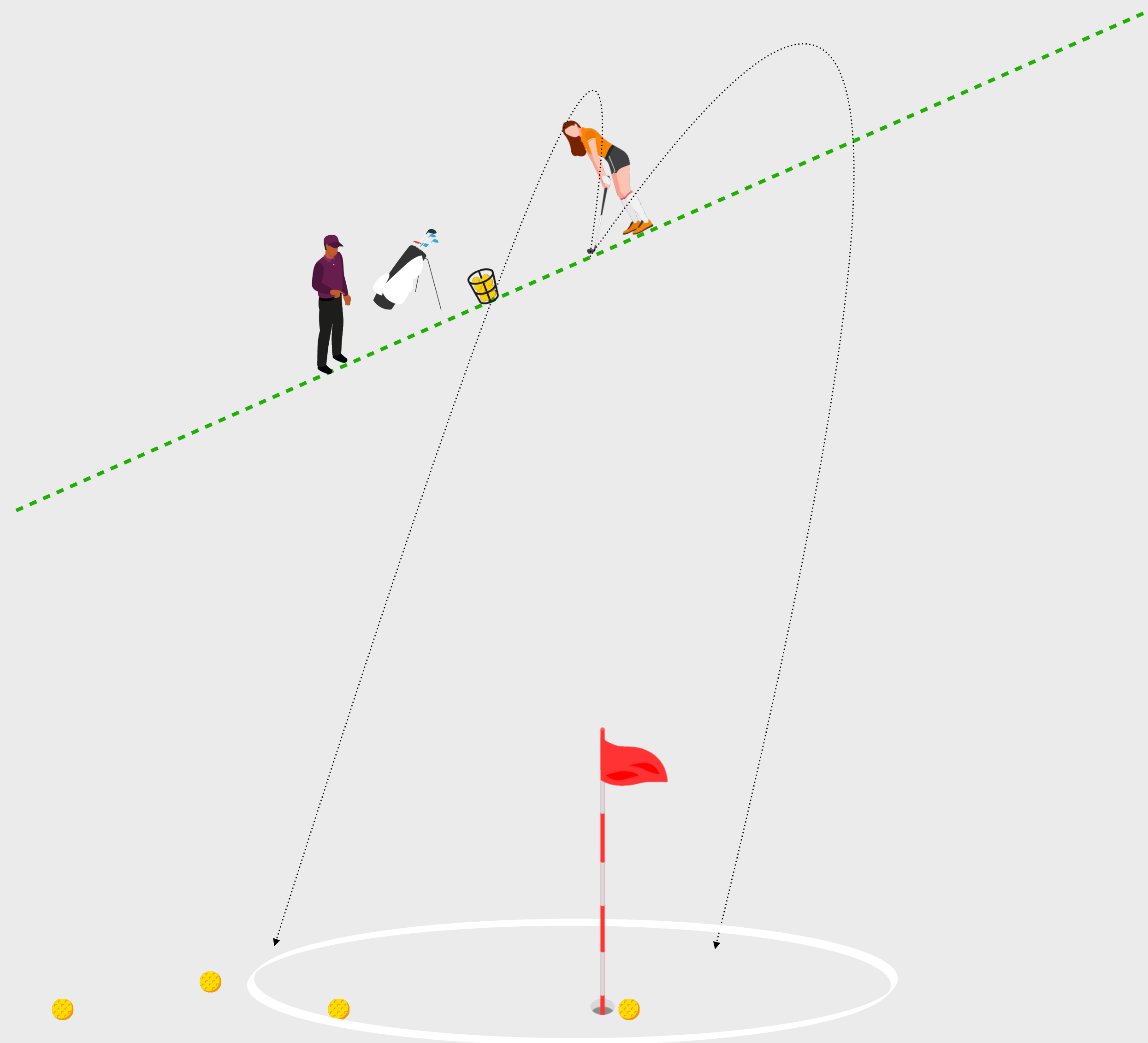
- Students should understand how a downhill lie will effect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how a downhill line will add length to the shot because of the angle of the terrain
- Explain to the student how to adjust their technique and also to change club to allow for the change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the student how these changes will affect their result.



Ball Below Feet



Equipment Needed

- Side slope shot on course or on range with ball below the students feet
- Irons

How to Practice

- Students should understand how a shot with ball below their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball below your feet will make the ball go to the right for a right handed golfer
- Explain to the student how to adjust their technique and also to change club to allow for the potential change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the student how these changes will affect their result

Ball Above Feet



Equipment Needed

- Side slope shot on course or on range with ball above the students feet
- Irons

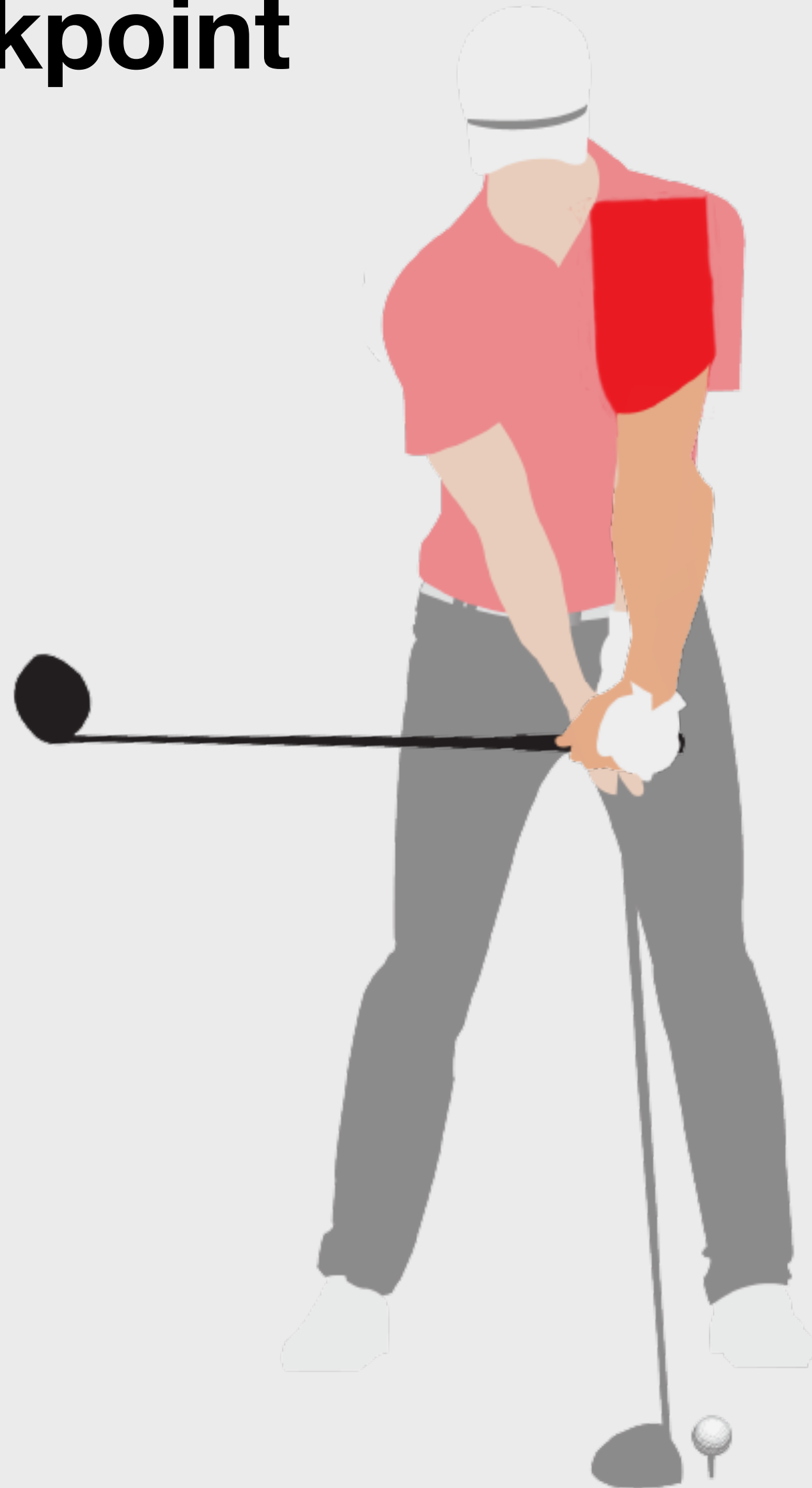
How to Practice

- Students should understand how a shot with ball above their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball above their feet will make the ball go to the left for a right handed golfer
- Explain to the student how to adjust their technique and also to change club to allow for the potential change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the student how these changes will affect their result

Checkpoint



Equipment Needed

- Driver
- Tees

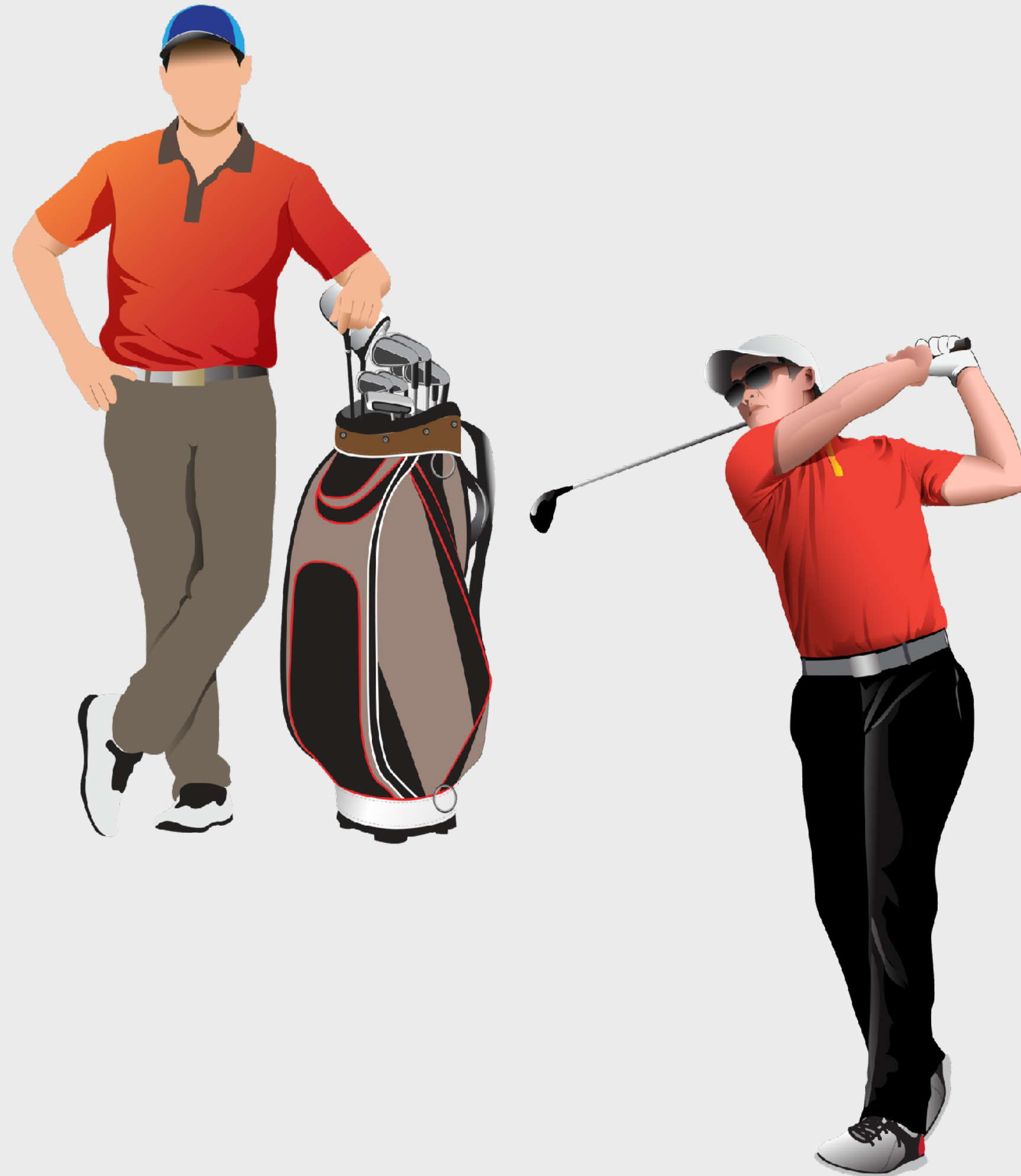
How to Practice

- The student should practice by moving the club back to the position where the club shaft is parallel to the ground
- The student should move the club at slow speed and stop to check the position of the club face
- The position of the club face will be specific to the student and you should provide feedback to the ideal club face position for them
- Encourage the student to repeat the exercise a few times at slow speed before attempting to hit a shot at full speed
- Ask the student for feedback on how the club face felt and link this to the resulting ball flight

Technical Link

- This activity will help the student to build an awareness of the club face position during the takeaway and help them to control their start line and ball flight

Breath Control



Equipment Needed

- Tees
- Driver

How to Practice

- The student should begin by running on the spot for 10 seconds to build their heart rate slightly
- After 10 seconds the student should attempt to process their current pre shot routine and hit their shot
- The student shouldn't using any form of breathing technique on the first attempt
- After hitting the shot the student should reflect on how challenging it was to produce an effective routine and shot itself
- The student re-attempts the exercise but this time implements a simple breathing technique before hitting
- The student should then reflect on the difference in how they felt and the outcome of the shot and their routine

Technical Link

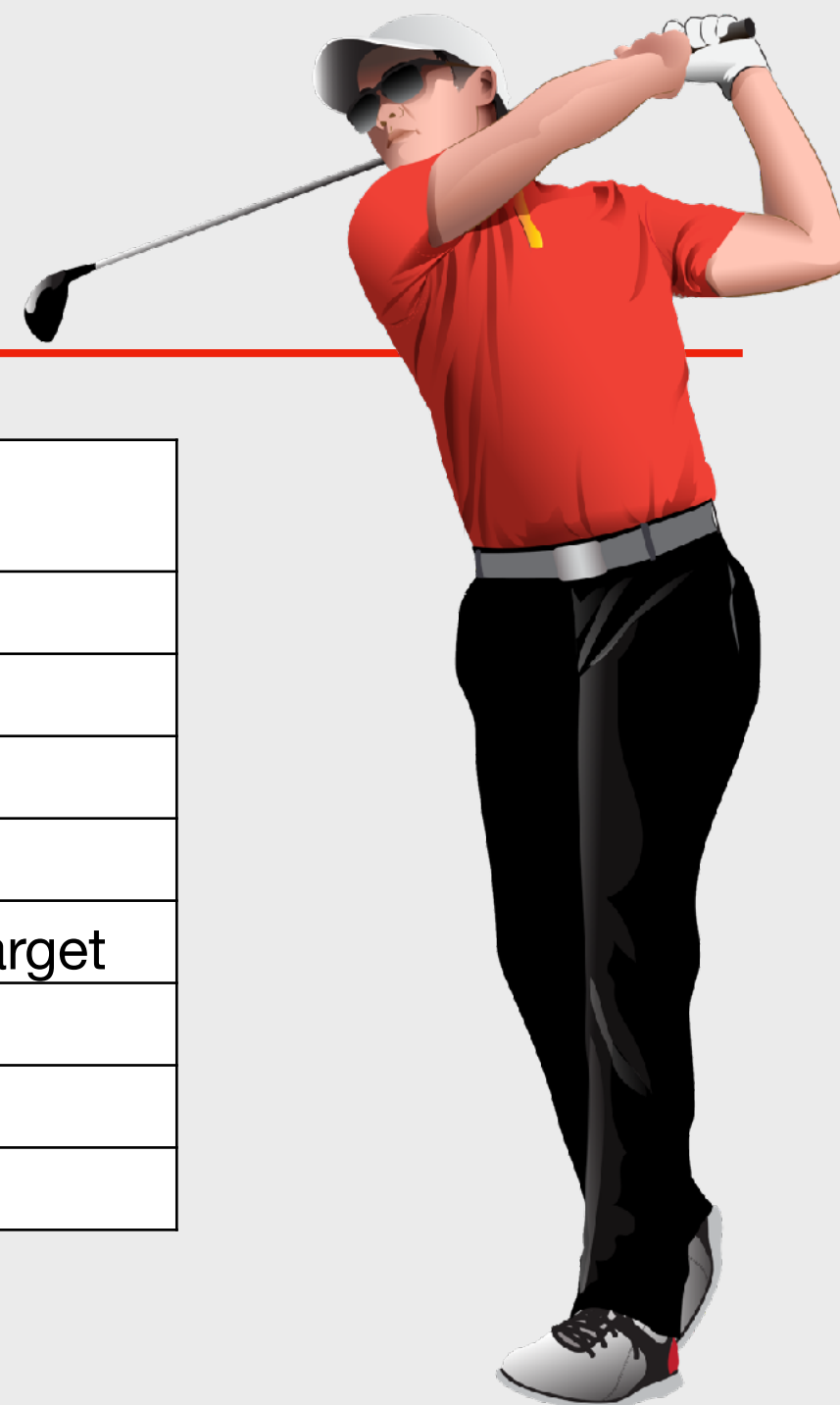
- Implementing a simple breathing technique during a pre-shot routine can be an effective way to overcome high pressure moments

Gather and Execute



Gathering Information

- Put bag down
- Walk up to the ball and check it's lie
- Scan for environmental factors such as wind or hazards
- Risk vs Reward of the shot
- Elevation
- Yardage
- Pin Position



Execute

- Start away from the ball
- Take a practice swing
- Frame the shot & breath
- Demonstrate effective body language
- Pick an intimidate target between the ball and final target
- Build setup from the club head up
- Release tension
- Look & react

Equipment Needed

- Driver, Fairway Wood or Iron
- Checklist
- Alignment Stick

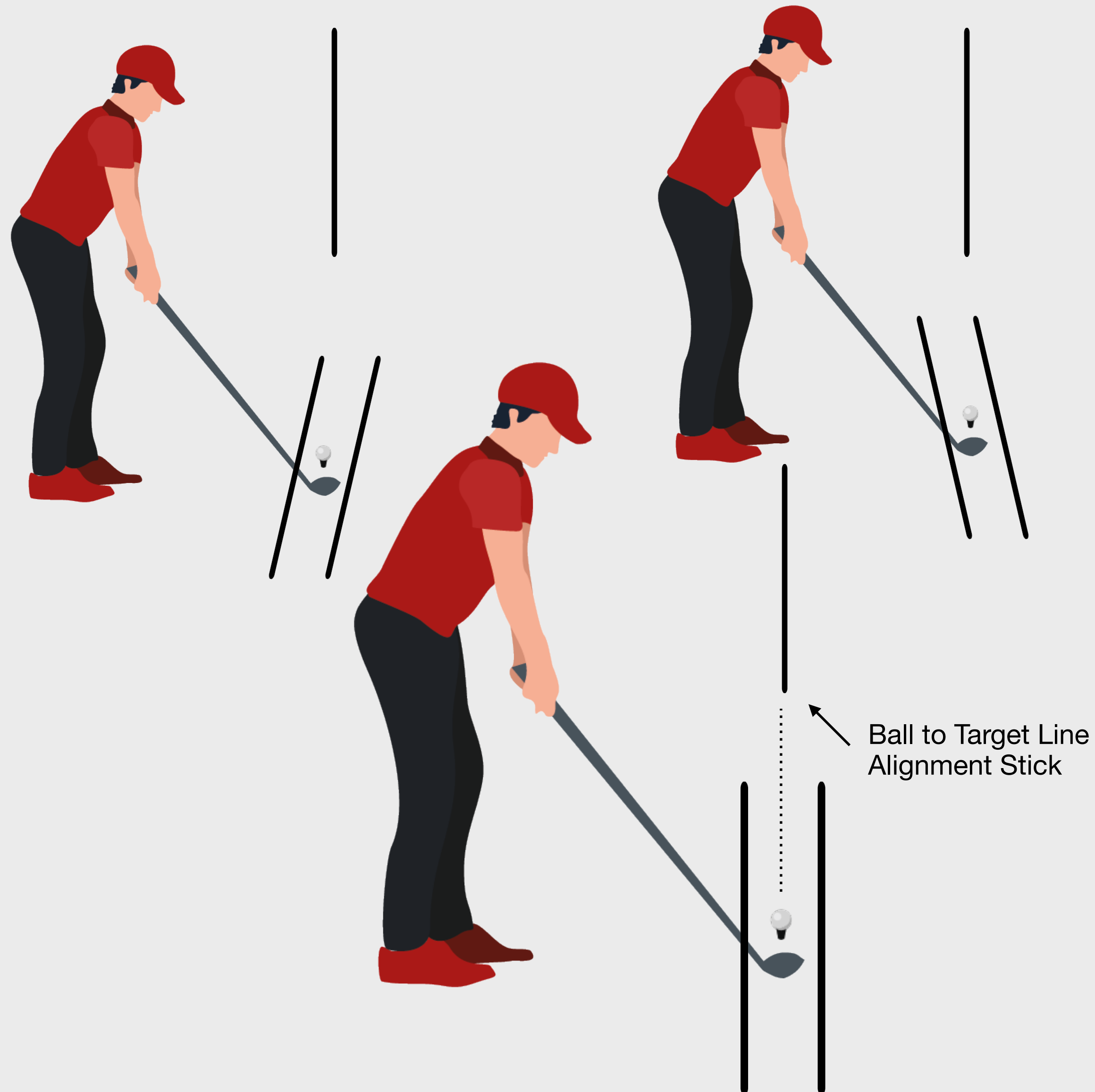
How to Practice

- Give the student this thorough pre-shot routine checklist and ask them to go through this process before each shot
- Outline to the student their are 2 stages to a pre-shot routine;
 - Data Capture - This stage is all about gathering data to make the correct decision for the shot
 - Execution - This stage is about the physical behaviour and thoughts immediately prior and up until hitting the shot
- After the student has understood each element of the checklist get them to create their own routine which they can rehearse
- The alignment stick acts as a defined line between both stages

Technical Link

- Building a combined physical and mental pre-shot routine is key to improving consistency because it can help with controlling activation levels, concentration, building confidence and handling pressure

Down the Tunnel



Equipment Needed

- Tees
- Driver
- Alignment Sticks

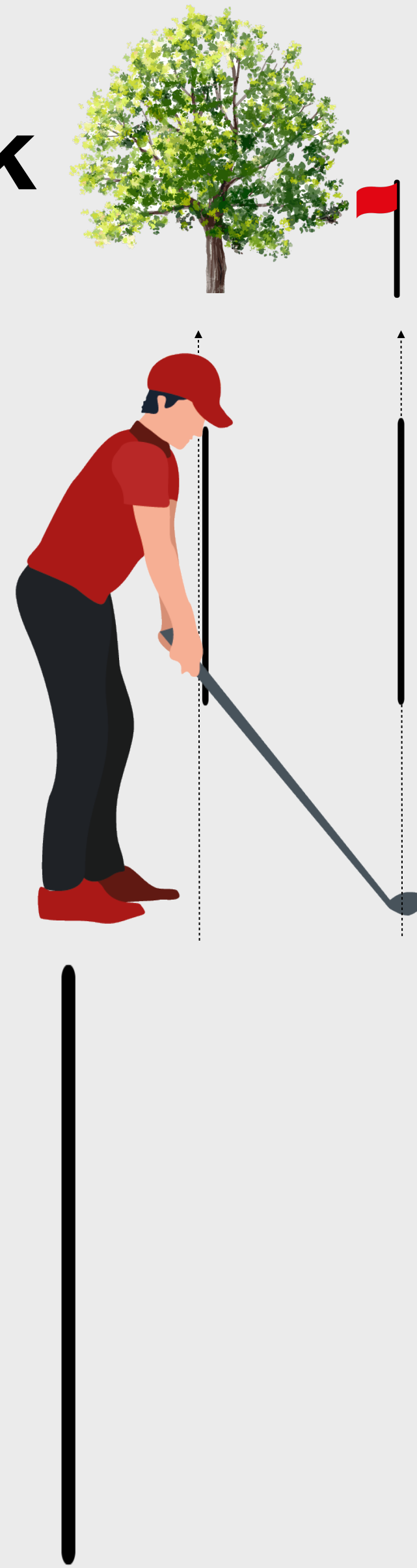
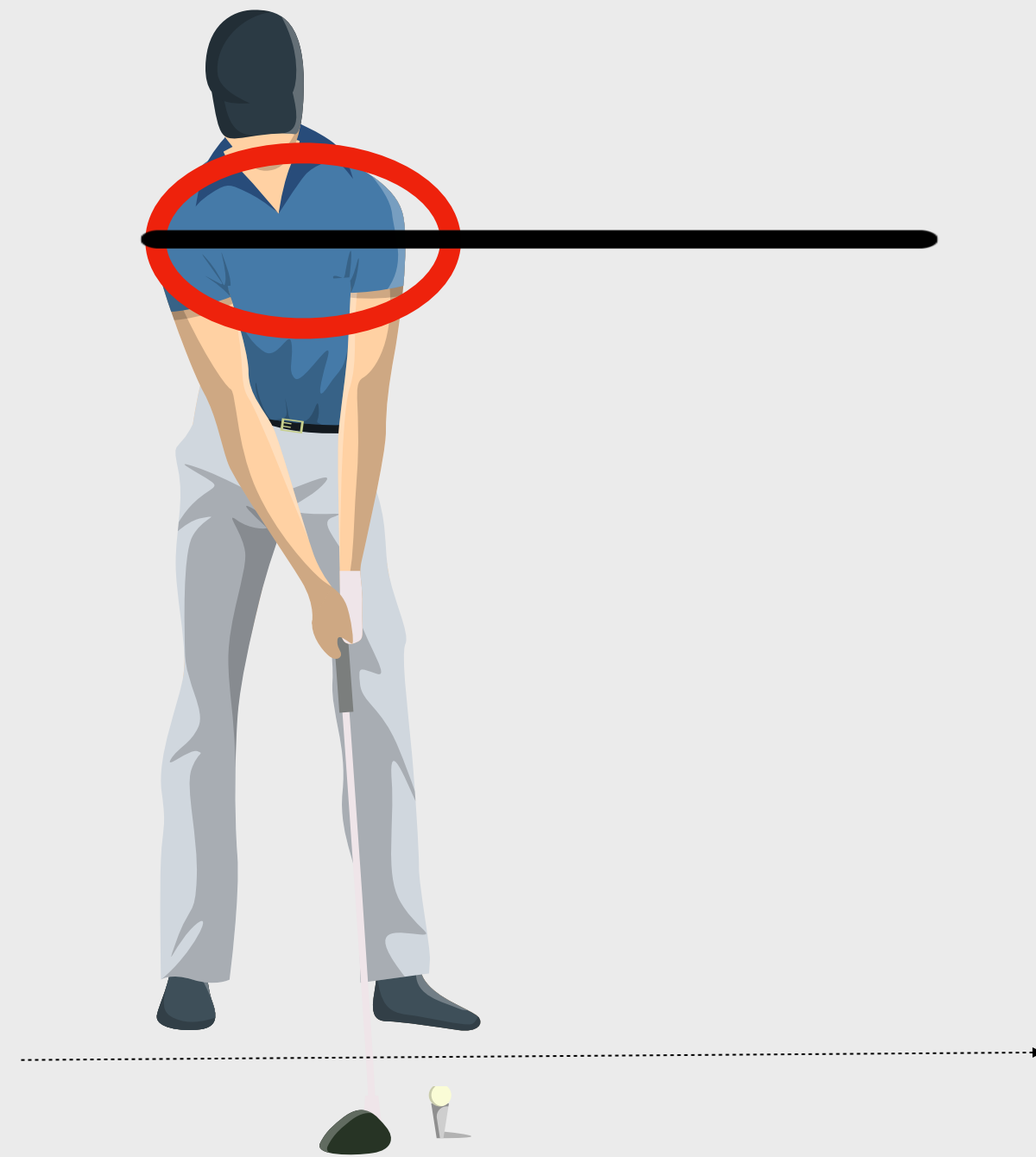
How to Practice

- Students should place an alignment stick on the ball to target line approximately 5-10 yards ahead of where the ball is tee'd up
- The student will then have a better perspective of what a straight start line is from their address position
- The student then place an alignment stick either side of the club head at a safe distance away parallel to the ball to target line
- The student should experiment with what it feels like to get the club head travelling through the alignment stick tunnel
- The student should then alter the alignment sticks so they aim left and right of the target, but parallel to one another
- The student should experiment with getting the club to travel down the alignment sticks and see the resulting ball flights

Technical Link

- This activity will help the student to understand how the direction of the club head through impact effects the trajectory of the ball

Shoulder Aim Check



Equipment Needed

- Driver, Fairway Wood or Iron
- Alignment Sticks

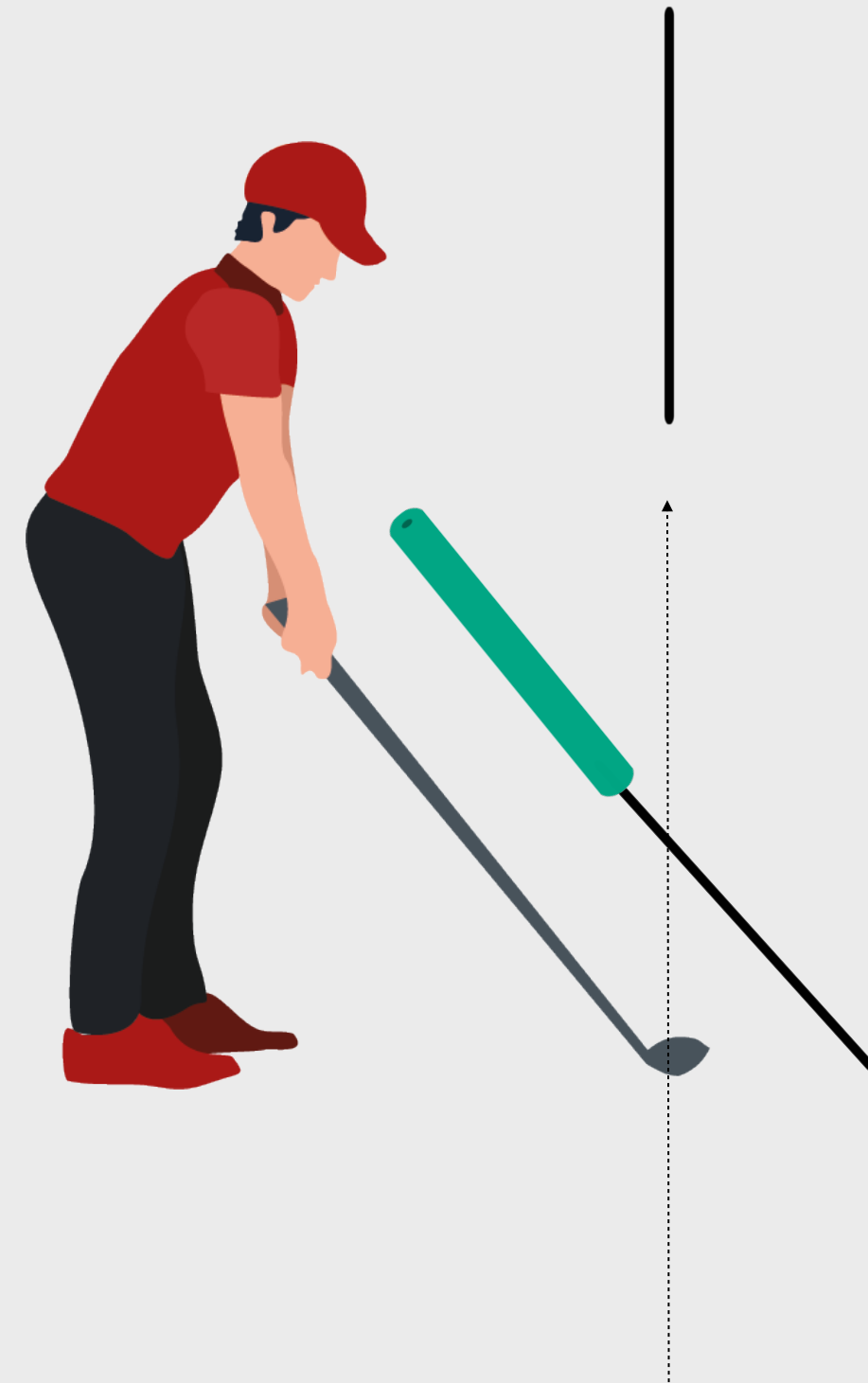
How to Practice

- The student should place an alignment stick in the ground 5-10 yards in front of the ball on their ball to target line
- The student then places another alignment stick on the inside of the alignment stick parallel to it and the approximate distance away that they stand from the ball at address
- The student should then get into their setup and place an alignment stick across their shoulder line
- The focus should be on getting the alignment stick to point towards the alignment stick on the ground and inside of the ball to target line
- Once they achieve this, they should pick the point adjacent to the target where the stick 'feels' like it is pointing towards
- The student should repeat this exercise until they can build an effectively strategy so they can align their body correctly

Technical Link

- This drill will help the student to understand correct body alignment and how the body 'may feel like it is aiming significantly left or right of the target when it is actually aligned correctly'

Shallow or Steep



Equipment Needed

- Alignment Stick
- Foam Noodles
- Driver, Fairway Wood or Iron

How to Practice

- Place an alignment stick to mark the ball to target line 5- 10 yards in front of the golfer
- Place another alignment stick with a foam noodle on top in the ground on the outside of the ball to target line adjacent to the golf ball. This is used with a student to encourage a shallower swing plan and club delivery
- Move the alignment stick/ foam noodle in the ground to the inside of the ball to target line but this time a safe distance behind the golfer. This is used to encourage a steeper swing plane and club delivery
- Help the student to experiment with steep/shallow swing directions to understand what is correct for their tendencies and to help them find a feel for their stock shot

Technical Link

- Understanding this means students will practice the correct motion required to make a golf swing where the club head is moving along the correct swing plane and optimum club head direction through impact

Through the Gate

Equipment Needed

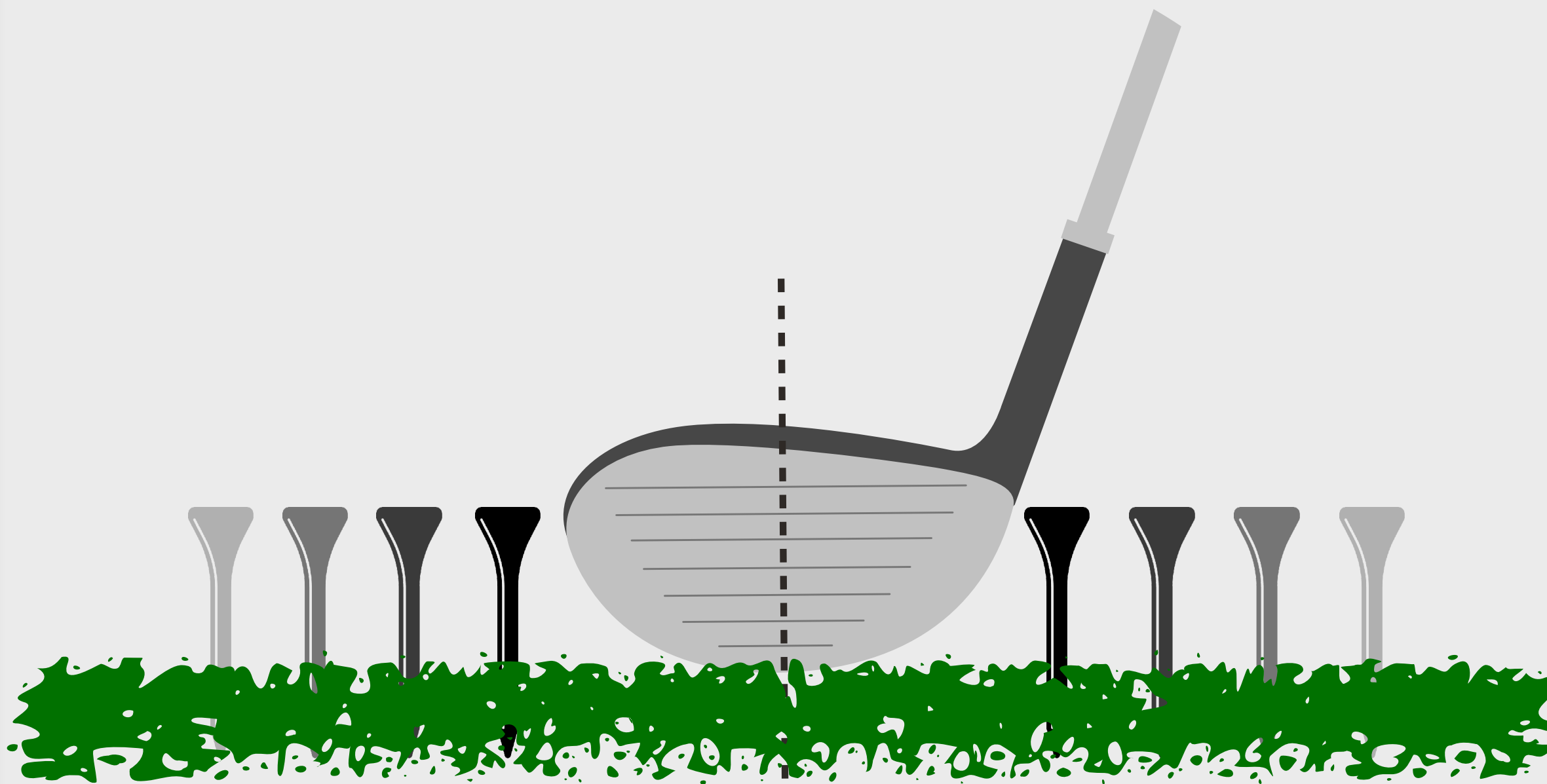
- Tees
- Driver

How to Practice

- Ask the students set up a 'gate' using tees starting with 5 cm either side of the driver
- Ask the students to hit balls keeping the club passing through the gate to improve the centre of strike
- Move the tees in 0.5cm per shot. 1 hit per round for 10 rounds
- Students attempt to complete the 10 rounds without hitting the tee with their driver

Technical Link

- This activity highlights how the path of the club can impact the centeredness of their strike
- It will also show how miss hit shots can have a huge impact on the distance of a driver shot



Make it Swoosh



Swoosh

Equipment Needed

- Alignment Stick or Club Shaft

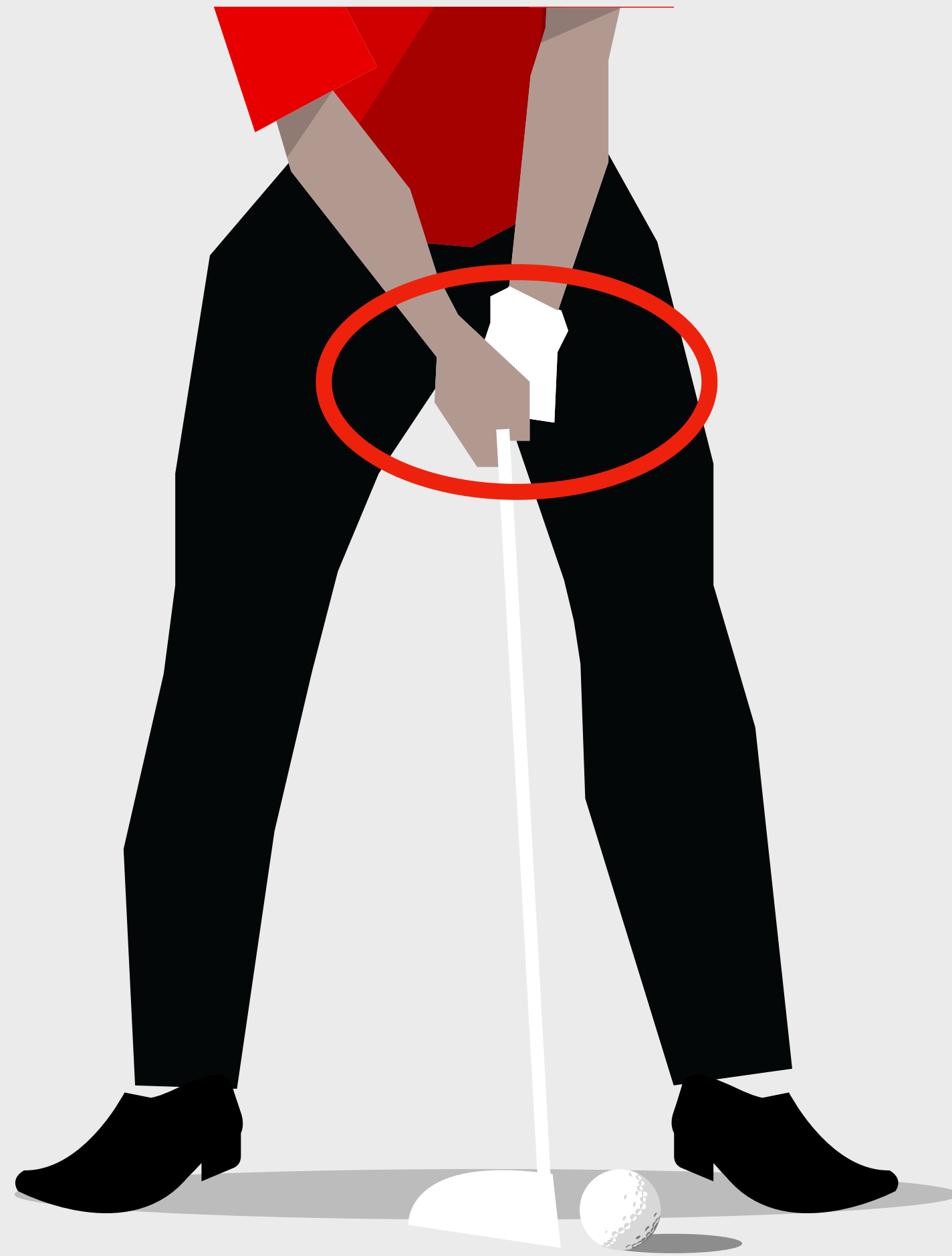
How to Practice

- Using an alignment stick as the club, the student should get into their setup position
- The student should attempt a few swings and listen for the sound of the alignment stick as it travels through the air
- The student is looking to tune in to the point in the swing in which the sound of the alignment stick is at its maximum
- The alignment stick should reach optimum speed and therefore sound at impact
- The student should repeat the exercise and look to try and get the sounds at impact as consistently as possible

Technical Link

- This drill should teach students how to properly understand club head speed sequencing during the golf swing

Grip it Right



Equipment Needed

- Driver, Fairway Wood or Iron

How to Practice

- Ask the students to grip the club and spend a brief moment correcting their grip if required and make sure they know the process to repeat the new grip
- Once this has been learnt the student must implement this grip process before each shot and even check it in a mirror if possible
- Ask them to hit shots at a chosen target on the range to assess if there is an improvement
- Ask them to explore having a severely weak and strong grip to see the effects
- Encourage them to focus on the impact a correct grip has on the club face and subsequently distance

Technical Link

- A correct grip can contribute to better face control, which results in hitting the ball with a square face more regularly and this reduces sideways spin to maximise distance
- Having a process for adjusting the grip can also be helpful during the setup when trying to slow down before a shot

Setup to a T



Equipment Needed

- Driver, Fairway Wood or Iron
- 2 x Alignment Sticks

How to Practice

- Place an alignment stick facing towards a target on the range past the students average driver distance
- Set up another alignment stick in line with the ball and the student should position themselves with the alignment stick
- Student should practice hitting balls towards the target and they must be positioned within the alignment sticks

Technical Link

- This activity will help students to understand the importance of ball position and alignment when trying to hit the ball optimally
- This activity encourages the student into an optimal setup and will demonstrate to them how their perception of a good setup can often differ to a correct one

Try Before you Buy



Equipment Needed

- Tees
- Drivers
- Selection of driver, shafts and movable weights
- Launch monitor or similar

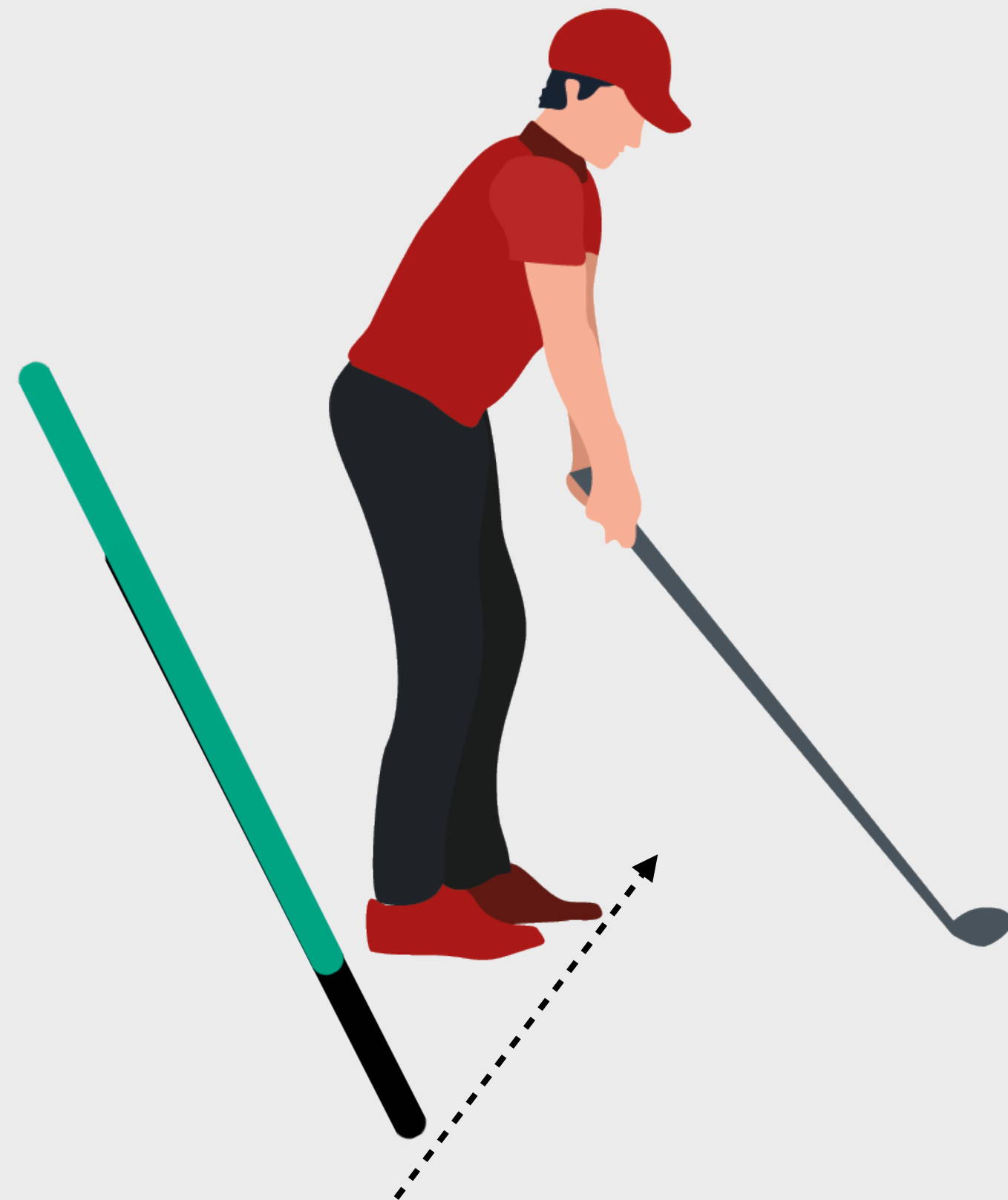
How to Practice

- Provide the students with a variety of different shaft types, lofts head types and moveable weights
- Allow the students to explore the difference that using modern technology and tailoring different components of the driver can make to their total carry and distance
- You can use the data collected at week 1 as a benchmark

Technical Link

- Explain to the students how the shaft is a critical part of their driver and getting it's weight and flex correct will have a big impact on their overall distance
- It is important for the student to understand the impact that weight distribution in the club head can have on the overall performance of their driver
- Show the students the impact that different equipment can have on the spin rate of the golf ball and ultimately the carry and distance

On the right Plane



Equipment Needed

- Alignment Stick
- Foam Noodle
- Driver, Fairway Wood or Iron

How to Practice

- Set up an alignment stick in line with the students feet, but behind them positioned for the swing plane that the backswing/downswing needs to follow
- Place a foam noodle on the alignment stick to protect it and the student from any damage
- This is a simple drill to clearly highlight if the students shaft is on plane
- Ask the student to make their backswing and check if the shaft angle is too steep or shallow using the alignment stick as reference
- Once the student is used to swinging on the right plane, introduce a ball and allow them to take shots

Technical Link

- This activity will help the student to build an awareness of how to swing on plane
- Adapt the angle to suit the adjustment the student is trying to make

Train Tracks



Equipment Needed

- 2 x Alignment Sticks
- Driver, Fairway Wood or Iron

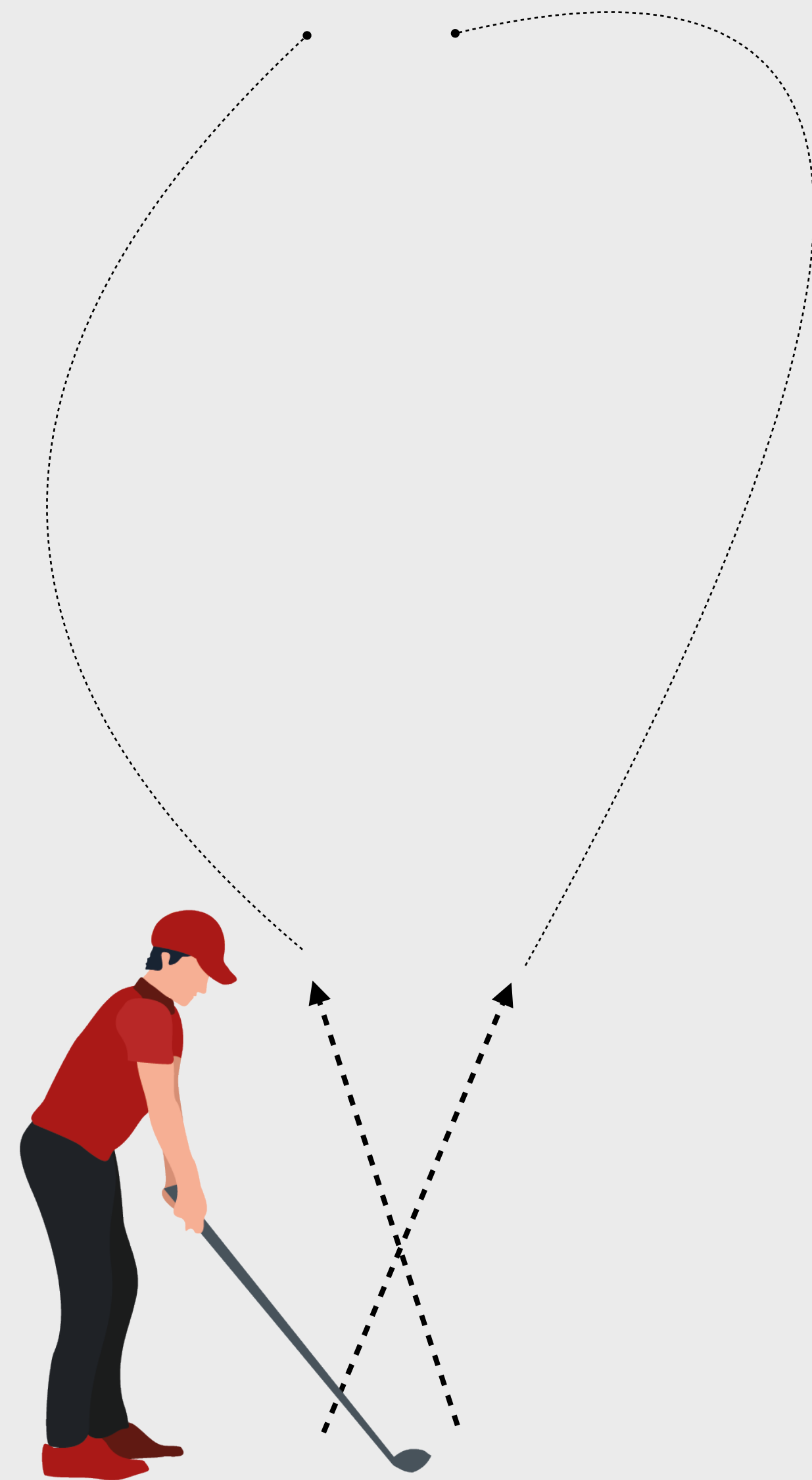
How to Practice

- Set up two alignment sticks running parallel to each other and place a golf ball in the middle of them
- The student should practice hitting balls using alignment sticks to guide the swing path
- This should help them learn how to control the direction the club travels better
- This activity can be progressed by moving the alignment sticks to aim left and then right of target
- Encourage students to start with small swings and work up to fuller swings because it will focus them on getting through the alignment sticks without touching them

Technical Link

- This activity will help the student to build an awareness of swing direction and path, which will improve their consistency

Finding Your Path



Equipment Needed

- 2 x Alignment Sticks
- Driver, Fairway Wood or Iron

How to Practice

- Students should work in pairs to check each other's alignment
- The student should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The student should experiment with the path of the golf club swinging from 'out to in' and from 'in to out' to see the impact this has on the golf ball's start line and flight

Technical Link

- This activity will help the student to understand how their perception compares to what is actually happening as they take aim
- This activity will help students to understand the impact path has on the shape of the golf shot

Build a Routine



Pre-Shot Routine Checklist

- | |
|--|
| • Put their bag down |
| • Walk up to the ball and check it's lie |
| • Scan for environmental factors such as wind or hazards |
| • Pick an intimate target between the ball and final target |
| • Select a club and line the ball up to that intermediate target |
| • Take a practice swing |
| • Set up to the ball |
| • Hit the shot |

Equipment Needed

- Checklist
- Driver, Fairway Wood or Iron

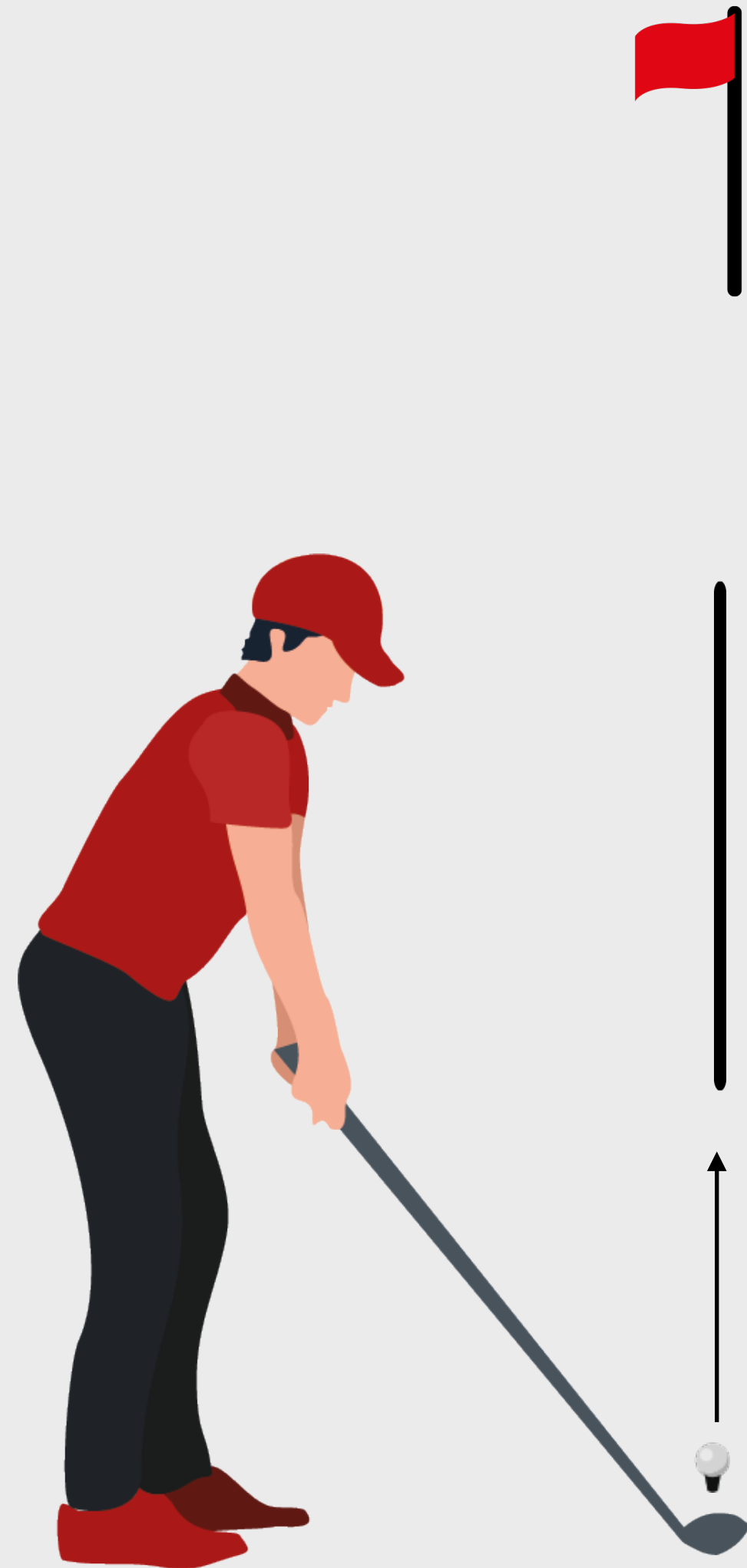
How to Practice

- Give the student this thorough pre-shot routine checklist and ask them to go through this process before each shot
- After the student has performed this pre-shot routine they should think about building their own pre-shot routine and explore what works best for them

Technical Link

- Building a combined physical and mental pre-shot routine is key to improving consistency because it can help with controlling activation levels, concentration, building confidence and handling pressure

Start Line



Equipment Needed

- Tees
- Driver
- Alignment Stick

How to Practice

- Students should place an alignment stick on the ball to target line approximately 1 yard ahead of where the ball is tee'd up
- The student will then have a better perspective of what a straight start line is from their address position
- The student should experiment with what it feels like to start the ball to the right and left of the ball to target line in order to build awareness

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they take aim
- This activity will help students to gain a deeper understanding of how to achieve the correct start line

Palm to Palm



Equipment Needed

- Driver, Fairway Wood or Iron

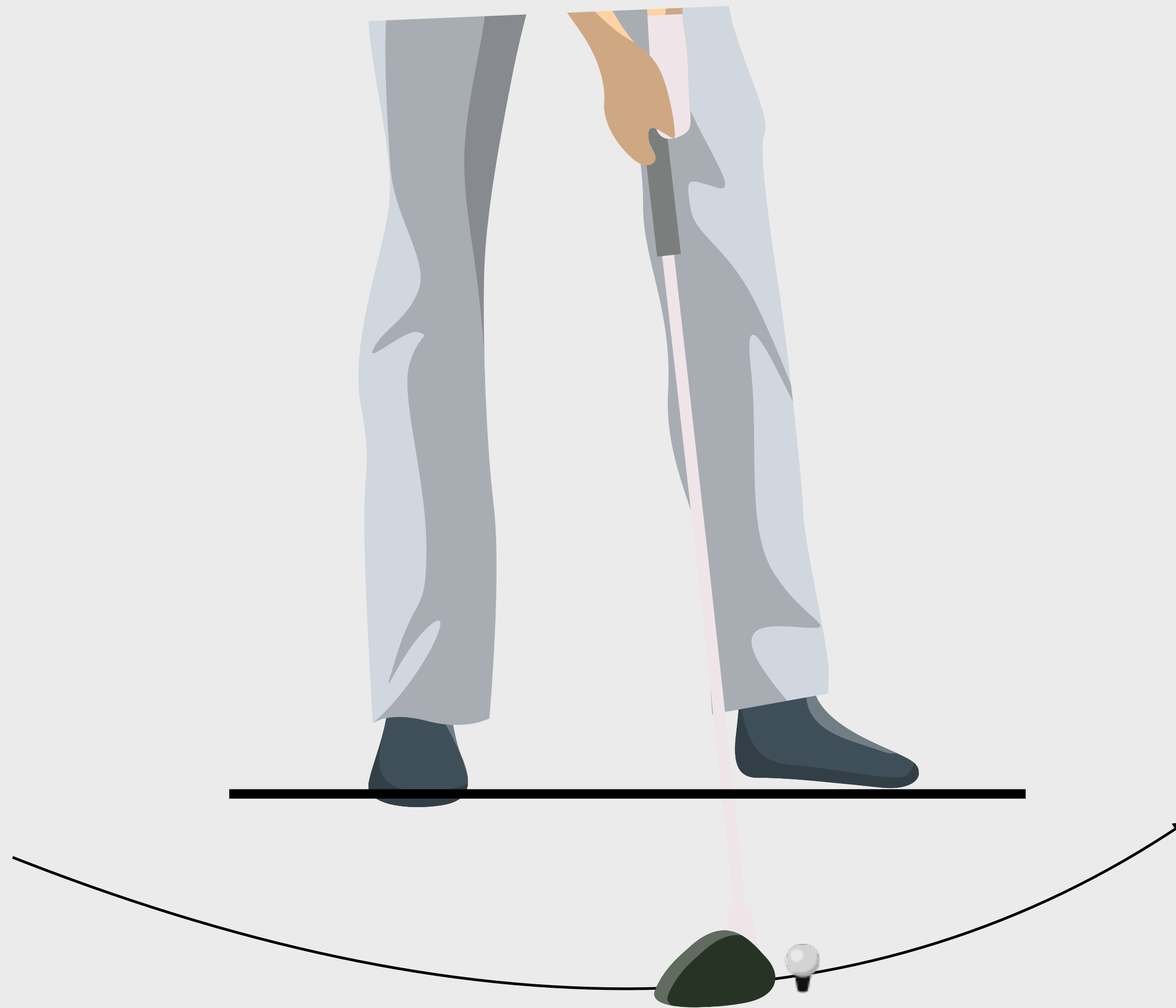
How to Practice

- No club is required for the first part of this drill
- Start by asking the student to position their lead hand facing away from the target, but rotate the palm so it is facing slightly to the sky
- They must then take their trail hand and make a backswing
- The intention is to match the trail palm up to the leading palm at impact in a clapping motion requiring rotation from the trail palm
- Once the student consistently produces the correct motion for their palms to meet square at contact they should hear a loud clap on impact
- After this they can move onto the second part and implement a club whilst performing the motion

Technical Link

- This exercise highlights how the trail palm reflects the club face and that it must rotate to be square on impact

Shallow and Square It



Equipment Needed

- Tees
- Driver

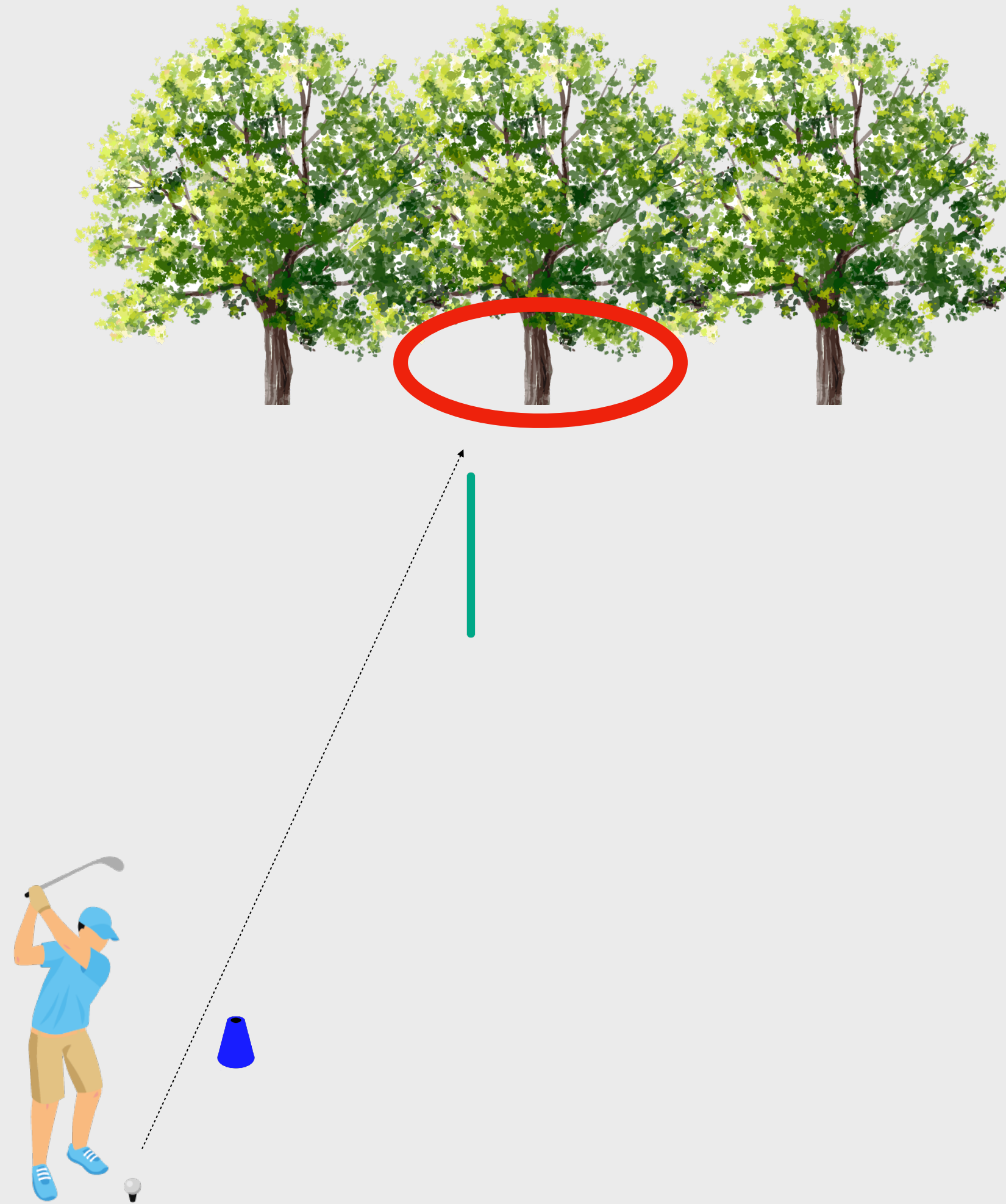
How to Practice

- Ask the students to set up a ball on an average driver height tee
- They begin with attempting to hit drives with a reduced driver swing (half swing) where they connect with the ball and the tee is unaffected
- This means shallowing the swing and hitting on an upwards trajectory
- If they are successful with this they can move on to full swings with the same intention of striking the ball and not the tee

Technical Link

- This exercise should promote changes in the swing and set up to produce a positive attack angle
- Discuss how a negative attack angle with a driver can produce unwanted spin on the ball, which reduces distance and causes loss of direction control

Target Trio



Equipment Needed

- Alignment Stick / Existing range targets
- Marker Cone
- Driver, Fairway Wood or Iron

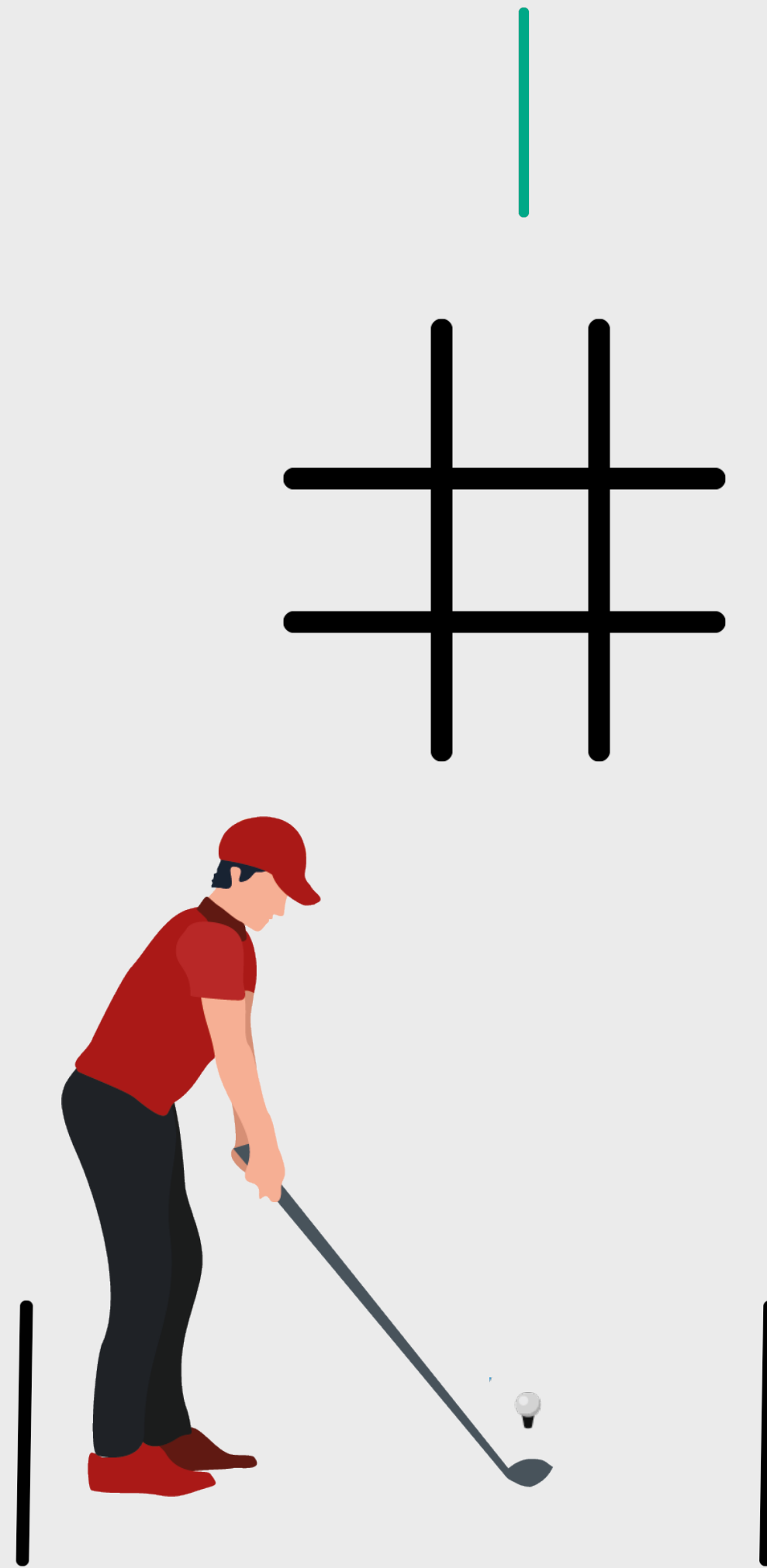
How to Practice

- Set up an alignment stick to use as a reference for the pin in front of distant existing targets or alignment sticks
- To practice the correct aiming strategy the student before each shot should select a distant target in line with the alignment stick representing the pin
- Once they have selected a distant target they need to follow on with selecting an intermediate target by using a cone lined up with the distant target and placed around 2 feet in front of the student
- Once this is set up the focus for the student should be on aligning themselves and aiming at the intermediate target

Technical Link

- The margin for error when setting up aim to a target 200-300 yards away is far higher than setting up to a target 2 feet away and that is why this aiming strategy can help students hit more fairways
- Understanding this means students will practice the correct aiming strategy on the course and this technique can be used for all shots

Aiming Grid



Equipment Needed

- Alignment Stick / Existing range targets
- Driver, Fairway Wood or Iron

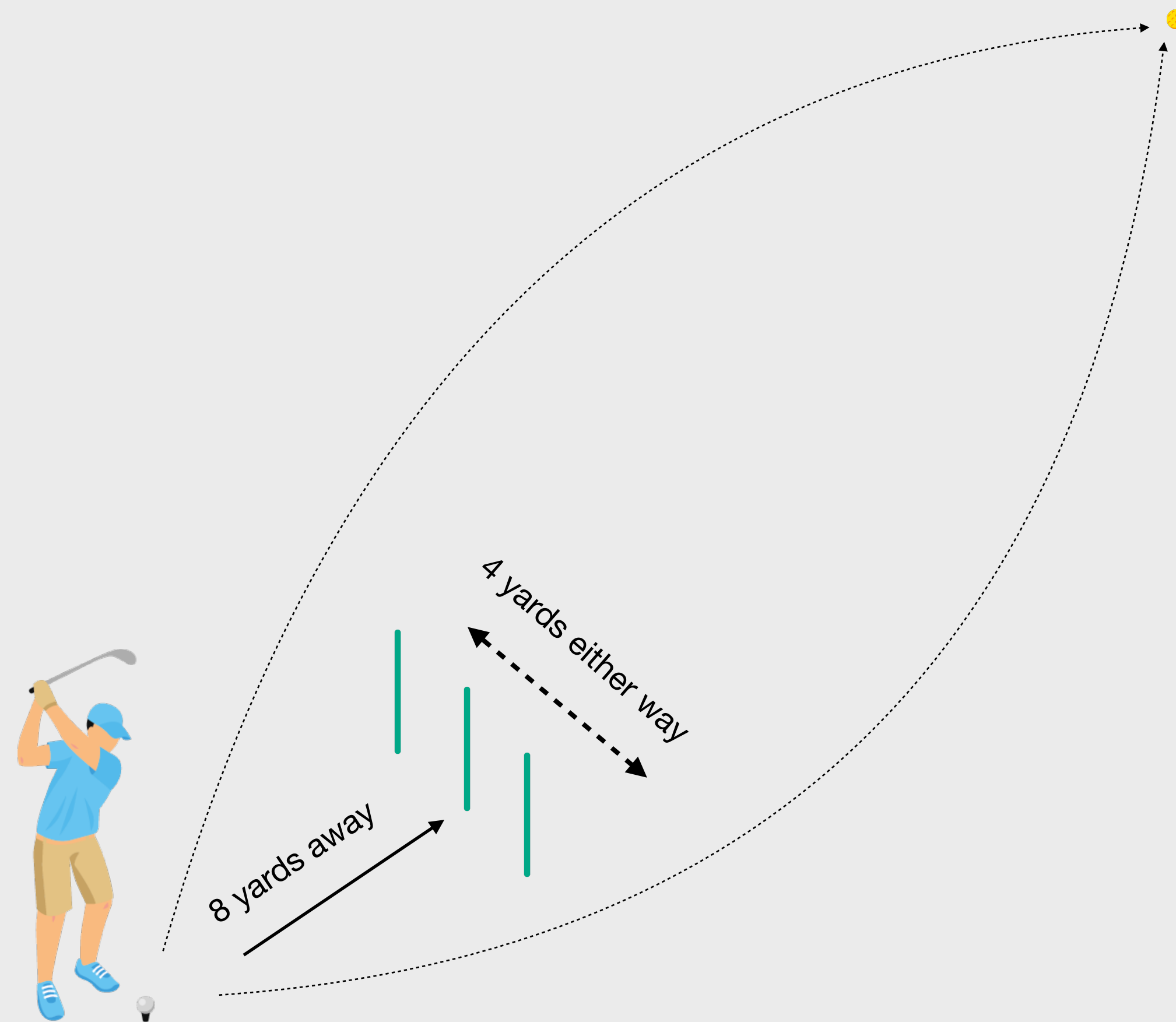
How to Practice

- Students set to an existing range target or alignment stick
- Ask them to stand behind the ball and visualise a 9 box grid then select a part they want to hit through towards the target
- Once this has been selected students should take a couple of practice swings whilst planning and visualising the shot
- The focus is on implementing an aiming strategy and the set up phases before a shot
- Finally students should practice hitting shots towards this target and repeating the aiming strategy before each shot

Technical Link

- By implementing this aiming strategy the student can focus their minds to the shot they are trying to execute and build confidence during practice hitting those shots, which can transfer to the course

What's your Stock?



Equipment Needed

- 3x Alignment sticks
- Driver, Fairway Wood or Iron

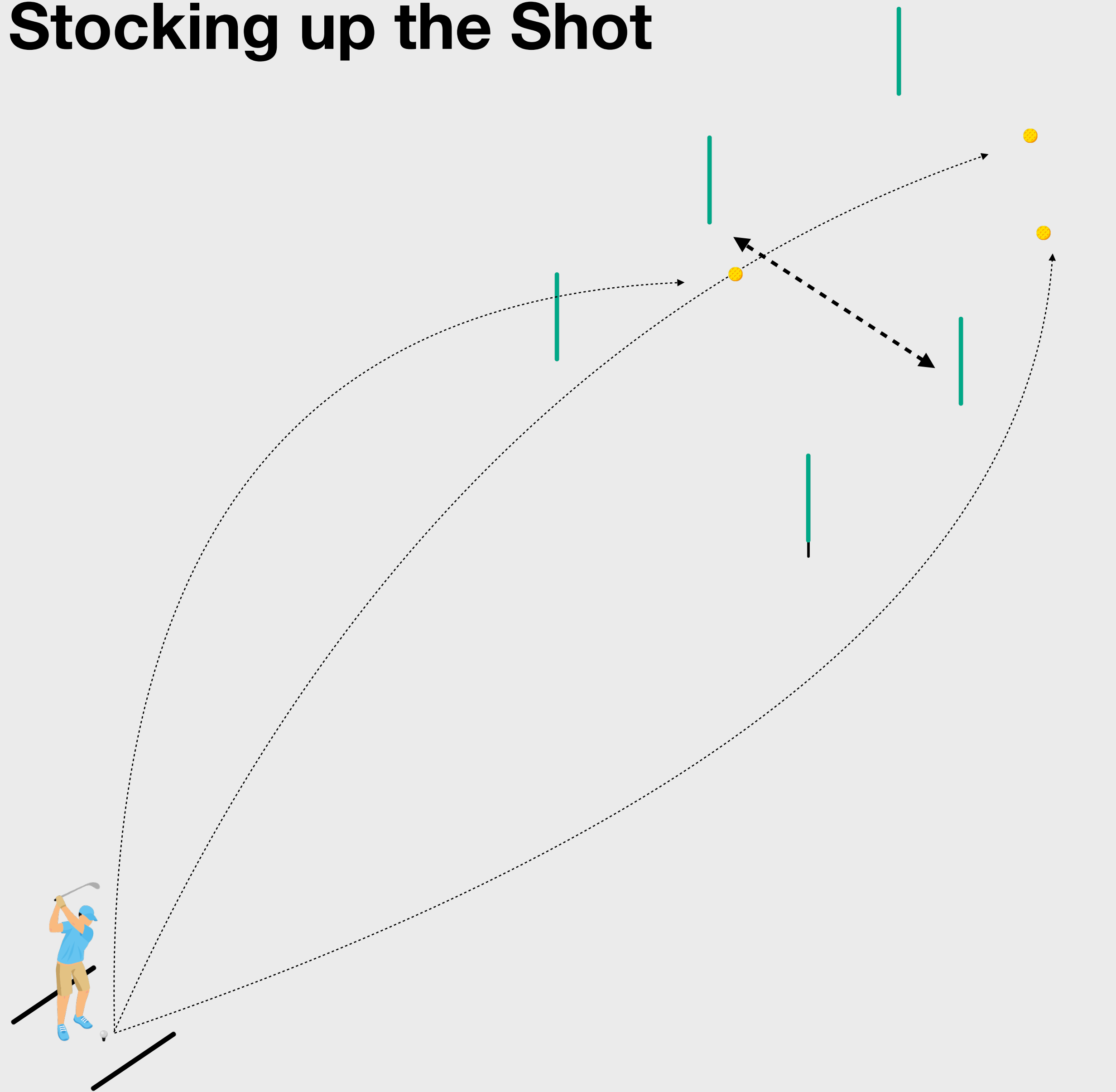
How to Practice

- Set up an alignment stick 8 yards in front of the target line
- Set the second alignment stick up 4 yards either side of the first stick right (for a draw) or left (for a fade)
- The student must attempt to hit golf balls where they start on a chosen side based off the students natural shot shape and move back towards the target
- The alignment sticks act as an indicator for success in this activity

Technical Link

- By having visual aids on the driving range it focuses the students minds on their target and stock shot shape
- This activity will highlight the shot the student is most comfortable hitting and will teach them to allow for that shape on the ball when they're aiming

Stocking up the Shot



Equipment Needed

- Driver
- Tees
- Alignment sticks or Existing Targets

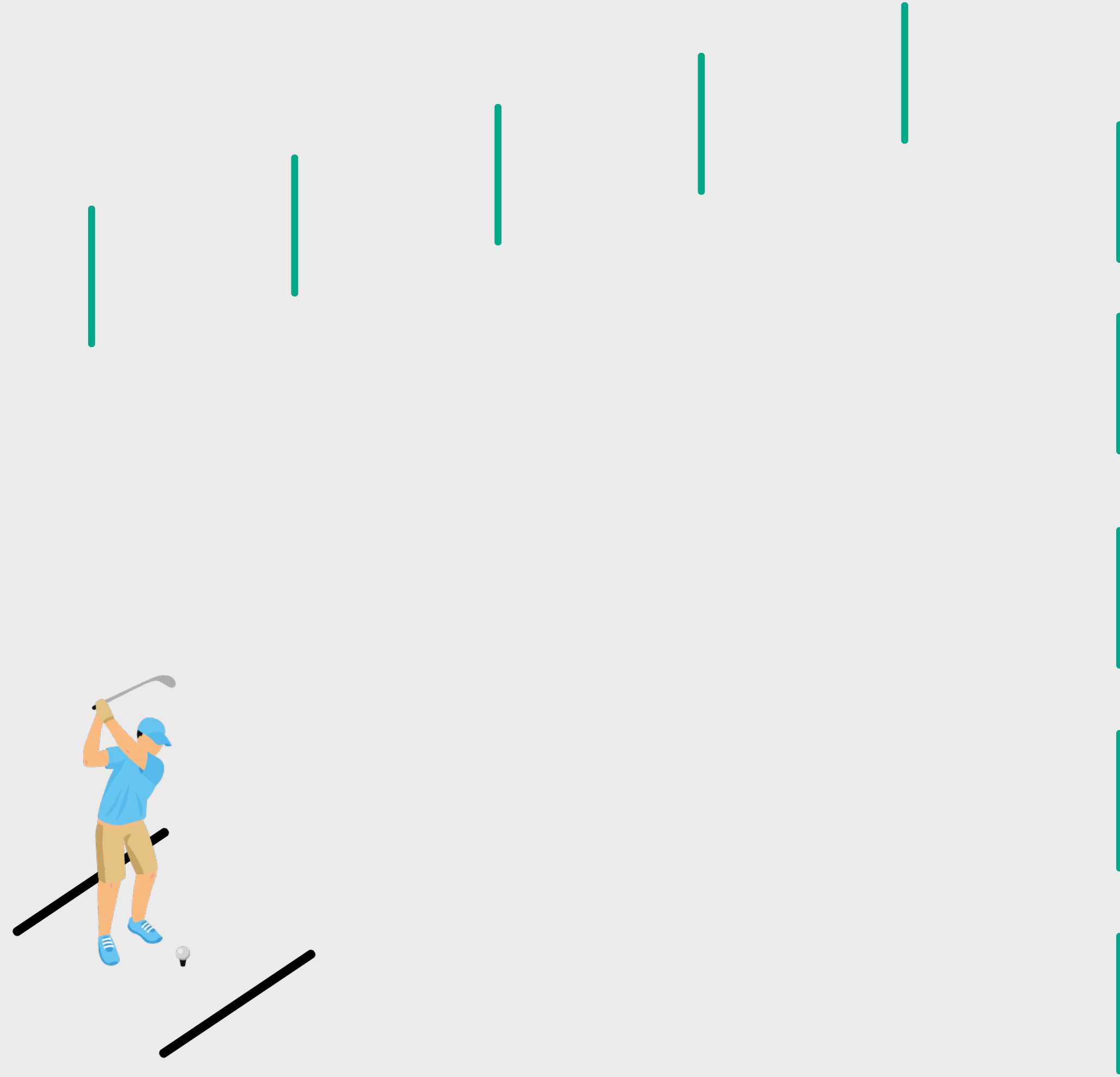
How to Play

- Set up a fairway on the driving range using existing targets or alignment sticks
- The students attempt to hit golf balls on the target fairway using their stock shot
- Ask the students to hit 10 shot and see how many out of 10 they can hit the fairway
- After this they may repeat to try and beat their score

Technical Link

- By having visual aids on the driving range it focuses the students minds on their target and stock shot shape
- It shows them what an average fairway width of roughly 40 yards looks like and highlights how consistent they are at finding it

Shrinking Fairway



Equipment Needed

- Driver
- Tees
- 10 x Alignment sticks or existing range targets

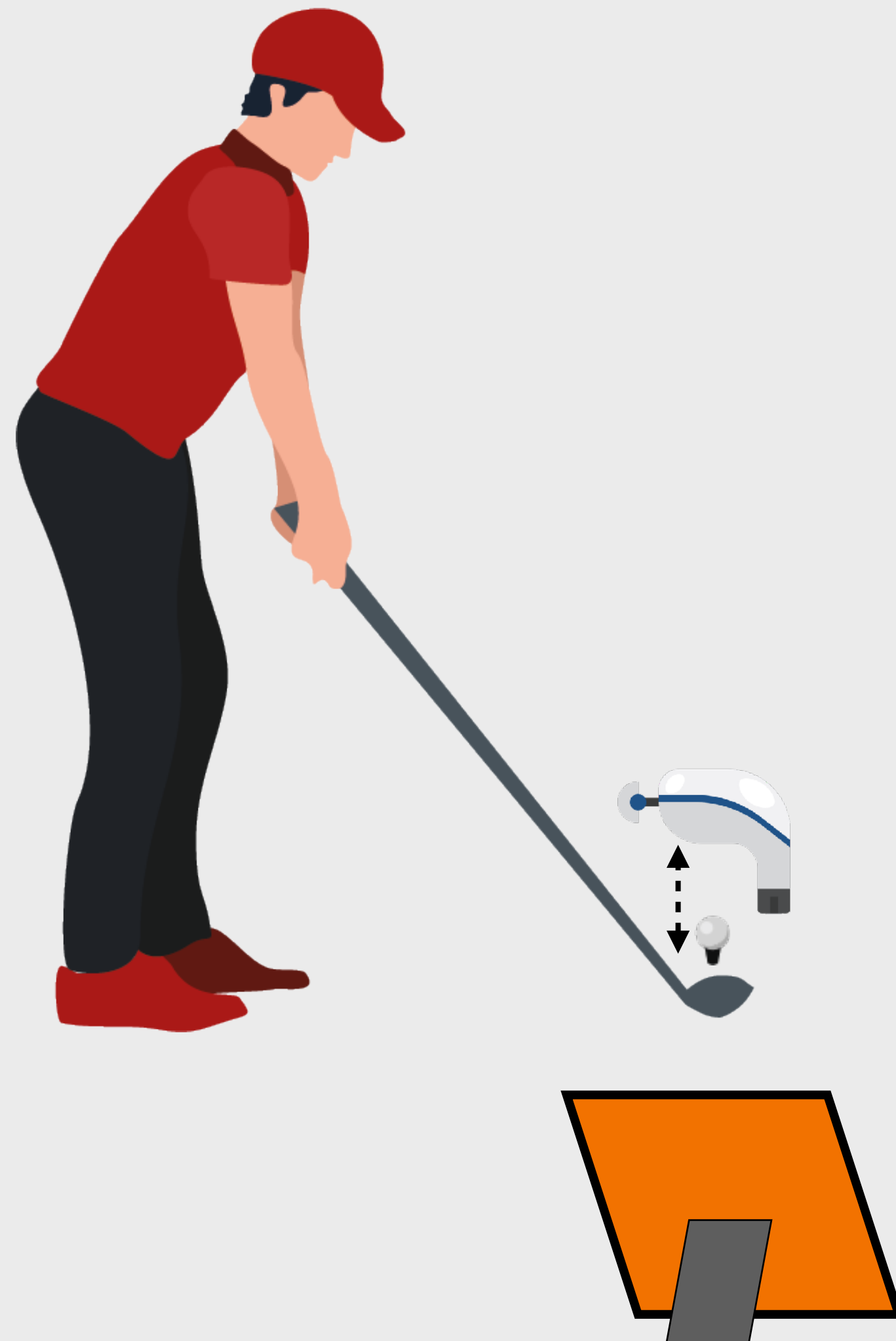
How to Practice

- Set up alignment sticks on the driving range to represent different sized fairways or use existing targets on the range of varying widths
- The aim is to hit consecutive shots through the fairway markers and aim for a smaller width fairway each time
- Students must hit a shot through all five sets of fairway markers in a row, starting with the widest markers first

Technical Link

- This activity will focus the student purely on accuracy of their drives and should encourage them to utilise all they know about direction control to win the game
- Aim strategy, alignment, swing path and club face control should all be tested during the activity

Launch it Long



Equipment Needed

- Driver
- Driver Head Cover
- Tees
- Launch Monitor

How to Practice

- Set up a drill where a head cover is placed directly six inches in front of the ball
- The aim is for students to hit the ball and miss the head cover in front by hitting up on the ball
- If there is access to a launch monitor measure the student's launch angle so they understand their current tendency
- Then advise how they can improve their attack angle and increase their carry distance

Technical Link

- This activity will help the student to increase their carry distance with the driver because the head cover acts as a visual indicator forcing them into a higher launch angle
- It will encourage them to apply the relevant changes in their set up and swing to positively affect the launch angle

One Leg Only



Equipment Needed

- Driver
- Tees
- Selection of driver shafts and lofts
- Launch monitor or similar

How to Practice

- Ask the student to set up to the ball balanced on just their back leg, with their lead leg tucked behind and positioned on their toes
- Once in this position the student should take some practice swings where they hold their weight over the balancing back leg as they swing through
- After they have got comfortable swinging this way at a reduced speed, they should move onto attempting to hit balls with this set up whilst maintaining balance

Technical Link

- This drill should teach students how to properly load their back foot and keep it there during transition for power
- Being ahead of the ball through transition is detrimental to carry distance because the energy from the trunk is lost
- This exercise forces students to stay behind the ball creating a higher launch and reduced spin

Reduce the Spin

Equipment Needed

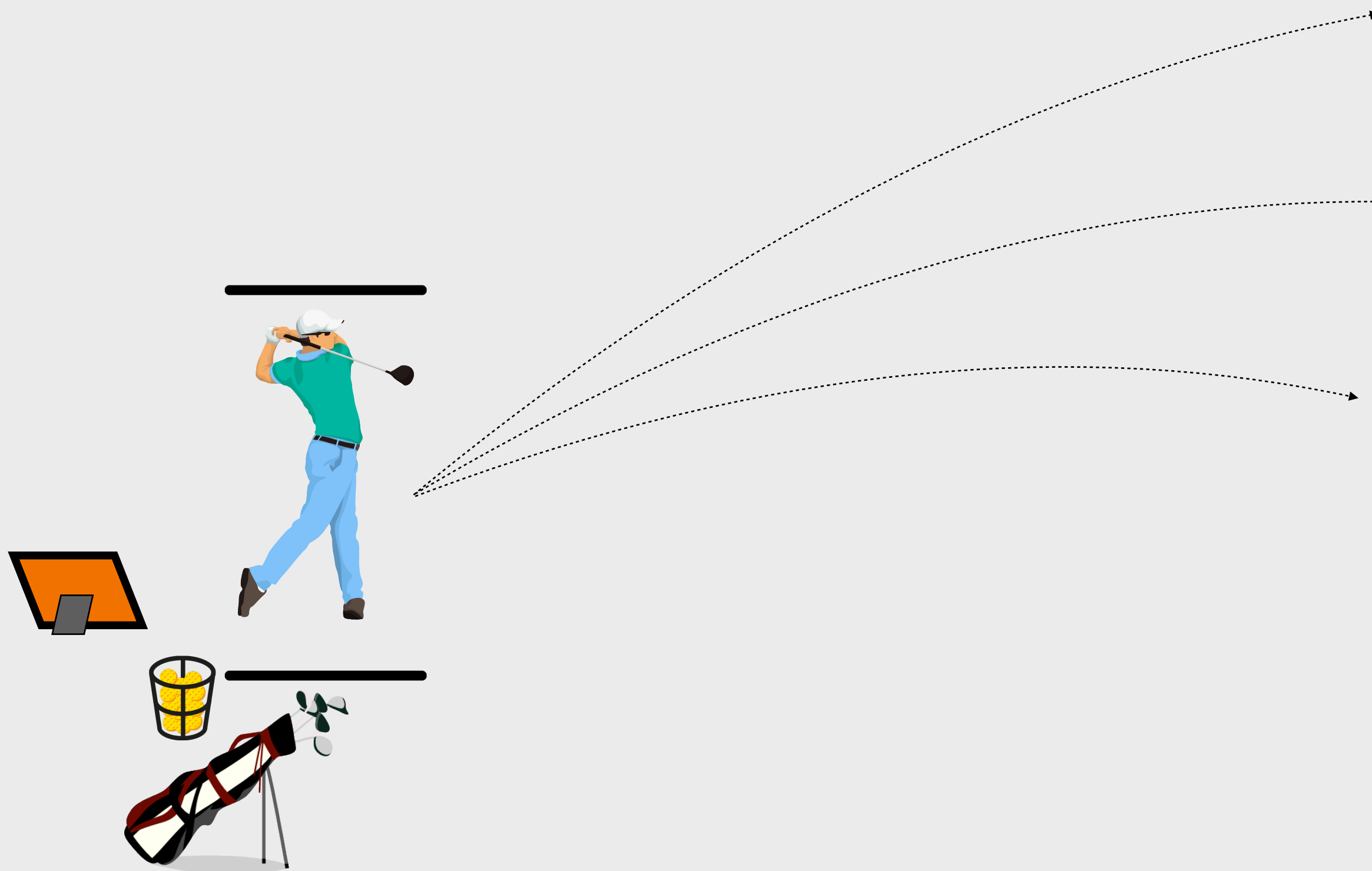
- Driver
- Tees
- Selection of driver heads, shafts and movable weights
- Launch monitor or similar

How to Practice

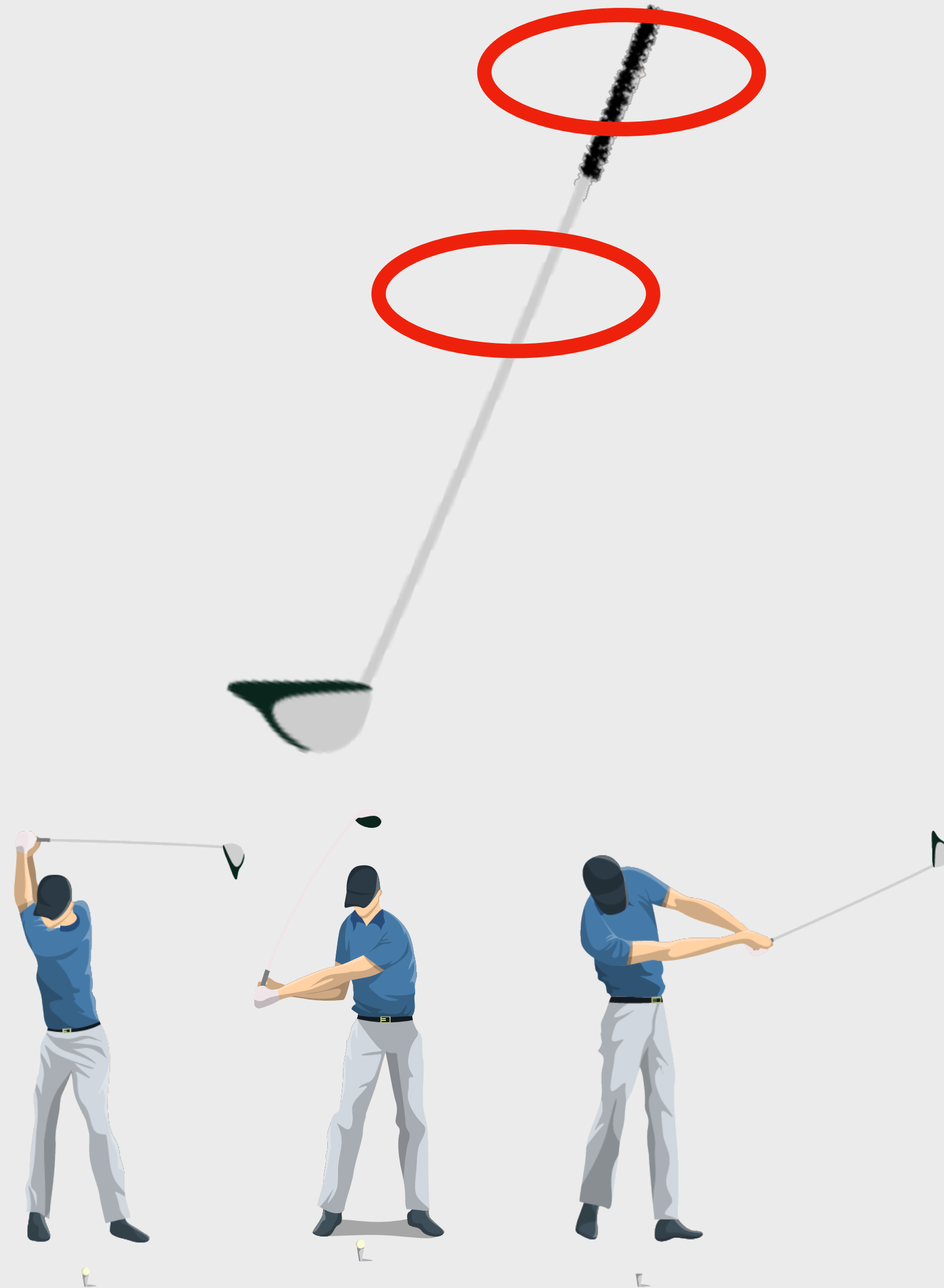
- Provide the student with a selection of different lofted drivers as well as different shaft flexes and weights
- Allow them to experiment with these aiming to reduce their spin rate
- Demonstrate how set up can also effect spin rate through changes to ball position and shaft lean, then allow the students to test them
- During this activity they should focus on the impact spin rate has on distance and what set up is optimal for their driver to maximise distance

Technical Link

- This activity will highlight the relationship between spin rate and distance
- There should be a greater understanding of the changes that can be applied at set up to control spin rate



Split Hands



Equipment Needed

- Driver

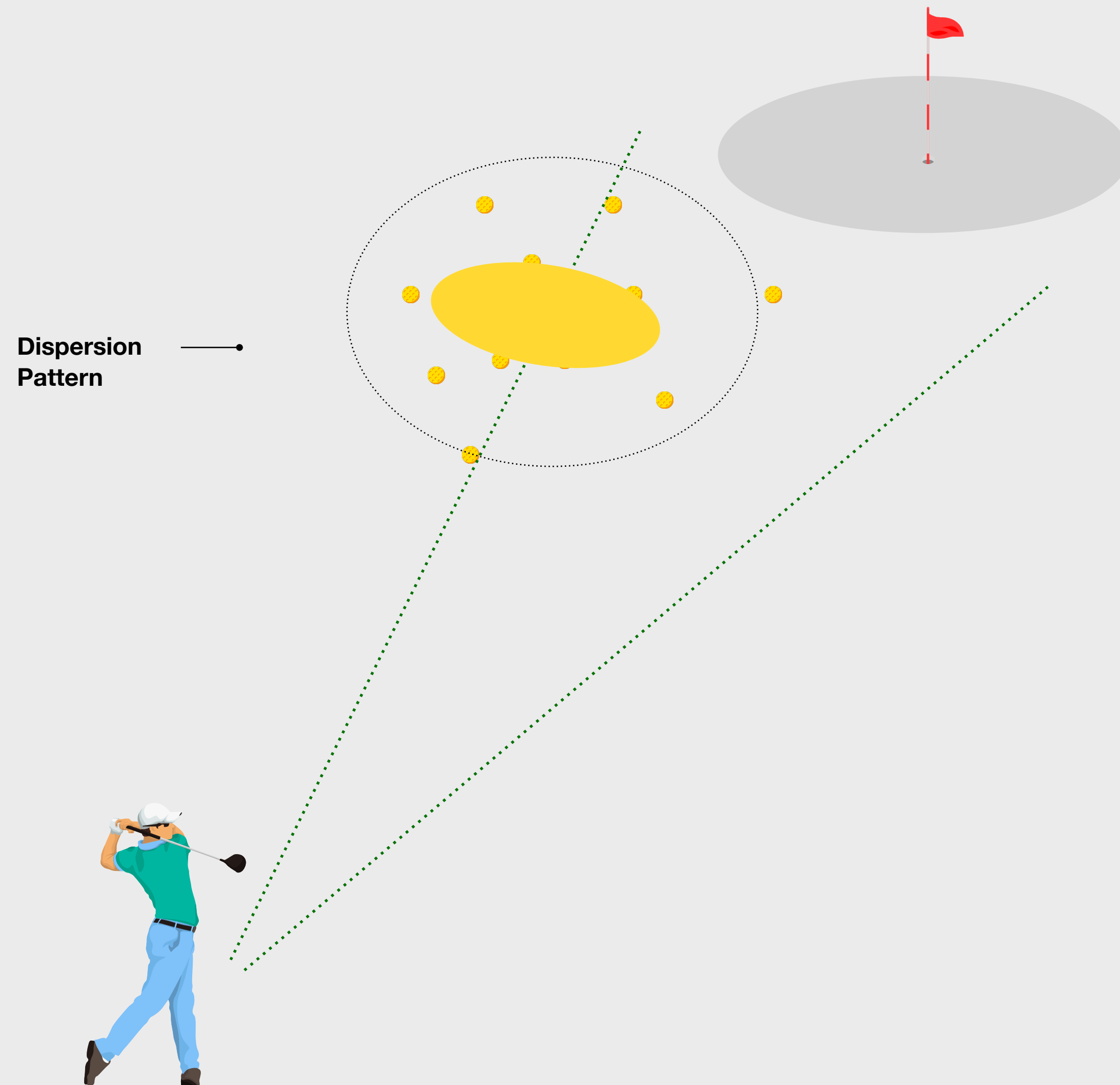
How to Practice

- Ask the student to set up for a drive without a golf ball
- The student should grip the club with their lead hand on the grip and their trail hand on the shaft (shown in the image)
- The aim is to practice sequencing through 3 positions
- The first is folding the arms correctly at the top of the backswing
- The second is pulling the arms down in the direction pre-impact
- The last is applying the force towards the target through impact
- The student should do this movement a few times without a ball and then implement it into normal shots

Technical Link

- This activity will help the student to understand how to sequence the swing for maximal speed through impact
- Students are unable to flip at impact, due to the split hands grip making it impossible and this promotes a good feeling because flipping the hands results in speed loss

Dispersion Data



Equipment Needed

- Driver, Fairway Wood or Iron
- Tees
- Pencil and Paper

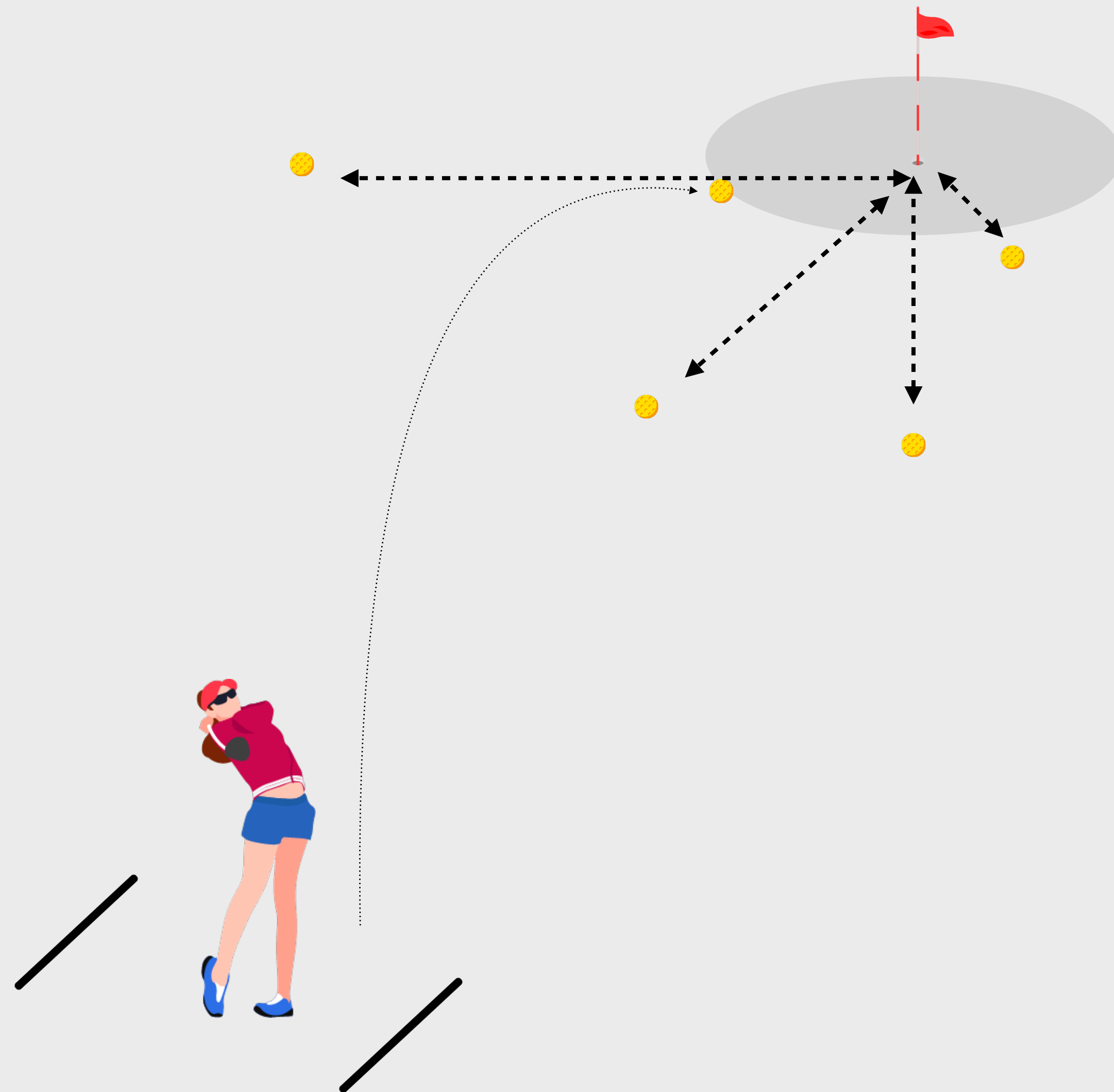
How to Practice

- Pick a fairway target on the driving range or practice ground
- The student hits 10 - 20 shots depending on the time available
- The students marks on paper the landing position of each shot they hit relevant to the target
- At the end of the shots, the students will have a dispersion pattern

Technical Link

- This activity will help the student to build an awareness of their shot patterns and help them produce a plan to improve it
- Knowing their common miss and general pattern should help guide their aim when on the course

Proximity Challenge



Equipment Needed

- Driver, Fairway Wood or Iron
- Pencil and Paper

How to Practice

- Ask the students to pick a target on the driving range at around the same distance as their average drive
- The student hits 10 shots towards this target with the intention of getting as close as possible
- After each shot they should note down roughly how many yards away the ball finished from this target
- At the end of the shots, the students average out how far away the 10 shots were from their chosen target

Technical Link

- Builds awareness for the students about how accurate they can be from a drive when aiming at a specific point and this can guide the types of shots they attempt on the course
- This activity can be used to educate the students on their accuracy statistically and they can look to improve on this average proximity in future practice and compare data

Club Face Aim



Equipment Needed

- Driver, Fairway Wood or Iron
- Alignment Sticks

How to Practice

- The student should practice whilst using an alignment stick to aid them in making sure their club face aim is perfectly square before they start the swing
- If the ball starts left or right of target the student then knows either they have miss-hit the shot, or they have done something which has caused the club face to aim right or left at impact

Technical Link

- This activity will help the student to build an awareness of what a square set-up looks like to them

1, 2, 3... 1, 2, 3



Equipment Needed

- Driver, Fairway Wood or Iron

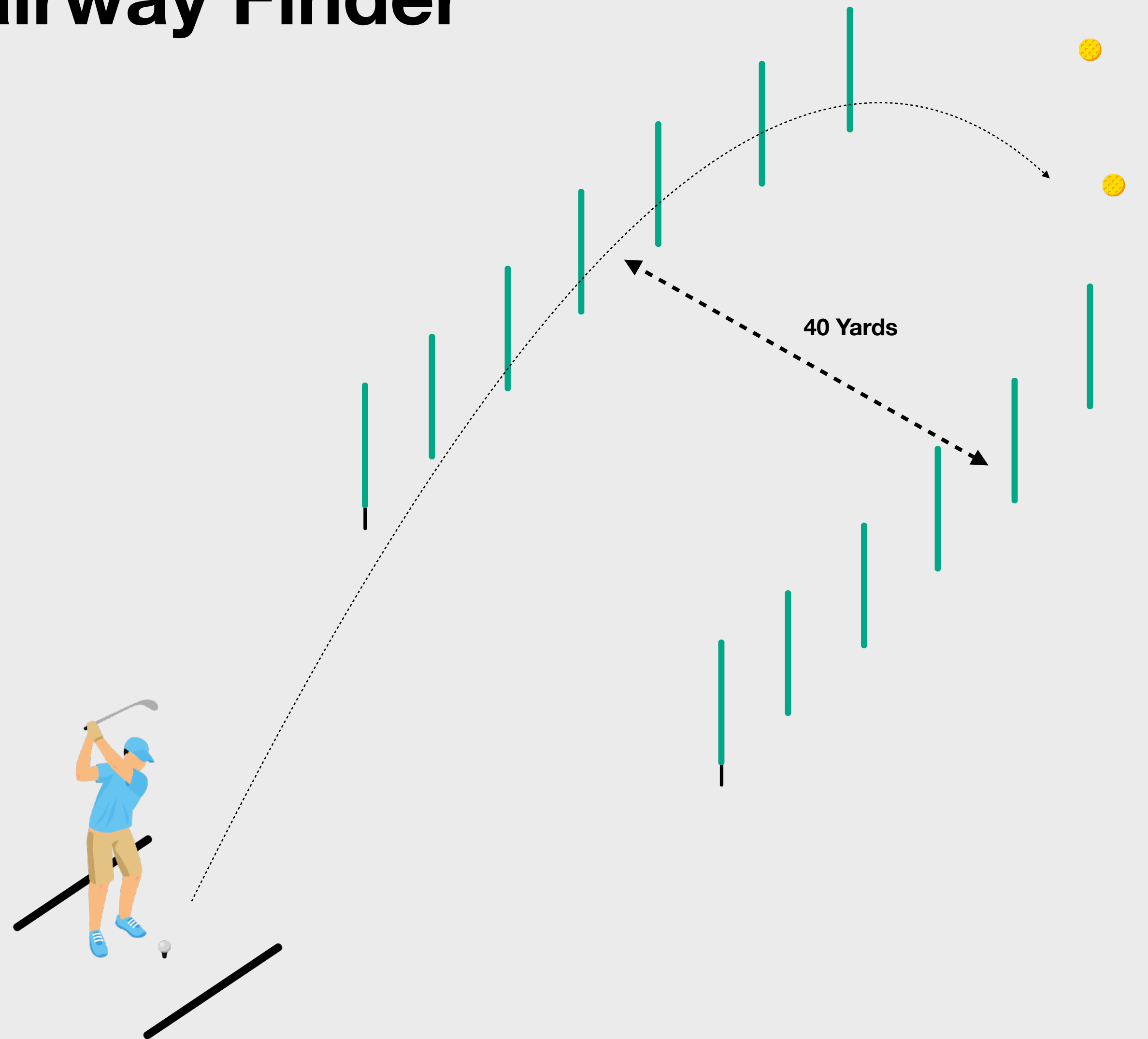
How to Practice

- Students should understand the importance of rhythm and tempo in their golf swing
- Demonstrate the importance of maintaining a consistent swing speed
- This consistent swing speed and rhythm will develop consistency of strike and ultimately more consistent shots

Technical Link

- Allow the students to quicken and slow their swing speed and rhythm and see the changes in consistency of strike and shot

Fairway Finder



Equipment Needed

- Driver, Fairway Wood or Iron
- Alignment sticks, cones or other targets

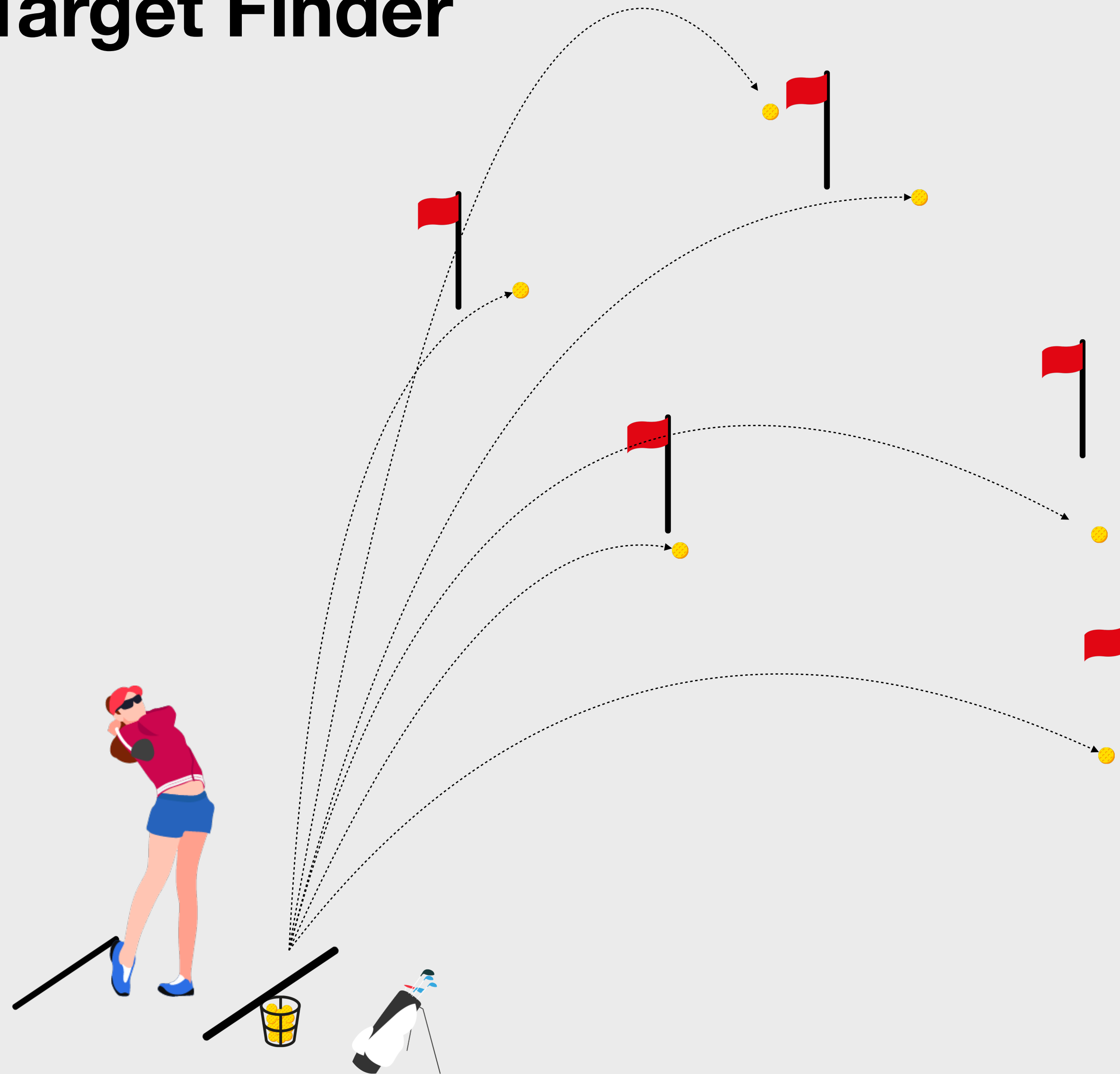
How to Practice

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask students to hit golf balls and try and hit the fairway using their stock shot. This can be a fairway wood
- Ask the students to hit 10 shot and see how many out of 10 they can hit the fairway

Technical Link

- By having a visual target on the driving range it focuses the students minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like

Target Finder



Equipment Needed

- Driving range targets

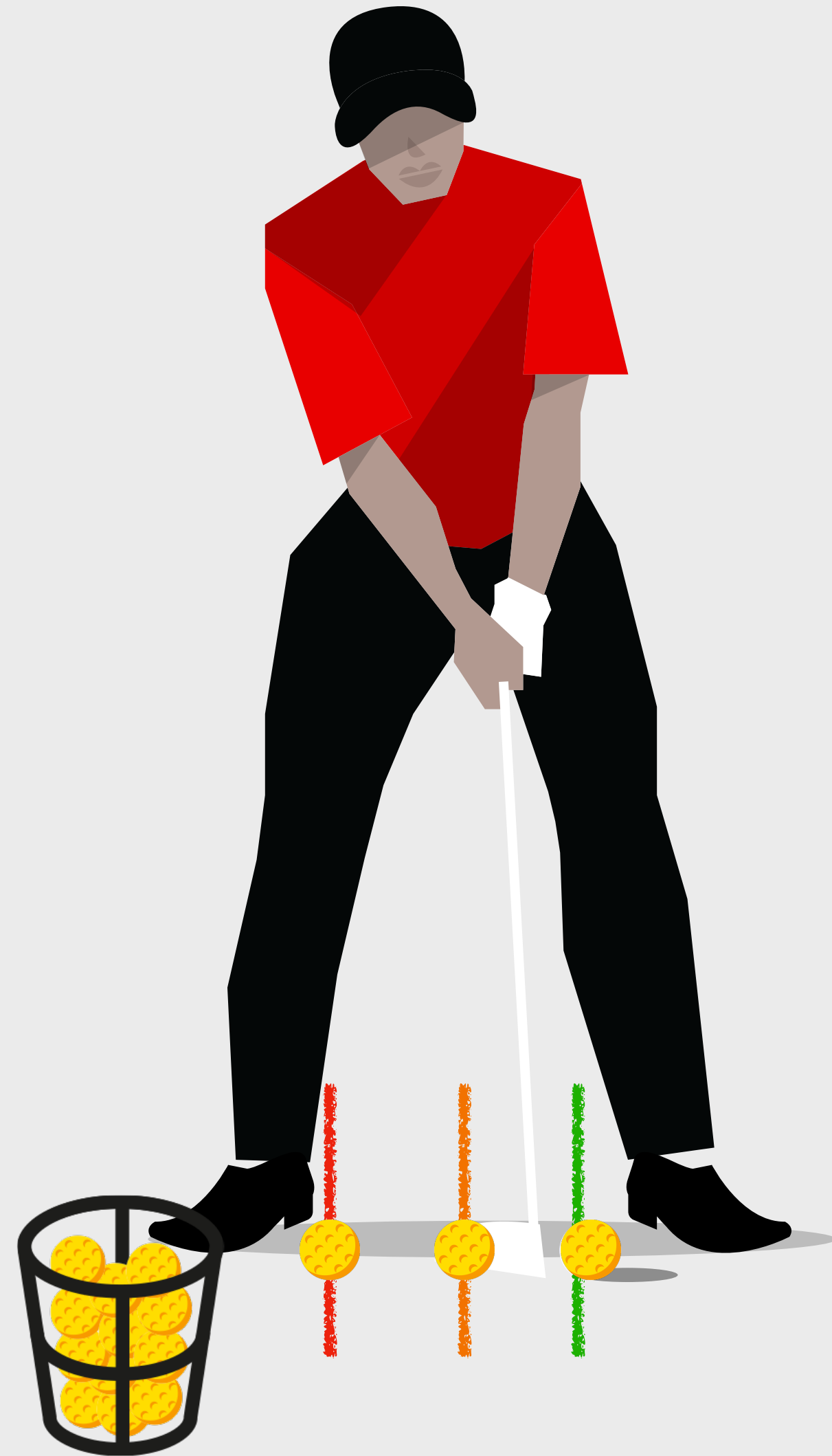
How to Practice

- Students should alter their target with their stock shot so they are constantly adjusting their alignment and set up
- Pick up to 5 different targets and allow the students to hit one shot to each target
- Encourage the students to go through their pre-shot routine and try to imagine they are playing on the course and hitting the fairway

Technical Link

- By changing the target it keeps the practice fresh for the student and allows them to make the required adjustments to hit their stock shot on their imaginary fairway

Get it Forward!



Equipment Needed

- Tees
- Driver
- 2 x Alignment Sticks

How to Practice

- Students should understand how changing their setup will affect the flight and distance of their driver shots
- Ask the students to adjust their ball position forwards and back in their stance and see the difference that makes
- Use an Alignment stick so that the student gets an increased perception of ball position

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they assume their set up
- This activity will help students to work together and gain a deeper understanding of how ball position helps to prepare for a good golf shot

Pass The Ball



Equipment Needed

- Medicine Ball / Football
- Driver

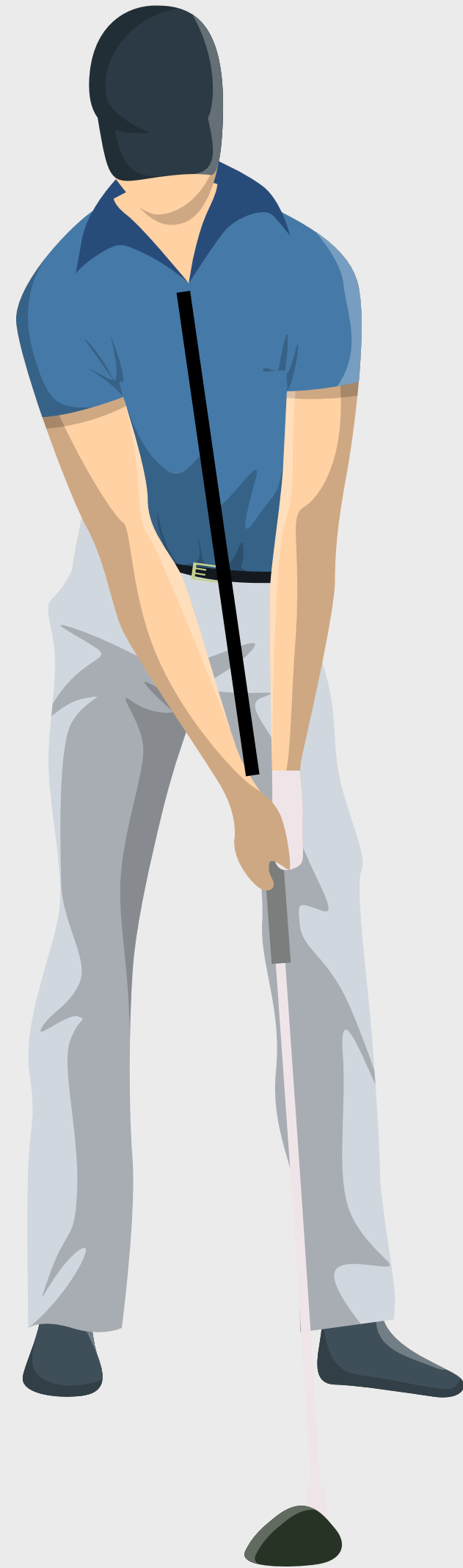
How to Practice

- Ask the student to stand side on, with you or their partner standing directly behind them
- The student should rotate back and then all the way through, releasing the ball towards you or their partner to catch
- As the student becomes comfortable with the movement they should attempt to increase the speed of the rotation and release
- The student should do this movement a few times and then take a golf club and implement it into normal shots to feel the same speed of rotation

Technical Link

- This activity will help the student to understand how to generate speed using body rotation
- This activity will help the student to understand how rotation produces more distance and can be used in a full swing to provide even more power

Brush the Left Thigh



Equipment Needed

- Tees
- Driver
- Alignment Stick

How to Practice

- Ask the students to stand vertically at address with an alignment stick running from the centre of the chest vertically down through the belt buckle.
- Ask the students to get into their comfortable driver posture making a tail with the other end of the alignment stick
- Ask the student to tilt the spine away from the target until the other end of the alignment stick brushes the left thigh
- Explain to the students how lowering the right shoulder at address can shallow out the downswing and enable the student to hit up on the ball

Technical Link

- Explain how this change at address will give a higher launch angle, raise the centredness of strike on the club face and ultimately set them up for increased distance and control

Little Step, Big Step



Equipment Needed

- Tees
- Driver

How to Practice

- Ask the students to stand at address with their feet together and in a vertical posture
- The student should take a small step to the left with the left foot snoring that the remains opposite the left arm pit
- The student should then take a big step to the right ensuring that the right foot position for a right handed golfer is wider than the right shoulder

Technical Link

- Outline to the student that it will give them a more stable platform over which they can turn your upper body.
- It will encourages the hips to stay level throughout the swing
- It will lower their centre of gravity so playing in the wind is easier and are less likely to get blown off balance

Get Some Stability



Equipment Needed

- Tees
- Driver

How to Practice

- Ask the students to widen their stance for shots with the driver
- The stance should be slightly wider than the width of the students shoulders
- Demonstrate to the students how widening and narrowing the stance will effect balance and consistency
- Use an alignment stick from the each armpit so the student can visualise the width of the feet reparative to each shoulder

Technical Link

- Outline to the student that it will give them a more stable platform over which they can turn your upper body.
- It will encourages the hips to stay level throughout the swing
- It will lower their centre of gravity so playing in the wind is easier and are less likely to get blown off balance

Shaft, Shaft, and Shaft



Equipment Needed

- Tees
- Driver
- Selection of driver, shafts and movable weights
- Launch monitor or similar

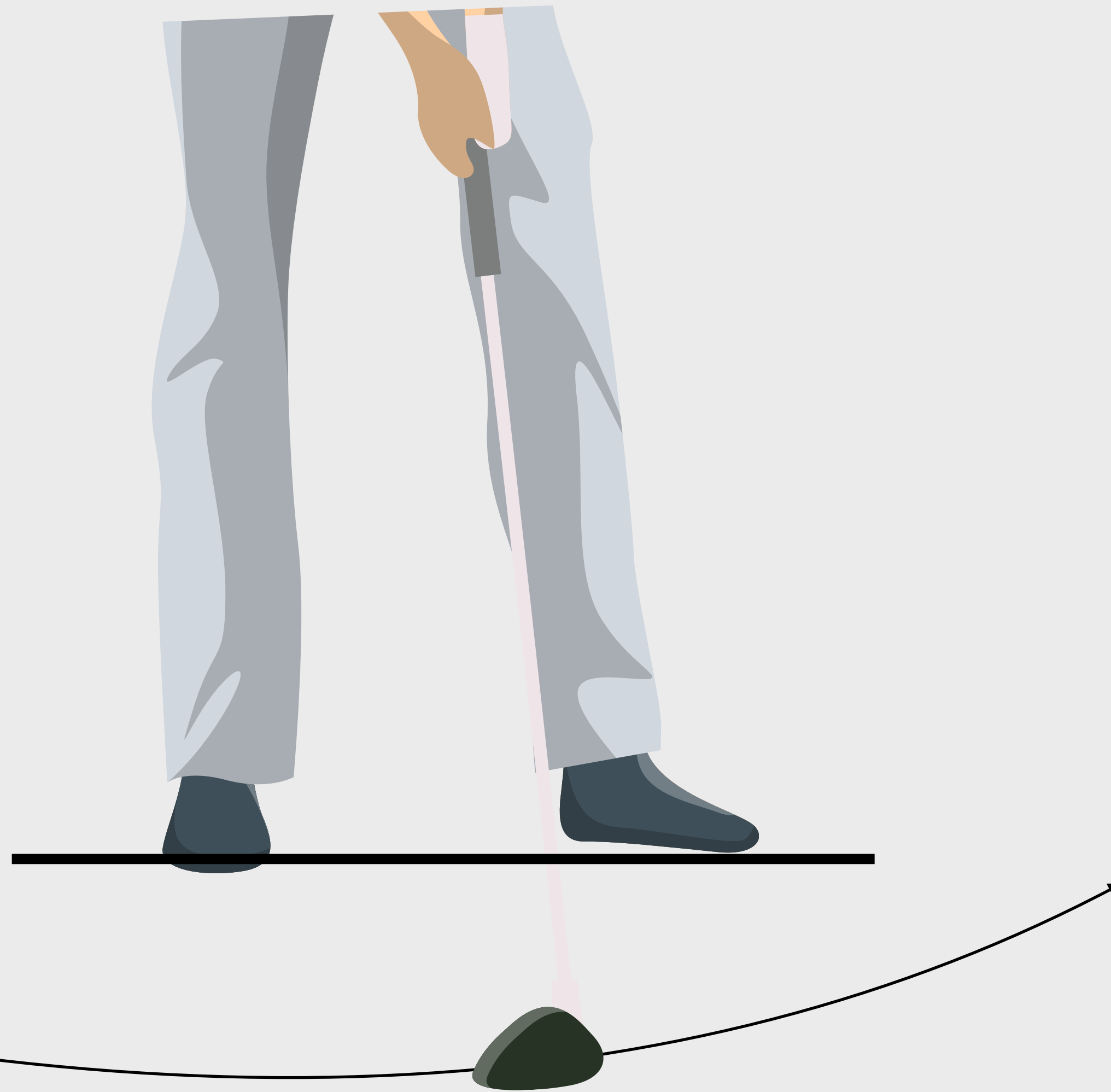
How to Practice

- Provide the students with a variety of different shaft types and materials including;
 - Different weight shafts
 - Different flex types
 - Shafts with a variety of kick points
- Allow the students to explore the difference that a shaft can make to total carry and distance when hitting the driver

Technical Link

- Explain to the students how the shaft is a critical part of their driver and getting its weight and flex correct will have a big impact on their overall distance

Hit it up!



Equipment Needed

- Tees
- Driver

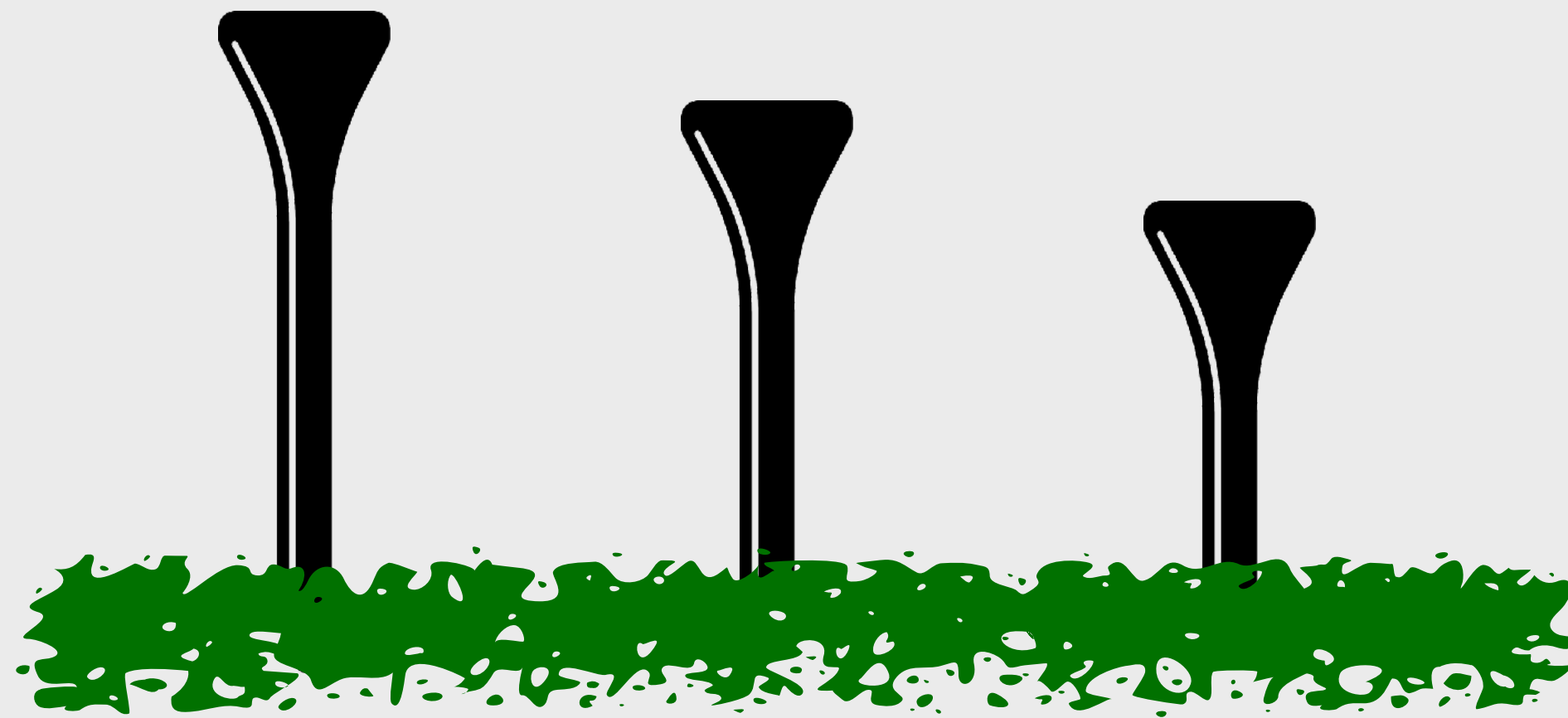
How to Practice

- Ask the students to lower their right shoulder at the address position
- They should create an angle of roughly 15 degrees in the shoulder line to the ground
- Encourage the student to feel as through they are hitting up on the ball through impact

Technical Link

- Outline how hitting up on the ball will improve their ball striking by hitting the ball higher on the club face

Tee height for better flight



Equipment Needed

- Tees
- Driver
- Launch monitor or similar (optional)

How to Practice

- Provide the student with a variety of tees so they can change the tee height during practice
- Ask the student to hit golf balls using 3 different tee heights
- Measure the height, carry and distance of the shot with the 3 different Tees

Technical Link

- Finding the correct tee height is crucial to enable the students to strike the ball from higher on the club face to maximise the strike potential and ultimately the distance of the shot
- It will help the students to better understand that face contact has a huge impact on carry and distance

Do You Measure up?



Focus

- Tees
- Driver
- Launch monitor or similar (optional)

How to Practice

- Allow the students to hit 10 balls and track how far the ball is carrying, the total distance and the direction
- This can be done with measuring targets out on the driving range, on the golf course, or using a launch monitor or similar

Technical Link

- The key data will allow the students to track their progress progress in the coming weeks and months. Recommend the student that they repeat this process on a monthly basis and record any changes in their performance.

Fairway Woods



Equipment Needed

- Tees
- Fairway Woods
- Launch monitor or similar

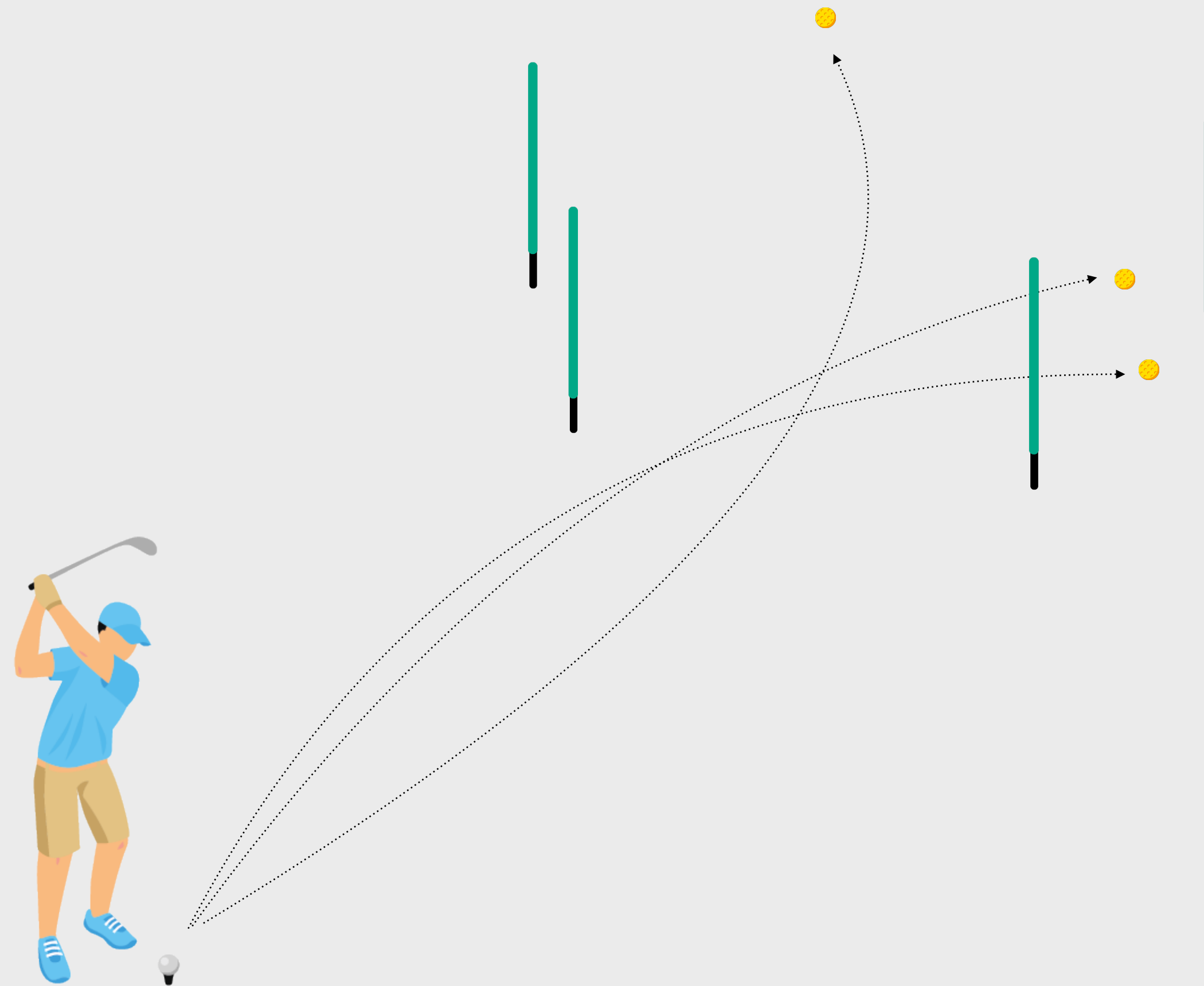
How to Practice

- Provide the students with a variety of different shaft types and materials including;
 - Different weight shafts
 - Different flex types
 - Shafts with a variety of kick points
- Allow the students to explore the difference that a shaft can make to total carry and distance when hitting the driver

Technical Link

- Explain to the students how the shaft is a critical part of their driver and getting its weight and flex correct will have a big impact on their overall distance

Dispersion Difference



Focus

- Driver, Fairway Wood or Iron
- Launch monitor or similar (optional)

How to Practice

- Allow the students to hit 10 balls with a fairway wood and track how wide the gap is between the shot that finishes the furthest left, and furthest right. This can be done by measuring targets out on the driving range or by using a launch monitor
- Students should do the same with hybrids and even their long irons to determine what difference there is between the dispersion for each of their clubs

Technical Link

- The students can use this data to then determine which clubs to choose when on particular holes on the golf course

Know Your Numbers



Equipment Required

- Tees
- Driver, Fairway Wood or Iron
- Launch monitor or similar (optional)

How to Practice

- Allow the students to test their distance and dispersion numbers from previous weeks
- This can be done by measuring targets out on the driving range, on the golf course, or using a launch monitor
- The challenge is to replicate or improve the dispersion numbers each time so that students become really confident in knowing their numbers

Technical Link

- This information will allow the students to choose the most appropriate tee shot and execute it with confidence on the course

Tee Strategy Practice



Equipment Needed

- Driver, Fairway Wood or Iron
- Tees

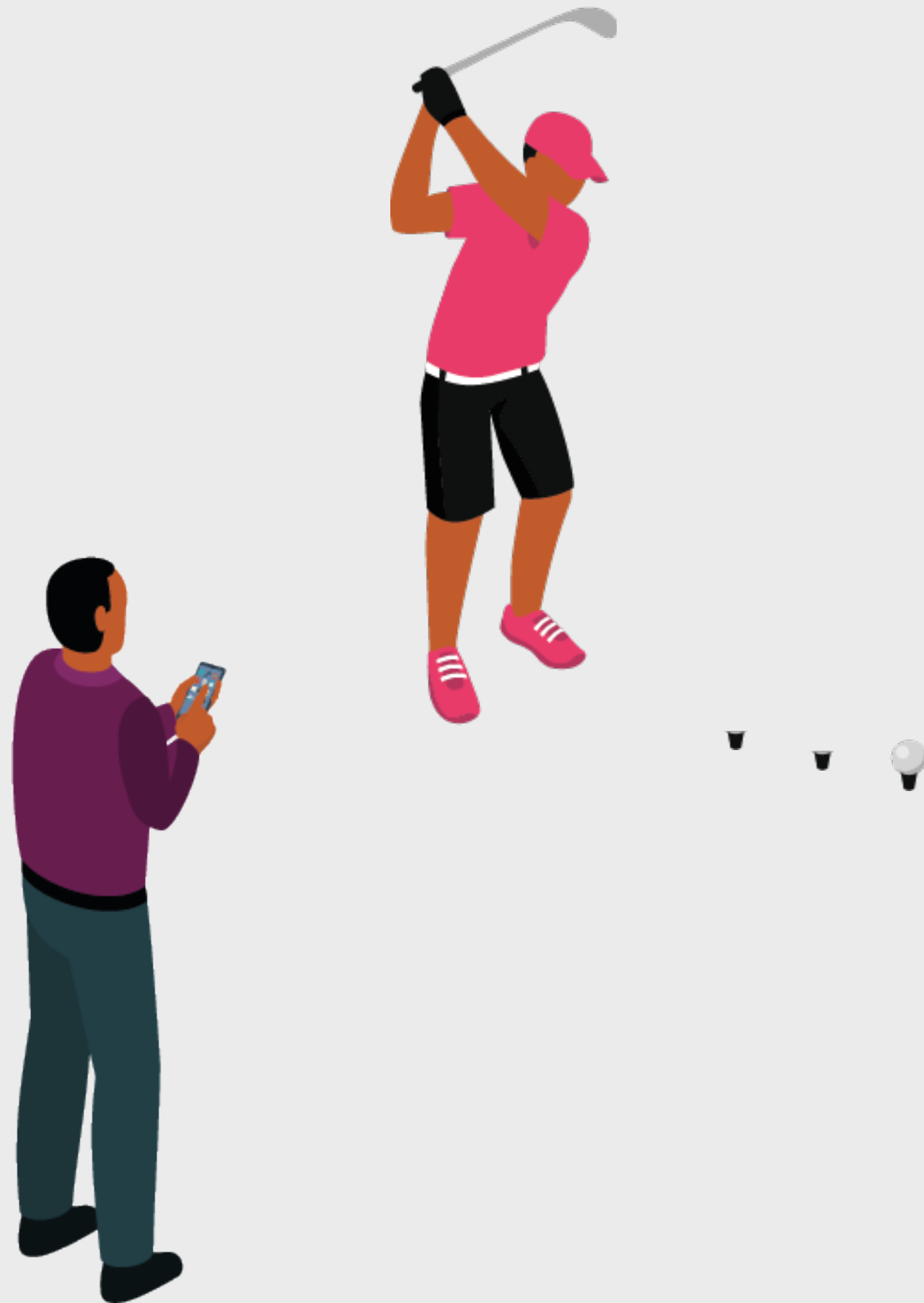
How to Practice

- Ask the students to work in pairs, and take it in turns to pick a hole on the course that the other one has to make a decision on which club to hit
- Pick out appropriate targets on the driving range that would simulate the width of the fairway on the hole that they have chosen and give the student **ONE** chance to hit the fairway with their choice of club
- Make this situation feel as real as possible, engage the wider group and have everyone watch as one person attempts to find the fairway

Technical Link

- This activity promotes an understanding of course strategy and planning, as well as performance under pressure

Good Contact



Equipment Needed

- Iron
- Tees

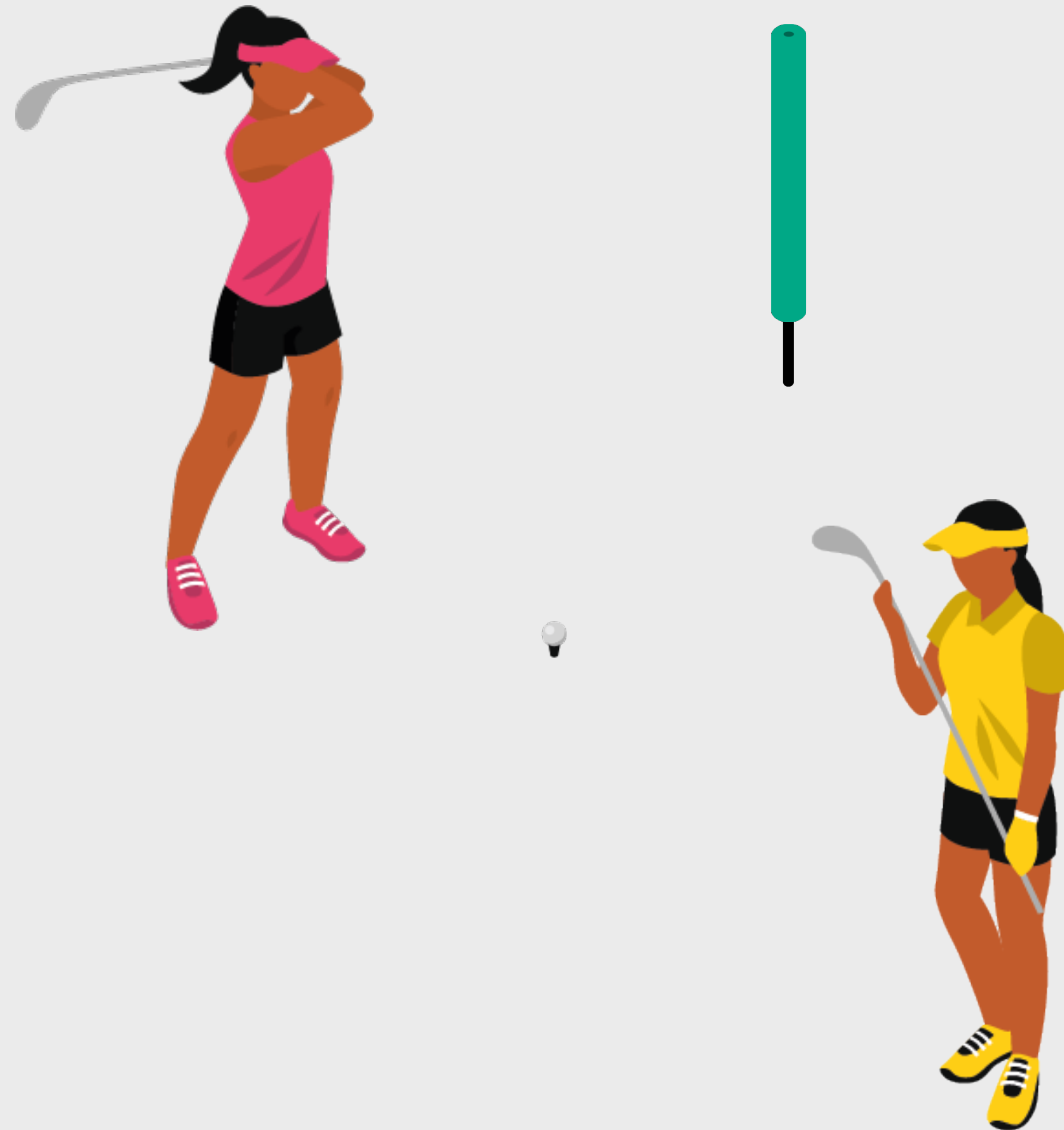
How to Practice

- Ask the student to strike a tee on their practice swing twice before attempting the same outcome with the ball on the tee
- The student should focus on making sure they strike the tee with their real shot too as this means the ball will strike the middle of the club face and the loft will get the ball in the air
- If the student becomes competent at this drill using the tee then ask them to do the same from the ground. Each practice swing should brush the ground where the ball would be and on the real swing the club should brush the ground underneath the ball

Technical Link

- This activity will help the student to understand how the loft of the club will help to strike the ball into the air, and they don't have to 'help' or 'lift' the ball to get it flighted properly
- This activity will help the student to understand how if they aim just to hit the ball then quite often the result will be a topped or thinned shot

Control Direction



Equipment Needed

- Alignment Stick and Foam Noodle
- Driver, Fairway Wood or Iron

How to Practice

- Let the student practice hitting the ball in different directions
- Ask them to aim directly at the foam noodle, and then deliberately hit the ball to the left and then to the right of the noodle from the same starting position
- Highlight how, so long as the ball is struck well, the club face is the primary influence over the direction the ball travels
- If there is a tendency for the student to hit the ball a particular direction ask them to deliberately practice hitting the ball the opposite direction in order to learn how to control direction

Technical Link

- This activity will help the student to understand how to control the direction of the ball. Be sure to link your technical advice to how this will help the student control the club face direction at impact

Using Different Clubs



Equipment Needed

- Hybrid
- 7 iron
- Pitching wedge

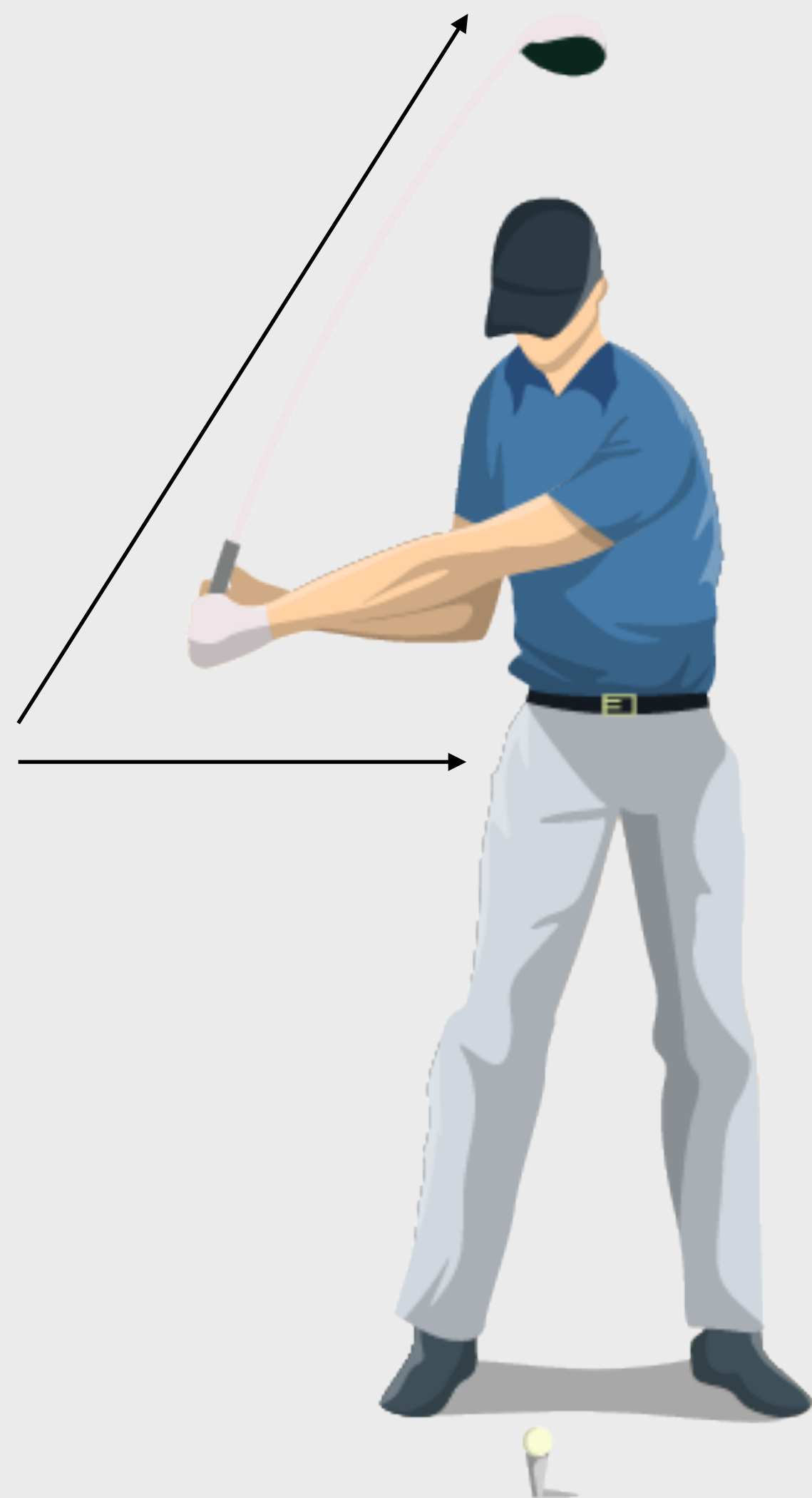
How to Practice

- The student should practice using all three clubs in order to become confident switching between clubs as they will have to when they are out on the course
- As they practice, challenge the student to switch clubs between every shot
- If the student becomes confident using a particular club encourage them to practice more with the other clubs in order to build competency across all the clubs

Technical Link

- This activity will help the student to understand the importance of practicing with the different clubs and seeing the difference this has on the ball flight when struck correctly
- It will help the student to understand that we need to be able to adapt when playing the game as each shot we face will be different from the last

Later Release



Equipment Needed

- Tees
- Driver

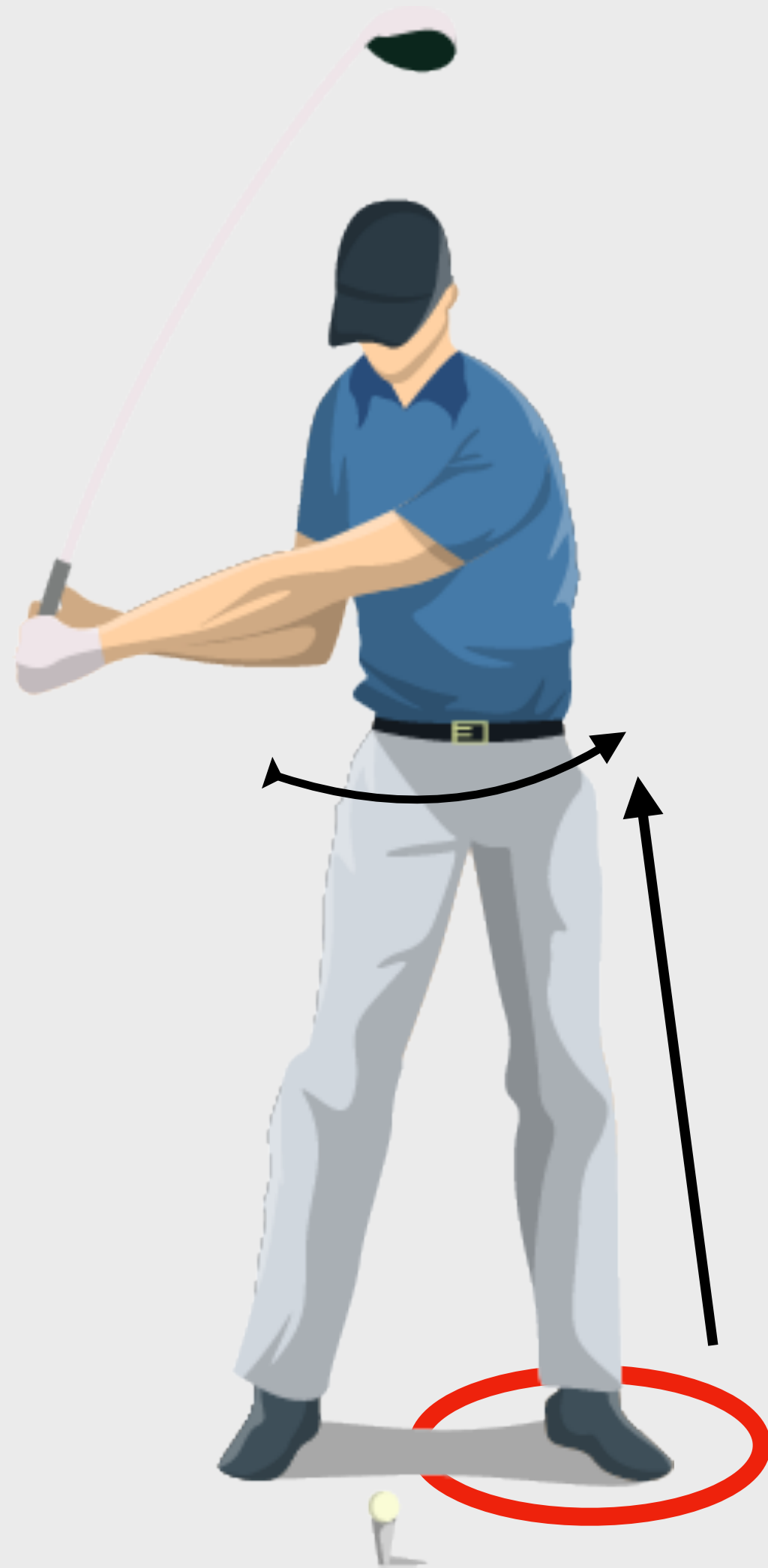
How to Practice

- Ask the student to create a later hit during the downswing
- Explain to the student their hand and arms feel like they release the ball after your body has moved through
- Outline how this relates to the golf swing's "late hit", the body pulling through the arms and then the club.

Technical Link

- Explain to the students the greater the lag between club head and hands the greater the club head speeds will need to be
- The club head will need to catch up the hands and this generates the additional speed

Ground force



Equipment Needed

- Tees
- Driver

How to Practice

- Ask the students to start by flexing the knees and make a big backswing whilst keeping balanced
- Start the downswing with an aggressive turn towards their target keeping the knees flexed
- Explain to the students to turn and open their hips and as the downswing develops, the ground force will come into play as they push off the turf and their legs straighten generating greater club head speed

Technical Link

- The ground can help you generate more speed because you have the opportunity to push off the ground while swinging down into impact.

Reduce the Spin



Equipment Needed

- Tees
- Driver
- Selection of driver, shafts and movable weights
- Launch monitor or similar

How to Practice

- Provide the student with a selection of different lofted drivers and aim to reduce the spin rate
- Allow the student to try different shaft flexes in order to reduce the spin rate on the golf ball
- Provide the students different types driver heads and show them the impact it can have on the spirit of the golf ball
- Allow the student to try some different shaft flexes and weights, as well as some different lofted drivers in order to experiment how they affect the spin rate on the golf ball

Technical Link

- Show the students the impact that different equipment can have on the spin rate of the golf ball and ultimately the carry and distance of a driver shot

It's all About Ball Speed!



Equipment Needed

- Tees
- Driver
- Selection of driver, shafts and movable weights
- Launch monitor or similar

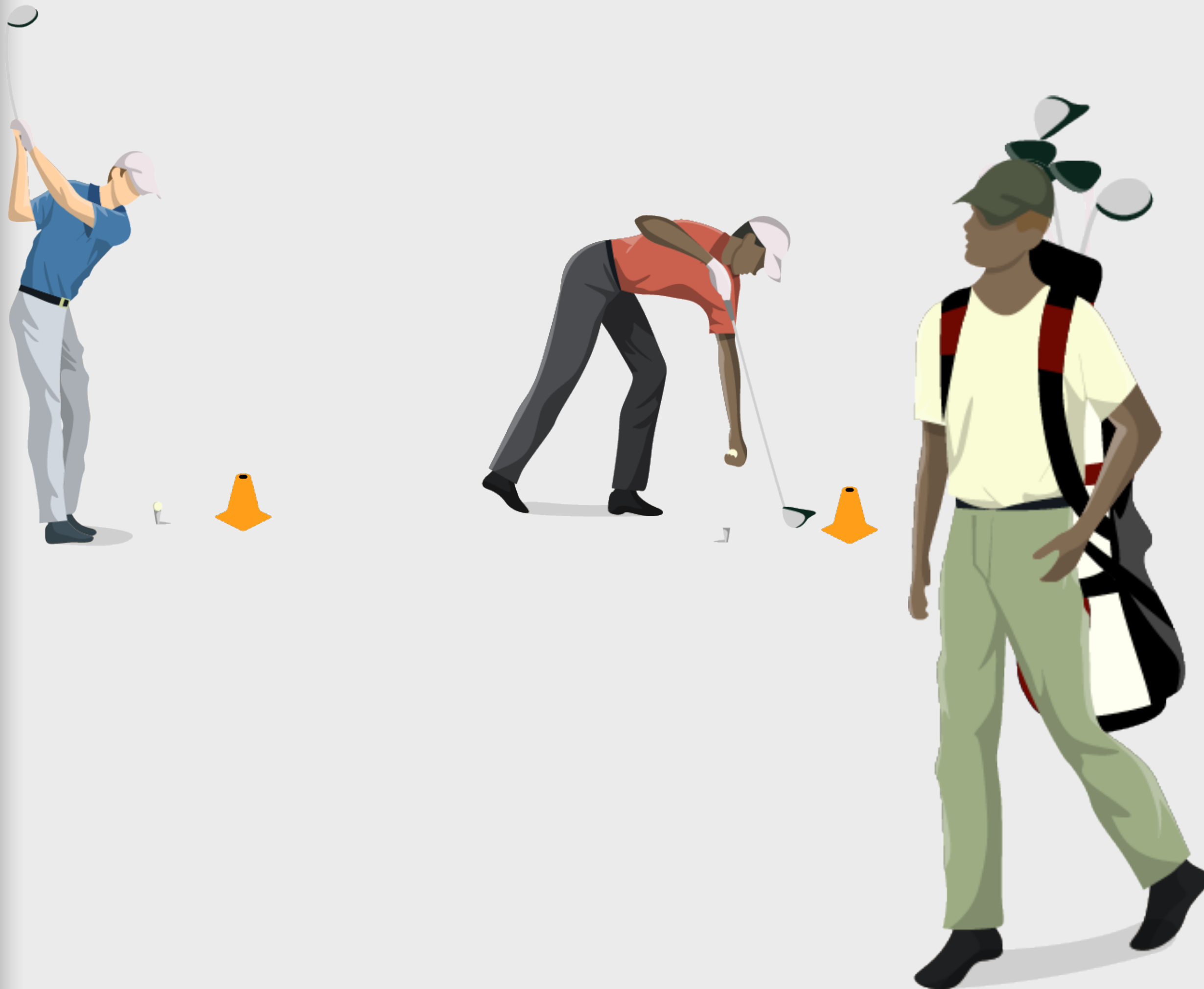
How to Practice

- Allow the student to hit various drivers with different head to see the difference that makes on ball speed
- Get the students to hit different drivers with varying face thicknesses and see the impact that has on ball speed off the club face

Technical Link

- When trying to increase ball speed it is important the students understand the difference that driver heads and face thickness can have on the speed of the ball off the club face

Movable Weights



Equipment Needed

- Tees
- Driver
- Selection of driver, shafts and movable weights
- Launch monitor or similar

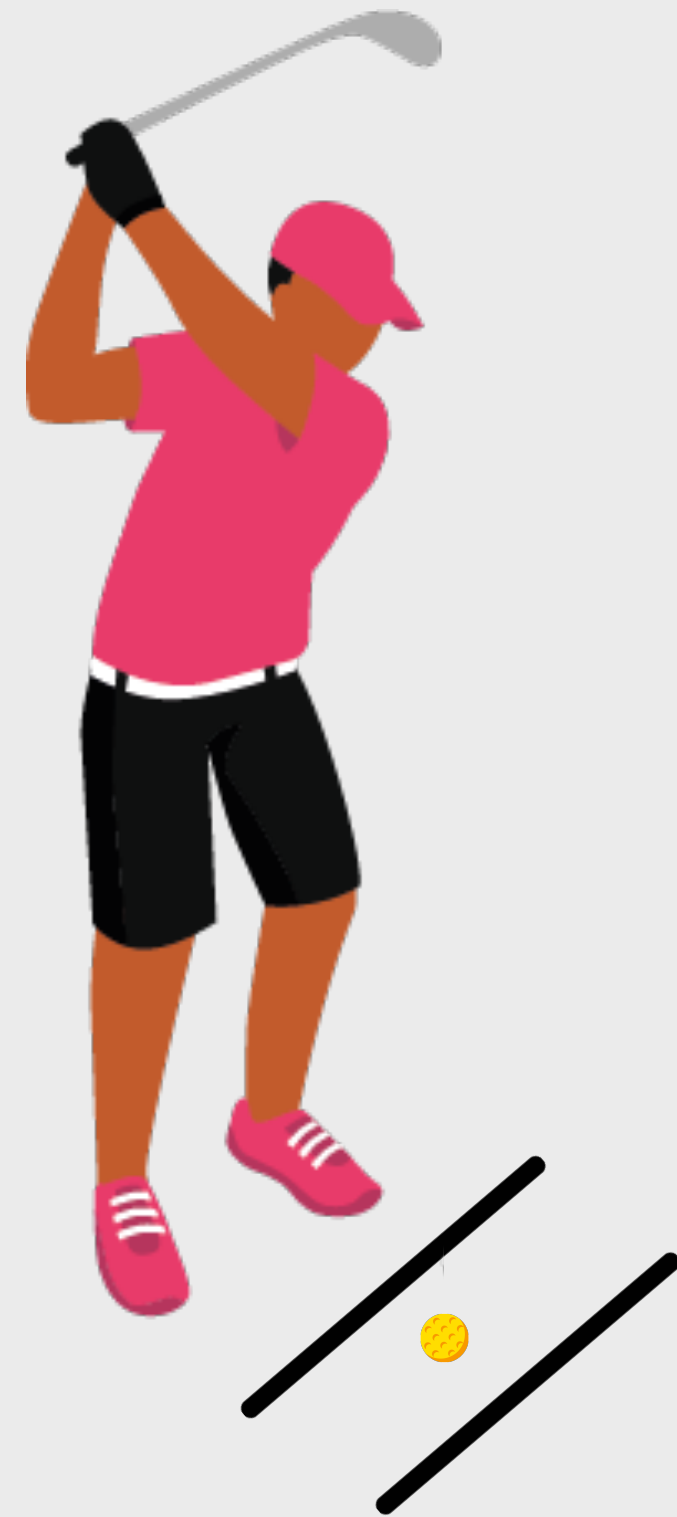
How to Practice

- Allow the students to use drivers with movable weights and alter the weight from front to back and back to front on the driver. Allow the student to see the difference this makes in flight, carry and distance
- Provide the student with drivers where weight can be moved from left to right and right to left in the driver head. Allow the student to see the difference this can have on shot shape, carry on distance

Technical Link

- It is important for the student to understand the impact that weight distribution in the club head can have on the overall performance of their driver.

Train Tracks



Equipment Needed

- 2 x Alignment Sticks
- Iron

How to Practice

- Set up two alignment sticks running parallel to each other and place a golf ball in the middle of them
- The student should practice hitting balls using alignment sticks to guide the swing path
- This should help them learn how to control the direction the club travels better
- This activity can be progressed by moving the alignment sticks to aim left of target and then right of target
- Encourage students to start with small swings and work up to fuller swings because it will focus them on getting through the alignment sticks without touching them

Technical Link

- This activity will help the student to build an awareness of swing direction and path, which will improve the consistency of their strike

On the right Plane



Equipment Needed

- Iron
- Alignment Stick

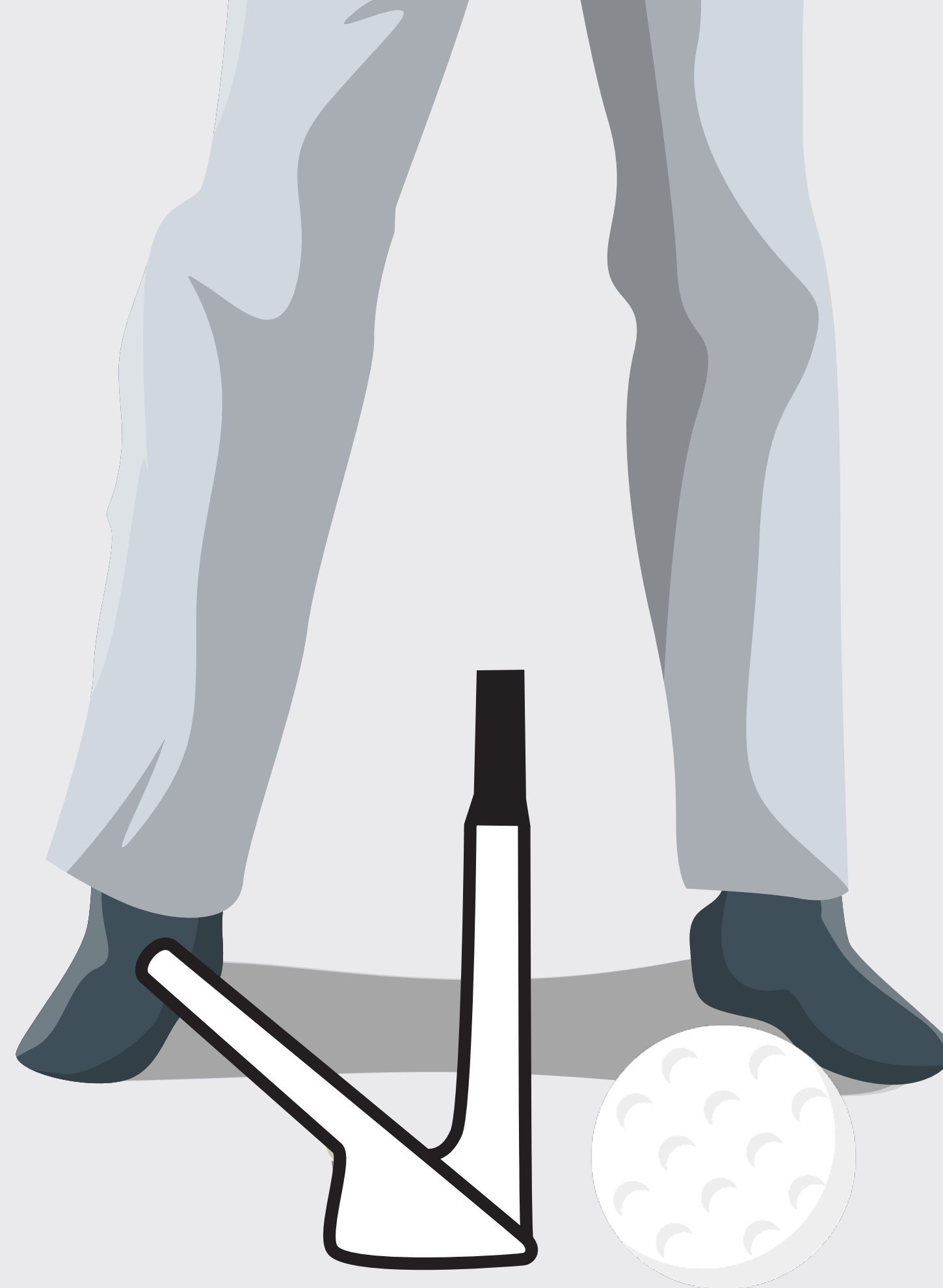
How to Practice

- Set up an alignment stick behind the student positioned for the swing plane the backswing/downswing needs to follow
- Place a foam noodle on the alignment stick to protect it and the student from any damage
- This is a simple drill to clearly highlight if the students shaft is on plane
- Ask the student to take their backswing and check if the shaft angle is too steep or shallow using the alignment stick as reference
- Once the student is used to swinging on the right plane, introduce a ball and allow them to take shots

Technical Link

- This activity will help the student to build an awareness of how to swing on a different swing plane
- Adapt the angle to suit the adjustment the student is trying to make

Ball Position



Equipment Needed

- Alignment Stick
- Iron

How to Practice

- Students should understand that the ball position can play a vital role in optimising strike with irons
- Use the alignment stick to mark the centre of the student's stance
- The student should experiment with ball position depending on the iron they use
- They should understand how ball position can impact the position of the head and spine and how this will impact the low point of the swing
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact
- The students should aim to create a system for ball position and routine that suits their needs so they can optimise strike

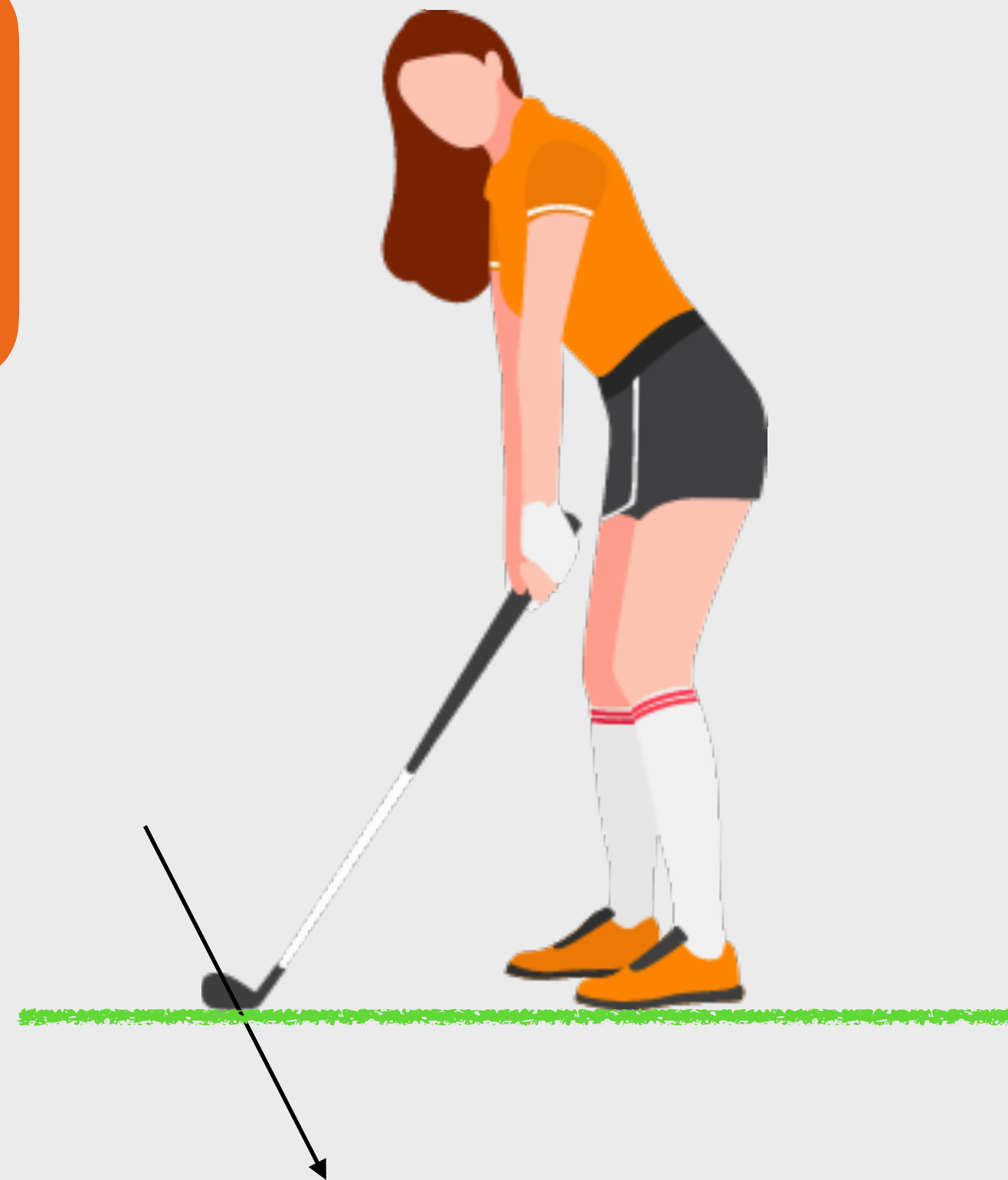
Technical Link

- Understanding this means students will practice appropriately and strike the ball more consistently

Fairway Wood Attack Angle

TRACKMAN

Use the 'ATTACK ANGLE', 'LAUNCH ANGLE' features to enhance the students experience and give some additional feedback.



Equipment Needed

- Alignment Stick
- Fairway Wood

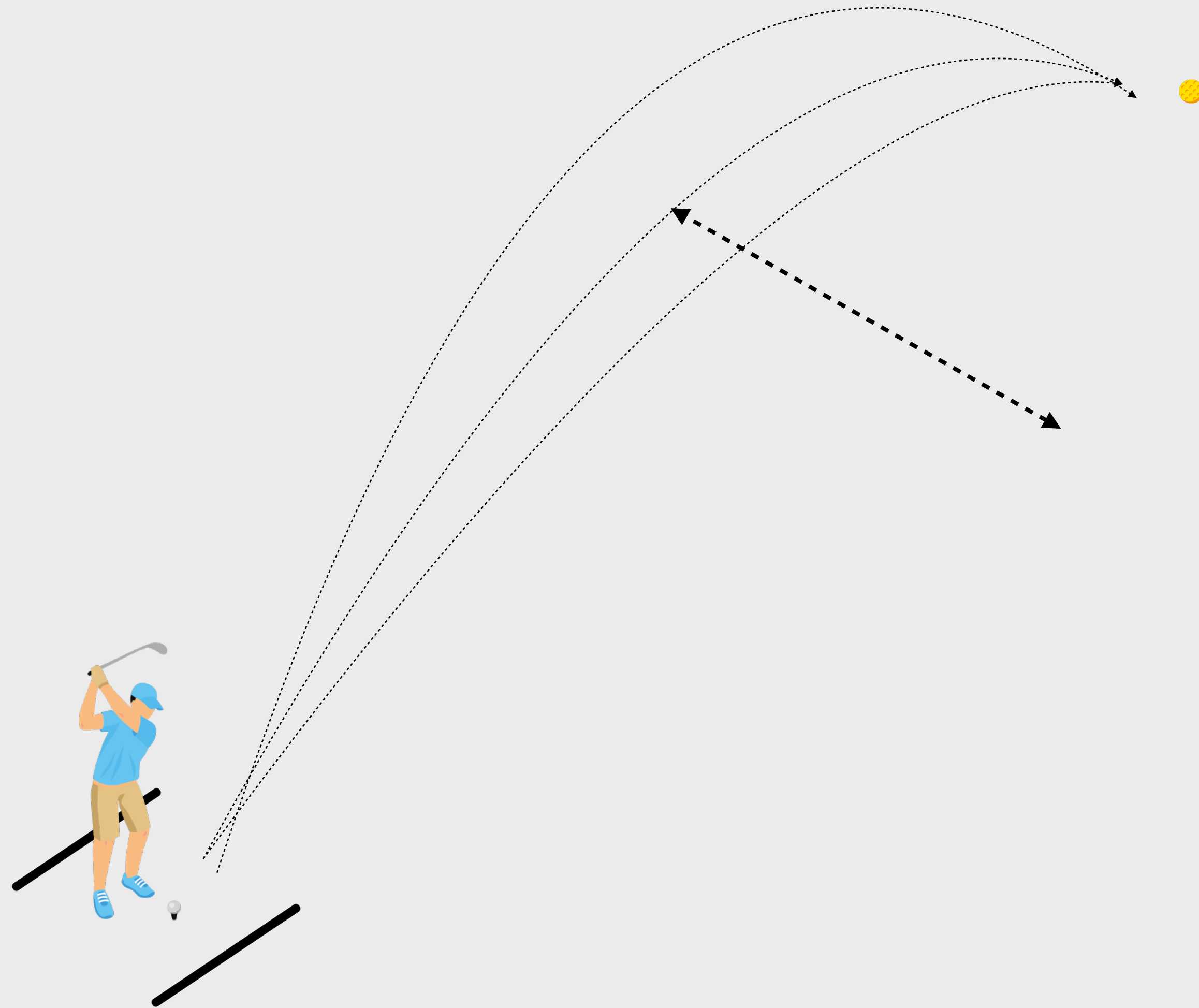
How to Practice

- Introduce the best way to create an optimal launch angle for the fairway wood, include ball position and intention to hit the ball as the club is travelling down
- One posture tip could be to tilt the spine angle towards from the target, to encourage the launch angle required to maximise distance
- If you have a launch monitor available measure the student's launch angle so they understand how they launch the ball and what they need to do differently to increase their carry distance

Technical Link

- This activity will help the student to improve contact with the fairway wood

Top, Middle, Bottom



Equipment Needed

- Driver, Fairway Wood or Iron

How to Practice

- Ask students to hit golf balls and try and hit one demand and low, medium and high shot
- Ask the students to hit 10 shot and see how many out of 10 they can hit to the task given

Technical Link

- By calling out the task of top, middle or bottom it allows the students to hit shots on demand
- This will give them the confidence to start to produce these types of shots on the golf course when required

Finding Your Path

TRACKMAN

Use the 'FACE', 'PATH' and 'LAUNCH DIRECTION' features to enhance the students experience and give some additional feedback.



Equipment Needed

- Alignment Stick
- Iron

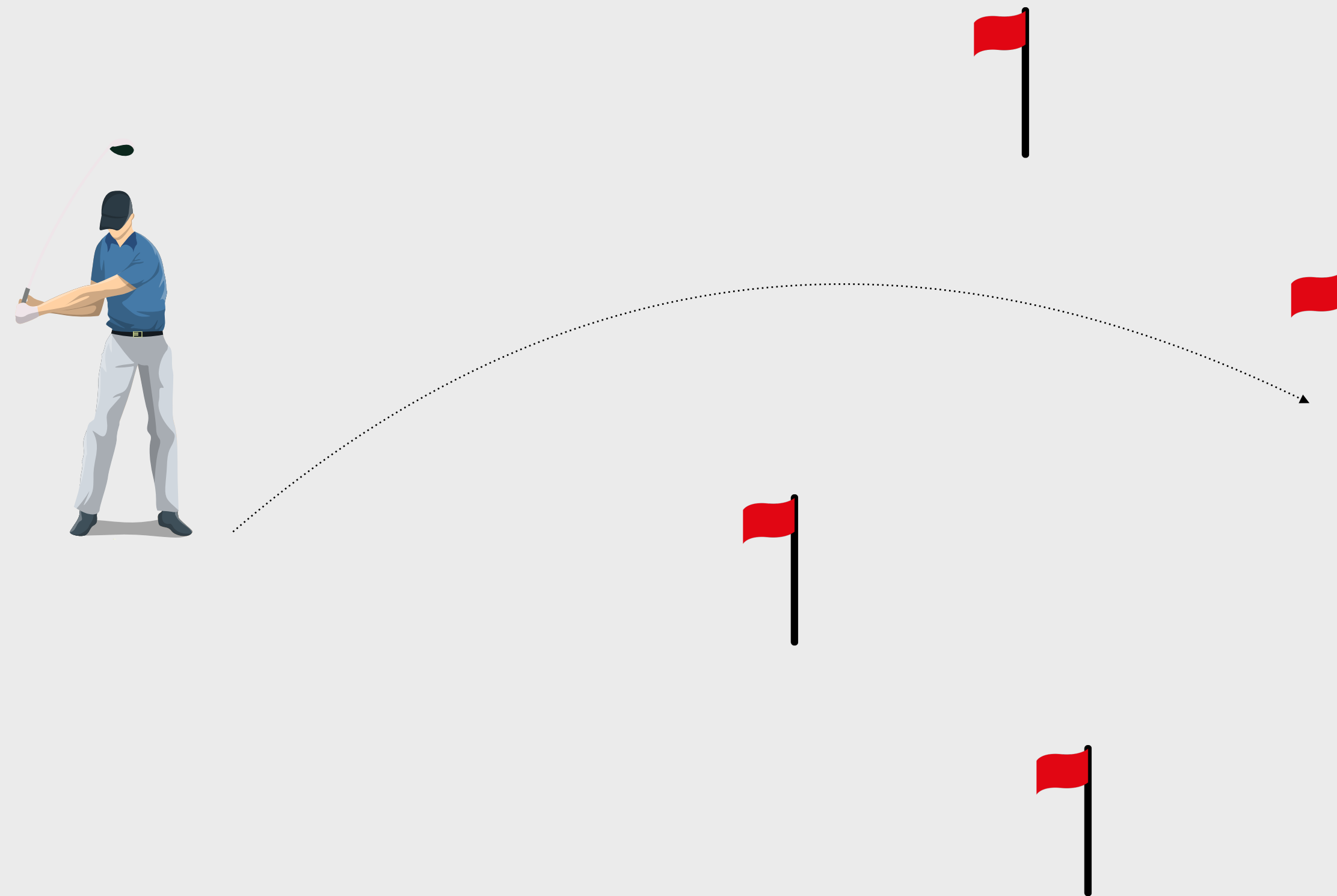
How to Practice

- Students should work in pairs to check each other's alignment
- The student should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The student should experiment with the path of the golf club. Swing from 'out to in' and from 'in to out' and see the impact this has on the golf ball's start line, flight and finish position

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they take aim
- This activity will help students to understand the impact path has on the shape of the golf shot

Yardage Finder



Equipment Needed

- Hybrids/ Fairway Woods
- Launch monitor or similar (optional)

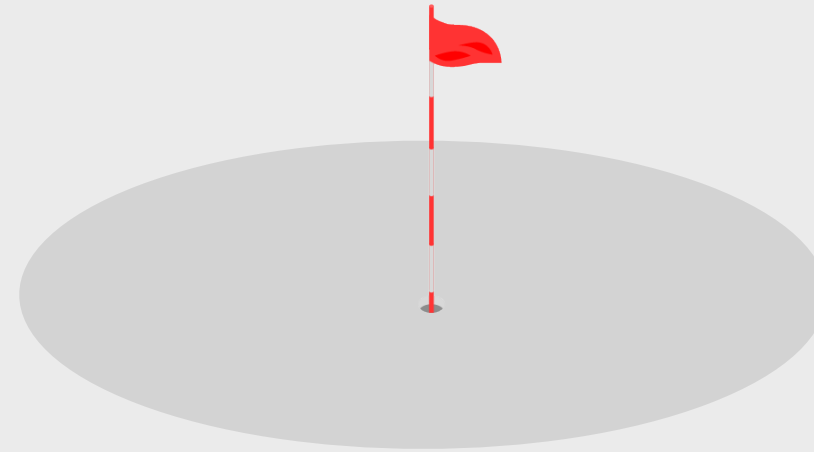
How to Practice

- Ask the student to get all of their Hybrids/ Fairway Woods out of their bag
- Using the launch monitor or similar distance measuring method hit shots with a full swing and record distances for each one
- Hit at least 10 shots to get an average
- Take shots from the ground as well as off the tee and look out for differences

Technical Link

- Knowing your yardages is a critical element to making the right club selection decisions on the course
- This drill should give students an idea of not only their average distance for each Hybrid and Fairway Wood, but also the range of those distances, therefore they will know the result of a poor strike and a good strike

What's your Pattern?



Equipment Needed

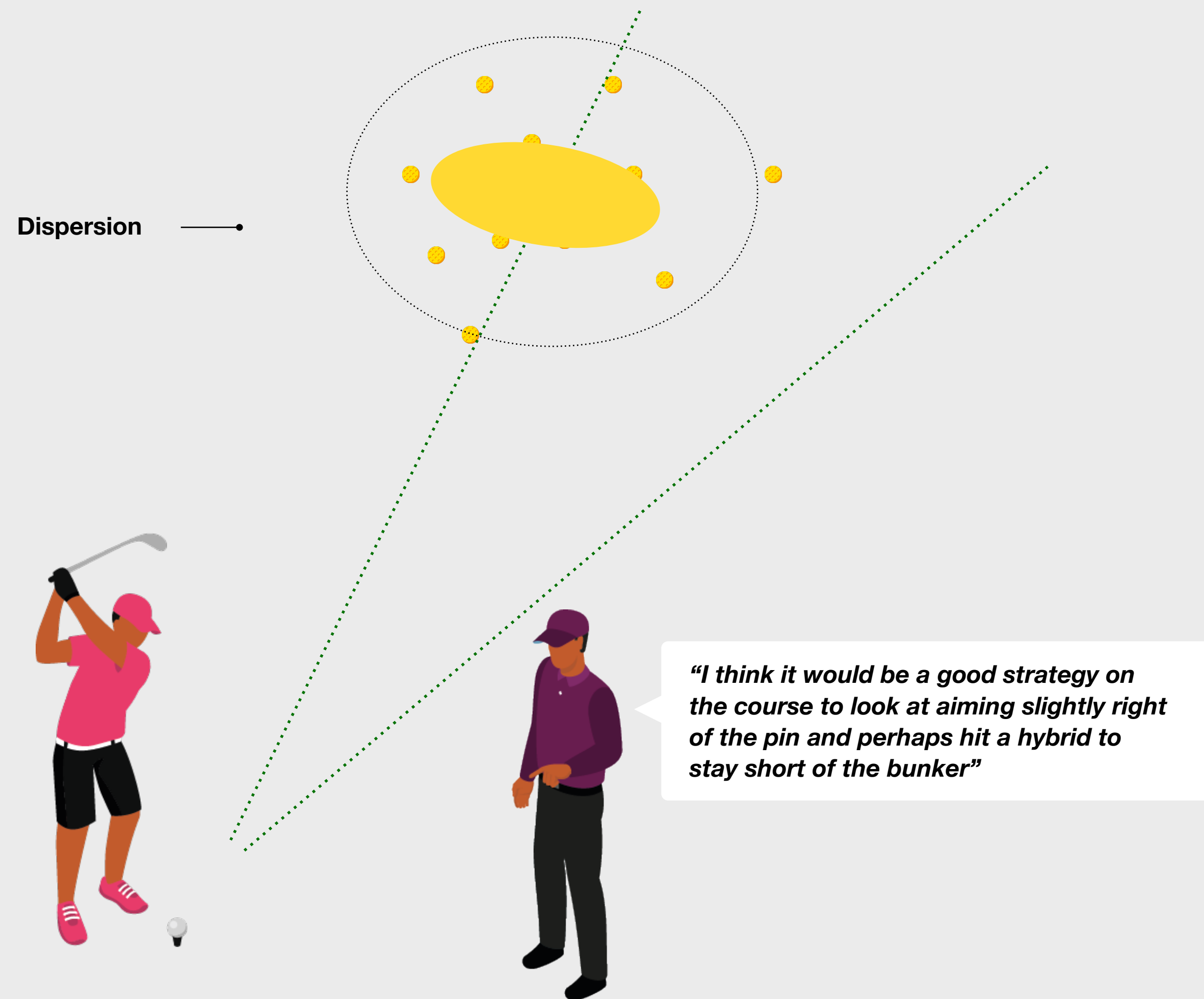
- 1 Target
- Driver, Fairway Wood or Iron
- Pencil and Paper

How to Practice

- Pick a fairway target on the driving range or practice ground
- The student should pick the appropriate clubs for the distance
- The student hits 10 - 20 shots depending on the time available
- The students marks on paper the landing position of each shot they hit relevant to the target
- At the end of the shots, the students will have a dispersion pattern
- This can be used to educate the students on their shot patterns and help them develop a strategy on the golf course
- The students can re-attempt this using an alert native strategy and also complete the pattern with all fairway woods and hybrids

Technical Link

- This activity will help the student to build an awareness of their shot patterns and help them produce a strategy to use on the golf course



Start Small



Equipment Needed

- Tees
- Hybrids/ Fairway Woods

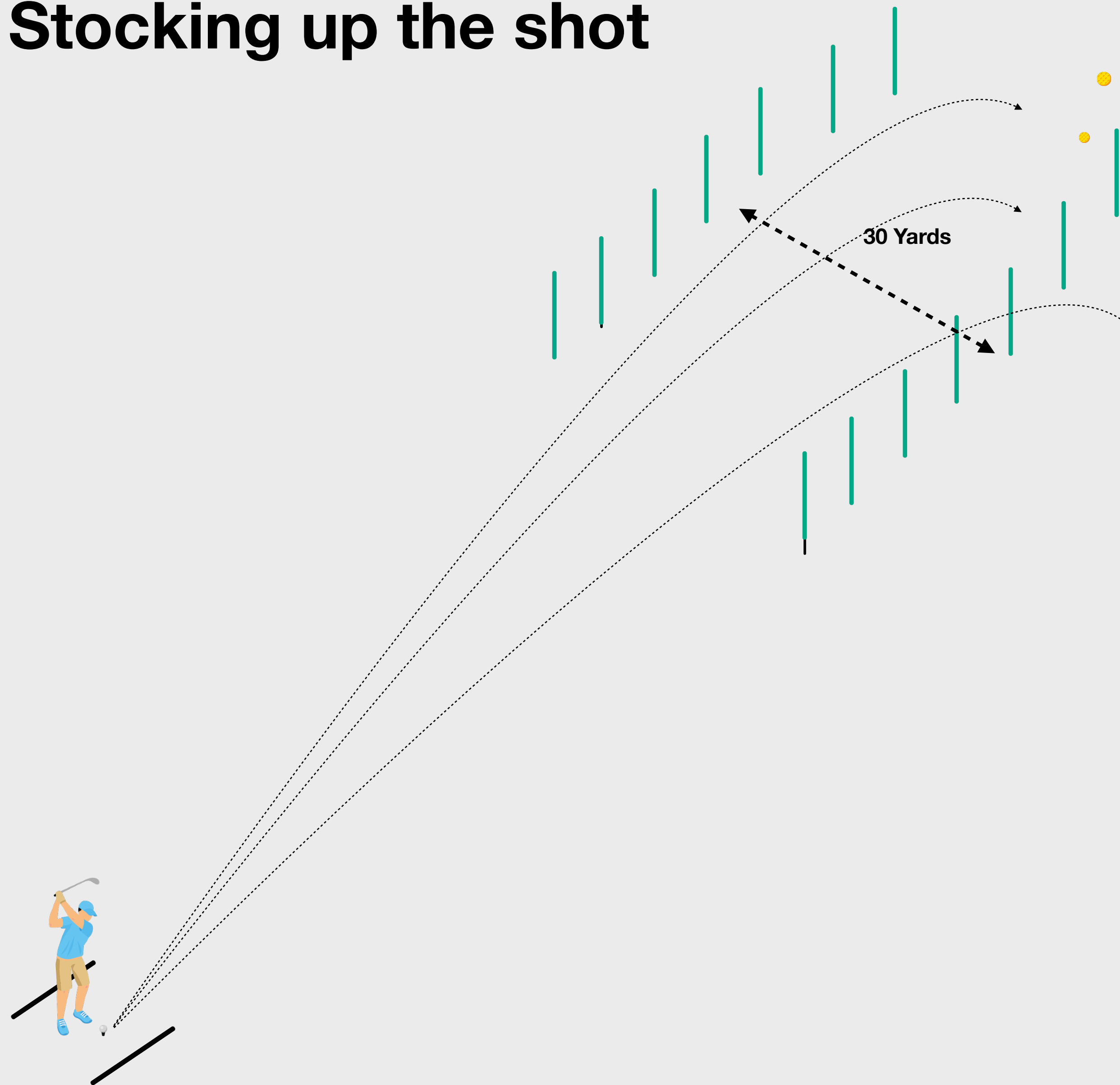
How to Practice

- Using their hybrids/ fairway woods as chippers, students must attempt to hit shots towards close range targets less than 100 yards
- The focus should be on making solid contact and reducing distance through shortening their swing
- Alternate between targets and advise them to also grip down the shaft to shorten distance and gain control

Technical Link

- This activity can help students gain more confidence in using hybrids/ fairway woods and get use to their club heads interaction with the turf
- It will also introduce them to utilising these clubs for shorter shots around the green

Stocking up the shot



Equipment Needed

- Driver, Fairway Wood or Iron
- Alignment sticks, cones or other targets

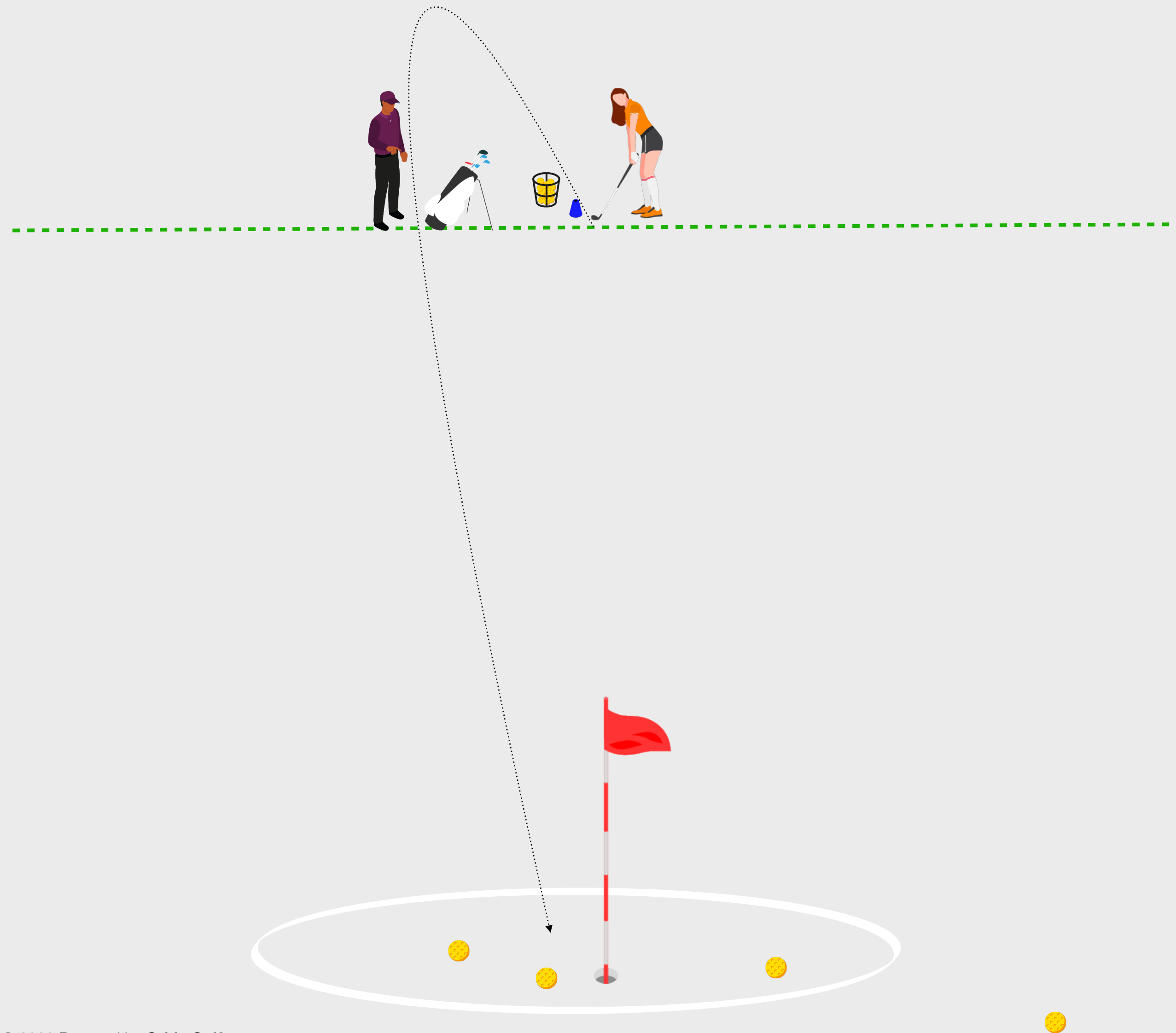
How to Practice

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask students to hit golf balls and try and hit the fairway using their stock shot. This can be a fairway wood
- Ask the students to hit 10 shot and see how many out of 10 they can hit the fairway

Technical Link

- By having a visual target on the driving range it focuses the students minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like

Draw it in!



Equipment Needed

- Driver, Fairway Wood or Iron

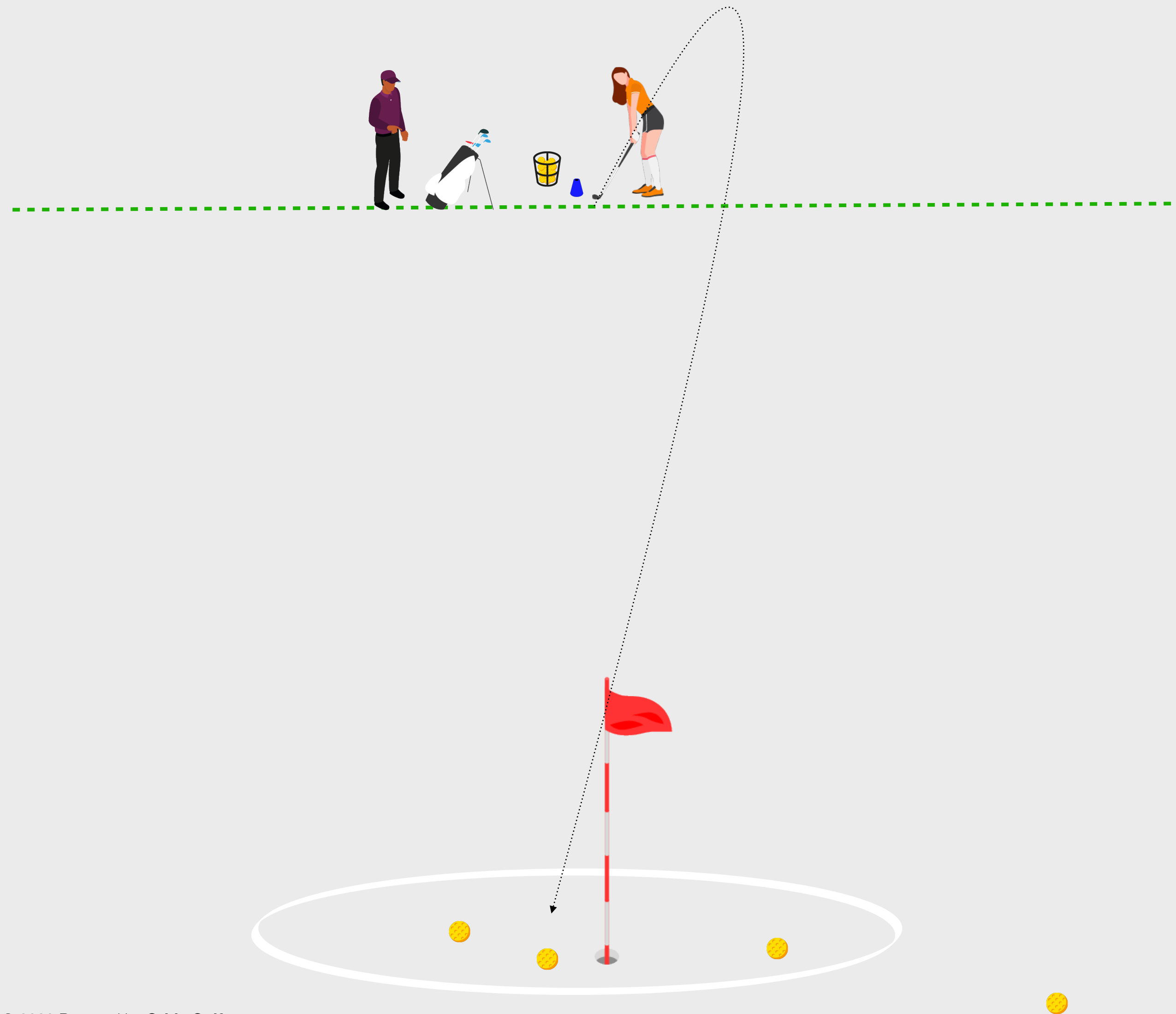
How to Practice

- Student should attempt to draw the ball in to a flag or fairway. For a right handed golfer ask them to set up to start the ball on the right hand side of the green and work the ball in to the middle of the green
- Discuss how having the ball above or below their feet will make the ball go move more or less towards the target
- Explain to the student how to adjust their technique and also to change club to allow for the potential change in distance

Technical Link

- Offer the differs options to achieve the shape of shot required. Ask the student to change clubs up and down to see the effect this can have on the severity of the shape

Fade it in!



Equipment Needed

- Driver, Fairway Wood or Iron

How to Practice

- Student should attempt to fade the ball in to a flag or fairway. For a right handed golfer ask them to set up to start the ball on the left hand side of the green and work the ball in to the middle of the green
- Discuss how having the ball above or below their feet will make the ball go move more or less towards the target
- Explain to the student how to adjust their technique and also to change club to allow for the potential change in distance

Technical Link

- Offer the differs options to achieve the shape of shot required. Ask the student to change clubs up and down to see the effect this can have on the severity of the shape

Going for it in 2!

Equipment Needed

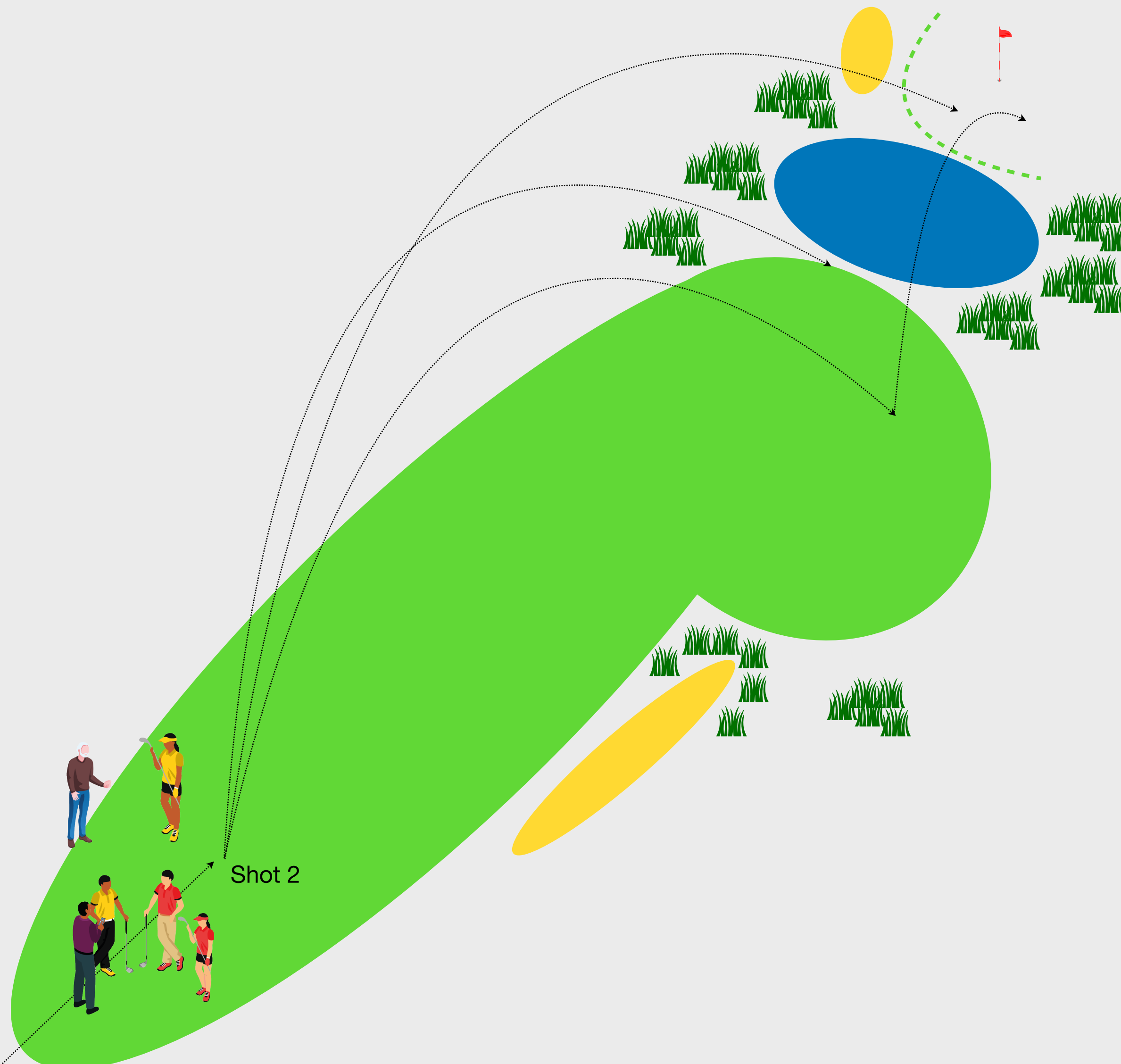
- Driver, Fairway Wood or Iron

How to Practice

- On the driving range using range based technology or on the golf course, find a shot of suitable length that is on the limit for a hybrid or fairway wood second shot to a par 5
- Ask the students to individually explain their shot selection for the approach shot ahead
- Discuss with students the pros and cons of their chosen shot selection and where applicable advise alternatives
- Play out the hole in the formats suggested and on its completion discuss how the strategy and shot selection played out

Technical Link

- This activity will give the students an understanding of planning and execution of their 'Approach Shot' strategy and the positive or negative impact that had on their score



Mental Preparedness



Equipment Needed

- Driver, Fairway Wood or Iron

How to Practice

- Discuss how past experiences will influence the present state of mind
- Discuss how repetitive practice of the shot will build up a bank of preparedness to fall back on at crucial times
- Create hypothetical scenarios for the students to take on a tough shot in a controlled environment

Technical Link

- This activity will give the students an understanding of the difference of practice and real course scenarios
- Create a competitive environment within the group to develop mental toughness within their game

Trajectory to Safety



Equipment Needed

- Hazard eg. overhanging tree
- Iron

How to Practice

- Ask the student to discuss controlling initial trajectory of the shot to hit the ball under a tree or hazard
- Ask the students to hit a series of shots, controlling the trajectory under the tree branches
- Discuss how changing clubs will affect the initial trajectory and decide on the best approach
- Discuss how the lie of the golf ball will play into the chosen strategy and hitting the ball low

Technical Link

- The challenge will give the students an understanding of controlling the initial trajectory of an iron shot
- This skill can be transferable into an iron shot from a fairway in windy conditions, or when in trouble and out of position on the golf course



Swing Game Stations



Army Golf



TRACKMAN

Use the 'HORIZONTAL LAUNCH' feature to enhance the students experience and give some additional feedback.

Equipment Needed

- Iron
- Alignment Stick

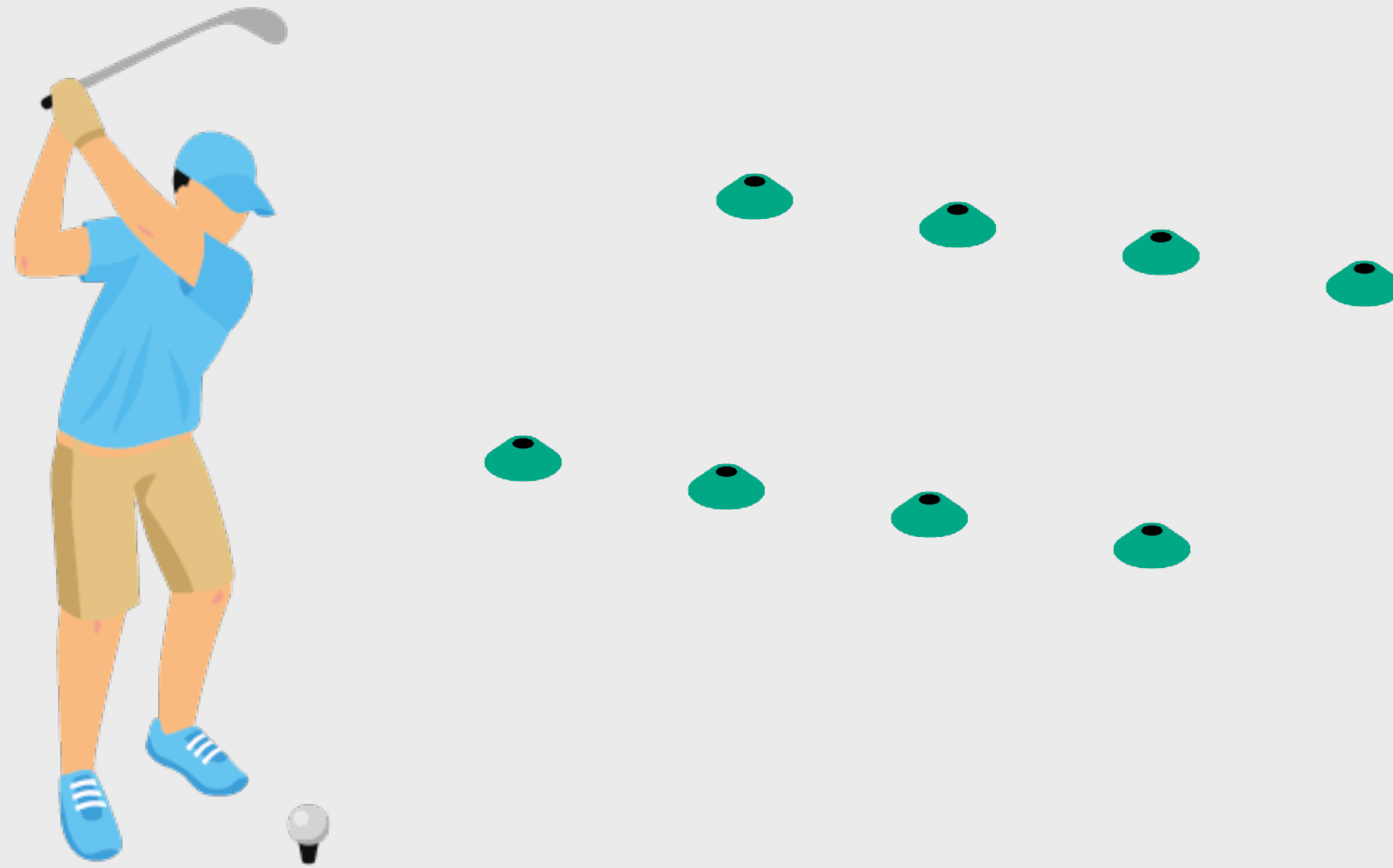
How to Play

- Set up an alignment stick directly in front of the student 10 yards from them and lay another alignment stick aiming towards this
- The student should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- For each correct implementation of the a shot, the student gets a point and the winner is the student who finishes on the highest number of points

Technical Link

- This should build an awareness of how they control shots by swinging it in different directions and controlling the club face

Carry Distance Challenge



Equipment Needed

- Cones
- Driver, Fairway Wood or Iron

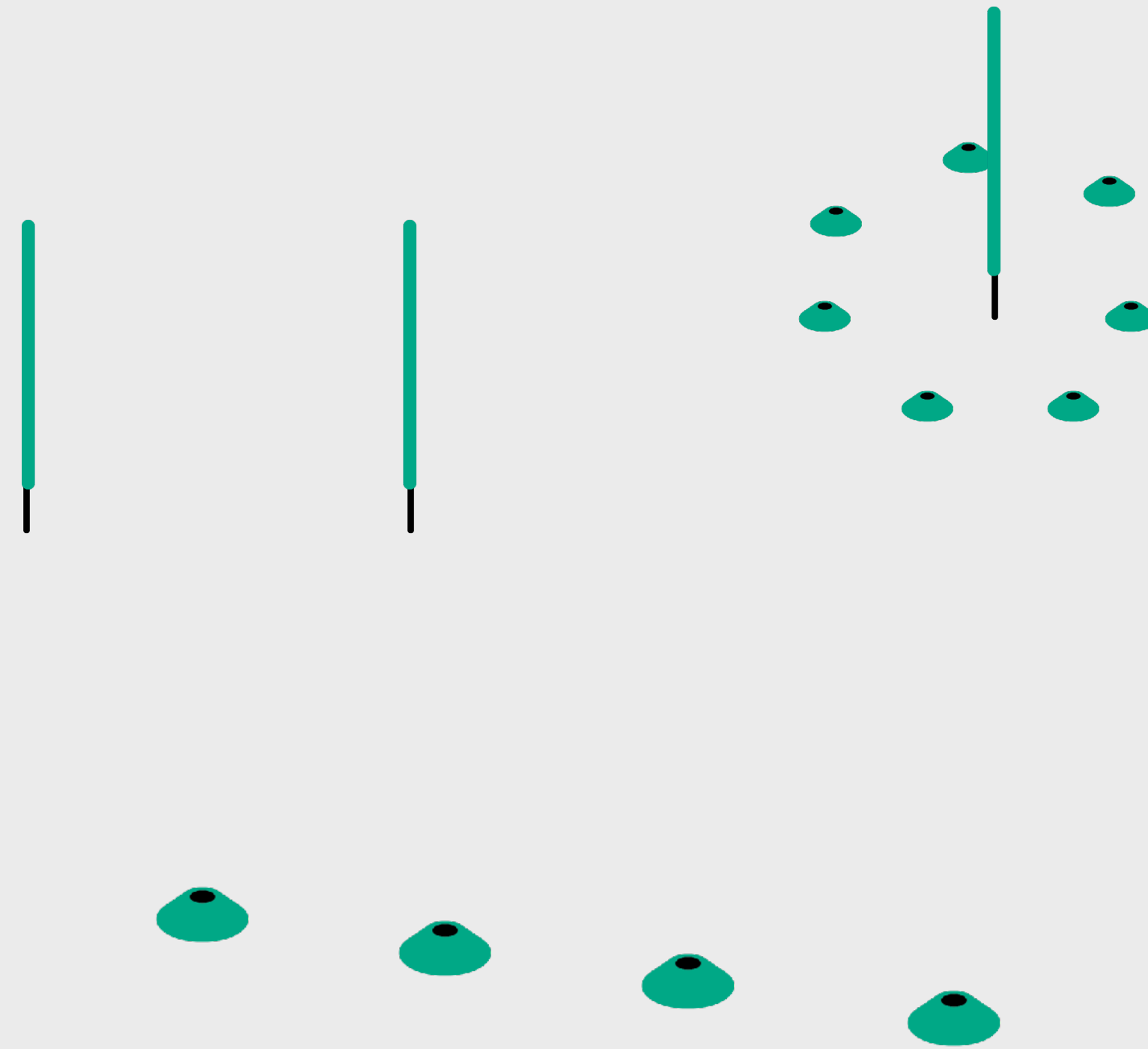
How to Play

- Set up a number of targets on the driving range, at different distances to enable students to know how far they are hitting the ball
- The students should take it in turns to hit each ball slightly further than their last shot
- The students should start with a small swing and see how many shots in a row they can increase the distance they carry the ball

Technical Link

- This activity is a good test of students ability to improve their distance and use their knowledge of impact factors on distance

G.O.L.F.



Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles
- Driver, Fairway Wood or Iron

How to Play

- Set up a number of targets on the driving range, at an appropriate distance for your students to aim at
- The students should take it in turns to choose and aim for a particular target, if they manage to hit their intended target they achieve a “G”
- The game continues until a student has completed the word “GOLF”

Technical Link

- This activity simulates the type of shot scenarios students will be faced with on the course and playing with a partner will simulate the course pressure

Bombs Away!



Get out there BALL!

Equipment Needed

- Launch monitor or similar)
- Driver
- Tees

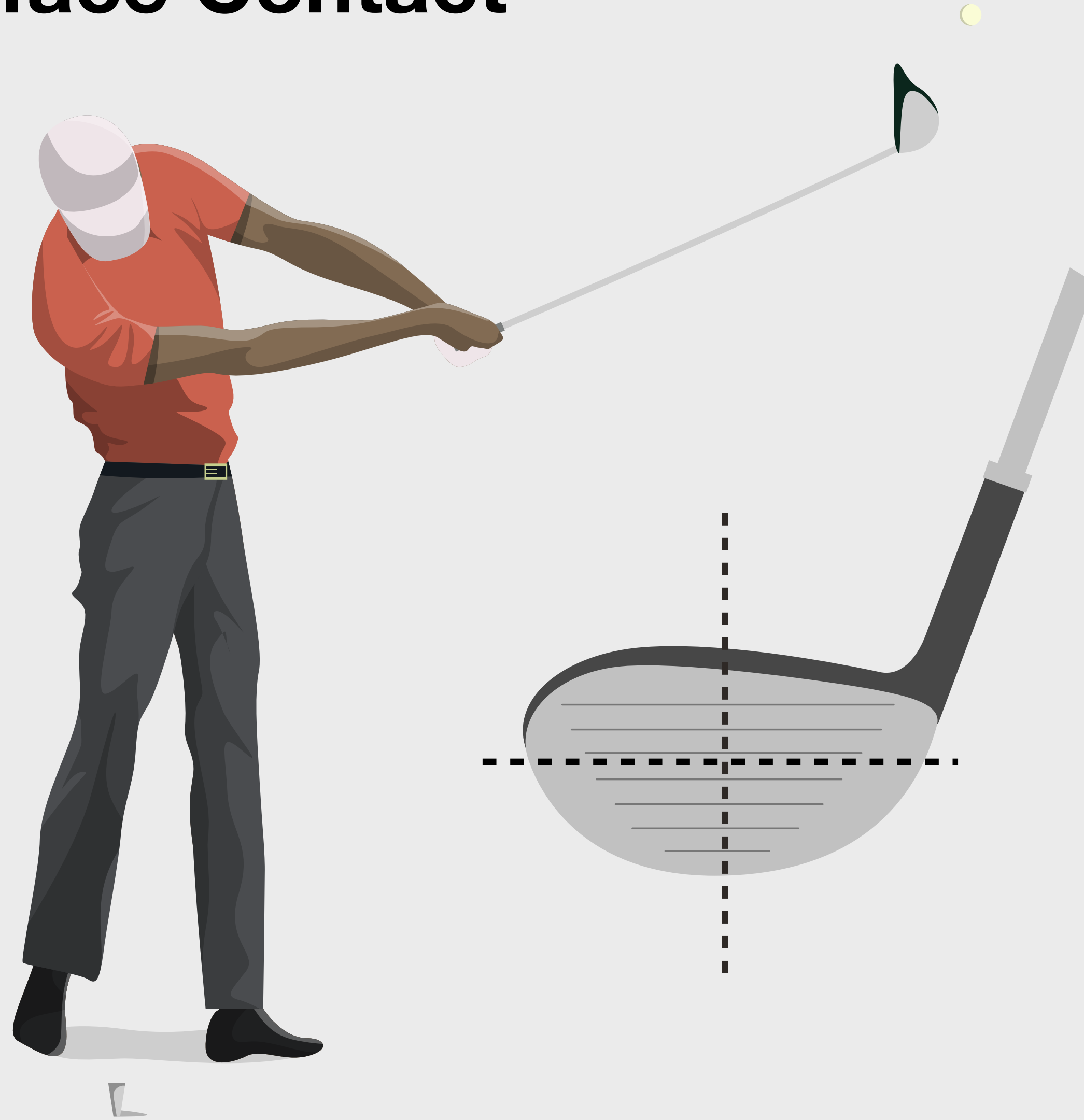
How to Play

- A student starts by attempting to hit a driver shot with a full swing
- When this shot distance is measured, ask the student to try and beat their previous shots distance
- Ask the student to try and beat the previous shots distance to progress up levels to 10. 1 level per shot
- If the student fails they return back to level one
- The winner is the student that advances the furthest

Technical Link

- An activity that will force students to swing out of their comfort zone, which could lead to them finding additional distance and an ability to maintain control

Clubface Contact



Equipment Needed

- Impact tape or spray
- Driver, Fairway Wood or Iron

How to Play

- A student starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The student should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face
- The student can also attempt a stick low and high on the face

Technical Link

- By performing this exercise students should find how hitting the face from different areas will affect the ball flight and should emphasise the importance of hitting a centred strike for maximal distance and straighter flight

Face Contact - High or Low

TRACKMAN

Use the 'FACE CONTACT' features to enhance the students experience and give some additional feedback.



Equipment Needed

- Impact Tape or Spray
- Driver, Fairway Wood or Iron

How to Play

- A student starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The student should try to hit the ball, higher or lower on the face of the fairway, Wood and see the impact this has on flight
- Asked the student to adjust their attack angle and see the impact this has on the centerness of strike on their fairway wood

Technical Link

- By performing this exercise students should find how hitting the face from different areas will affect the ball flight and should emphasise the importance of hitting a centred strike for maximal distance and straighter flight

X's & O's

Shot Type	Draw	Straight	Fade
Short	X		
Medium		X	
Long			X



60 yards

Equipment you Need:

- Marker Pen
- Whiteboard
- Cones
- Gates
- Driver, Fairway Wood or Iron

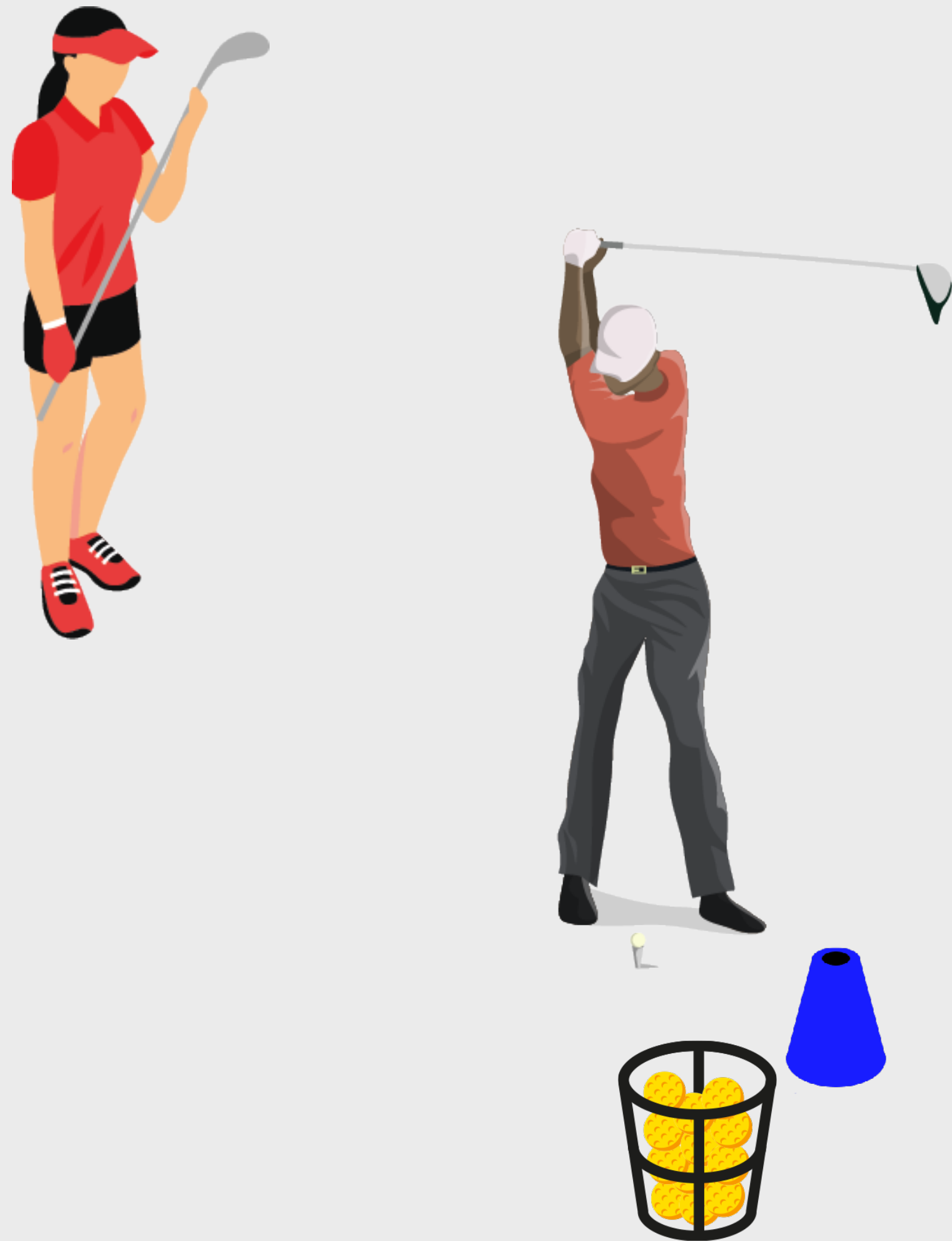
How to Play:

- Create the gates using alignment sticks or fixed yardage markers
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The ball must also pass through the gates for their chosen shot type from the grid
- The players take it in turns to hit their shots
- If they are successful hitting their chosen shot and the ball passes through the width of the gate then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

Technical Link

- This activity is an effective practice for testing the students shot shaping ability, but also highlight any weaknesses in their direction control

C.O.P.Y me



Equipment Needed

- Driver, Fairway Wood or Iron
- Tees

How to Play

- The students should take it in turns to choose a shot type for their partner to replicate, such as a draw, fade, stinger , etc.
- If the student cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one student has completed the word “COPY” then they lose

Technical Link

- This activity challenges the student to produce a variety of shot types and under pressure from their opponent

Super Slice



Equipment Needed

- Alignment Stick
- Foam Noodle

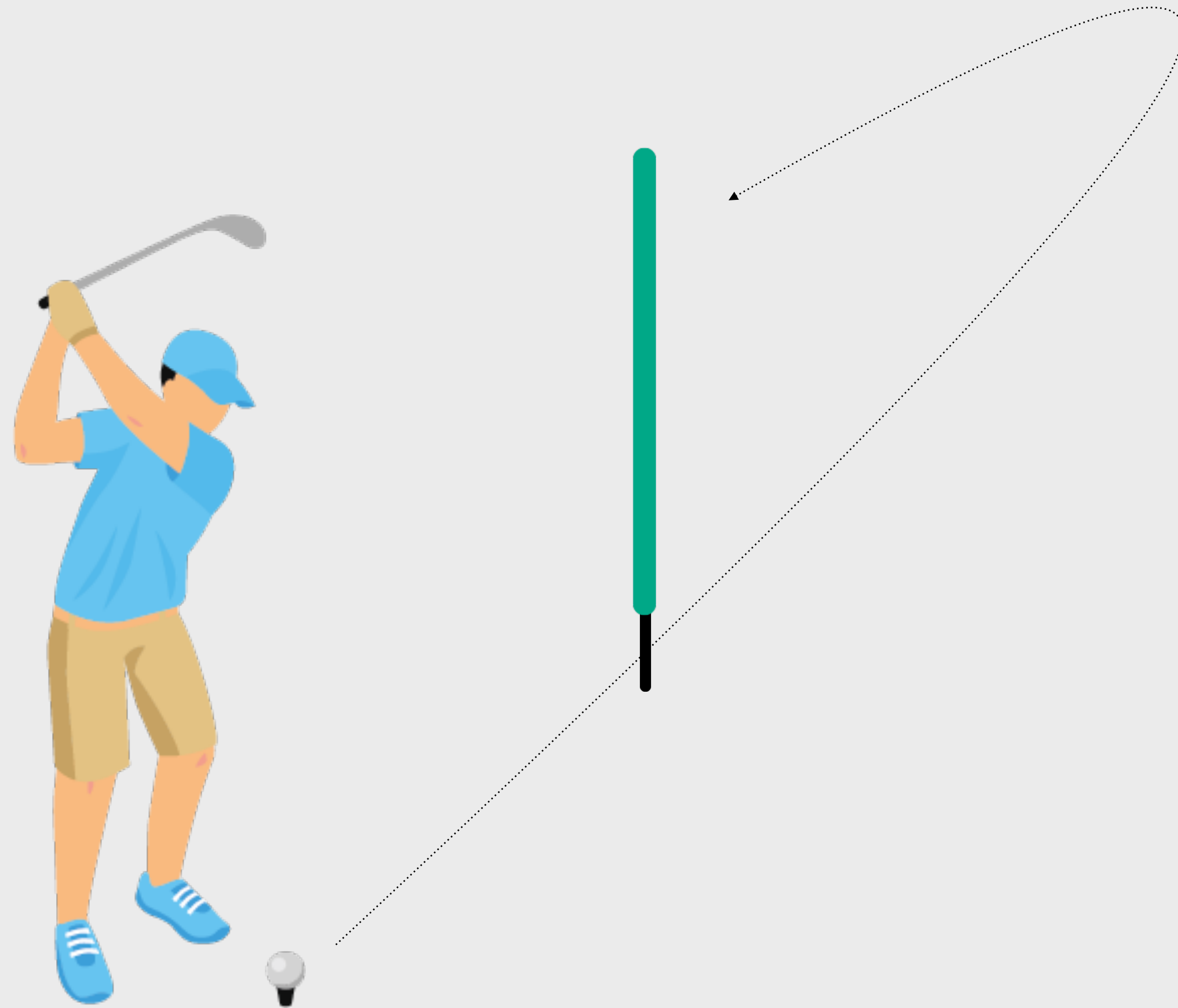
How to Play

- The aim of this practice station is to move the ball from left to right in the air for a right handed player
- The student should understand what the club needs to do to achieve this ball flight and then experiment with how to achieve this outcome
- The student should try to build an awareness of how they control the club to achieve this ball flight
- It should be noted we are not necessarily looking for control at this stage, just to be able to curve the ball

Technical Link

- This activity helps the student to understand how to produce an extreme ball flight from left to right and learning the technical changes required for this shot could stop them from hooking the ball

Happy Hook



Equipment Needed

- Alignment Stick
- Foam Noodle

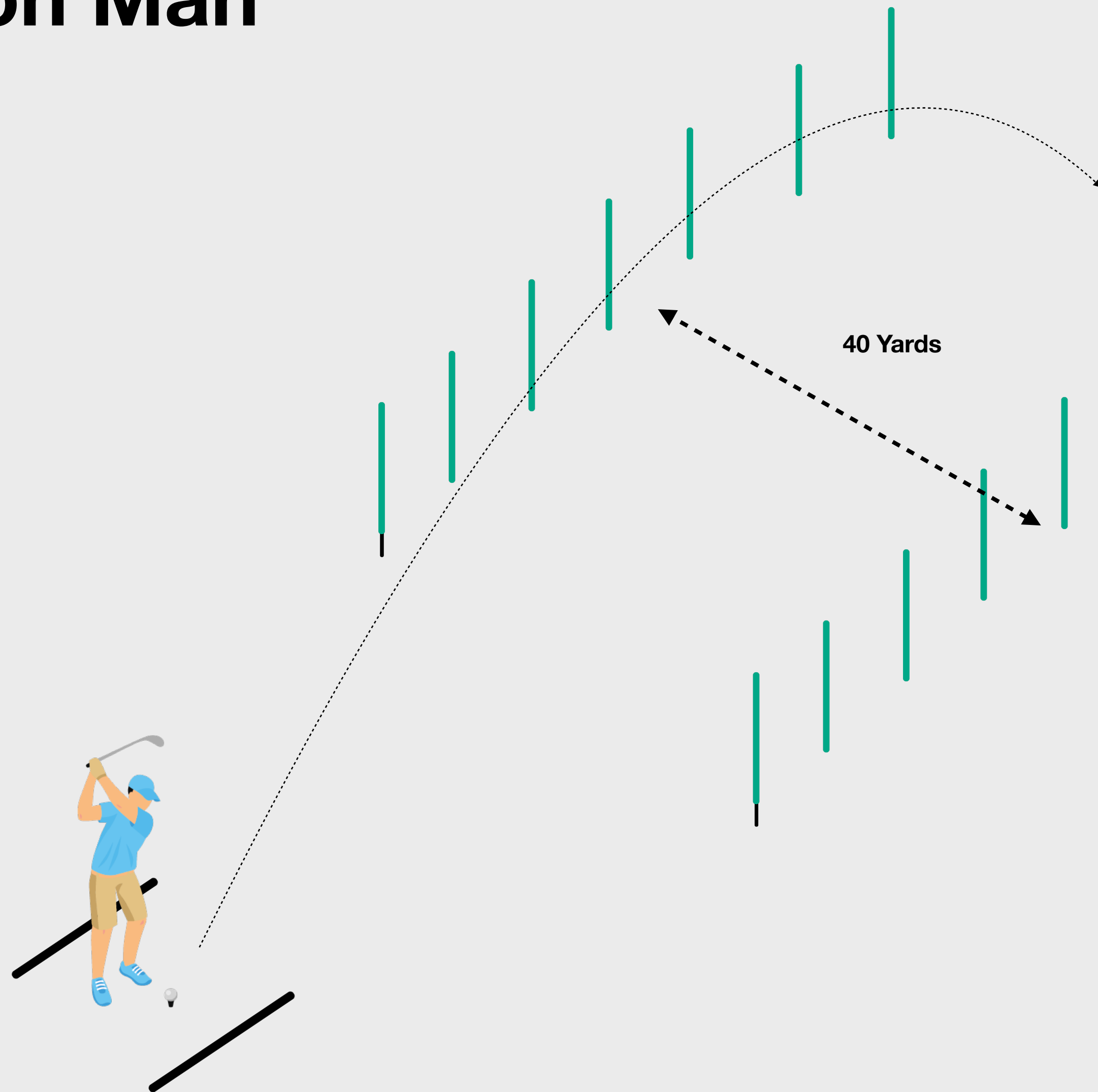
How to Play

- The aim of this practice station is to move the ball from right to left in the air for a right handed player
- The student should understand what the club needs to do to achieve this ball flight and then experiment with how to achieve this outcome
- The student should try to build an awareness of how they control the club to achieve this ball flight
- It should be noted we are not necessarily looking for control at this stage, just to be able to curve the ball

Technical Link

- This activity helps the student to understand how to produce an extreme ball flight from right to left and learning the technical changes required for this shot could stop them from slicing the ball

Iron Man



Equipment Needed

- Alignment sticks, cones or other targets
- Irons

How to Play

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask students to get their shortest iron (e.g., 9 iron) and hit a full shot between the target gate.
- If they are successful with this attempt, the student must then get their next iron (e.g., 8 iron) and hit the following ball between the target gate.
- The aim is to hit one ball with every iron in your bag through the gate consecutively.

Technical Link

- By having a visual target on the driving range it focuses the students minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like
- Encourages student to use full range of irons in a target based scenario that emulates the course

Through the gate

Equipment Needed

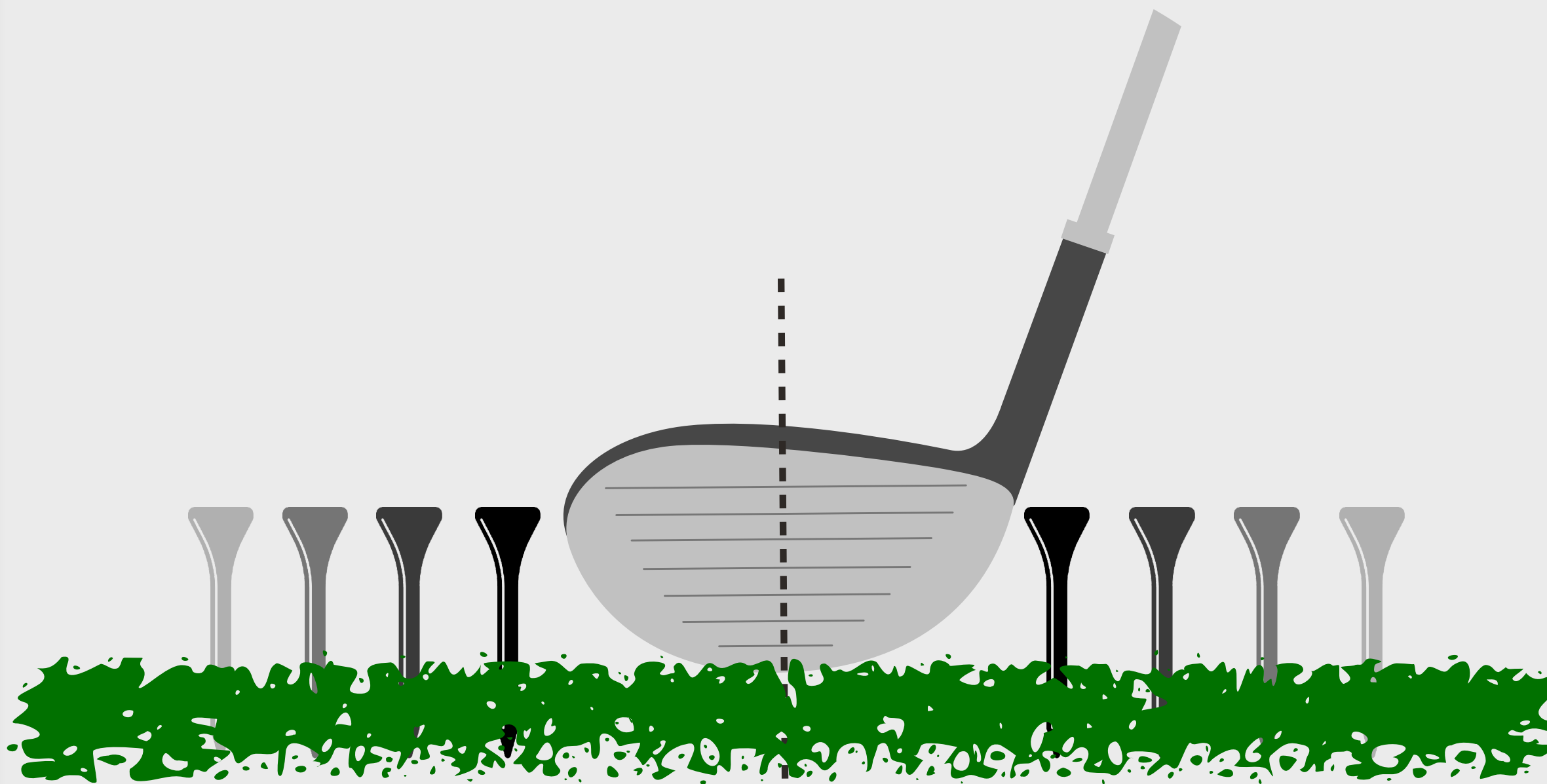
- Tees
- Driver

How to Play

- Ask the students set up a 'gate' using tees starting with 5 cm either side of the driver
- Ask the students to hit balls keeping the club passing through the gate to improve the centre of strike
- Move the tees in 0.5cm per shot. 1 hit per round for 10 rounds
- The winner is the student that progresses the furthers through the 10 rounds without hitting the tee with their driver

Technical Link

- Outline how miss hit shots can have a huge negative impact on the distance of a drive
- Highlight to the student key factors such as swing path that affect their ability to impact the centre of the club face



Shaft Horizontal



Equipment Needed

- Driver

How to Play

- Ask the students to grip the driver up by the head, and hold the shaft horizontally out in front of them
- Explain to the students it is easier to create and experience speed when making a flat, baseball-style swing
- Ask the students to swing the club around them, keeping the shaft horizontal.
- In pairs get them to see who can make the loudest swish
- Ask them to try and increase the speed and sound of the swing each round
- 10 rounds with 1 point for the winner per round

Technical Link

- Practicing this motion will give students a feel for how a flatter swing is greater for generating speed

Need for Speed



Equipment Needed

- Driver
- Tees
- Launch monitor or similar (optional)

How to Play

- Students will play across 10 rounds and try and increase their club head speed in each round
- Each round consists of one-shot, recorded on a launch monitor similar
- The winner of the game will be the person that increases their club head speed the most between shot 1 and 10

Technical Link

- The student will have to draw what they have learnt in class about methods to increase speed and use them to create a significant gap between their first and last drives

Finish it High



Equipment Needed

- Driver, Fairway Wood or Iron

How to Play

- Students take it turns to hit a drive towards existing targets on the range to create a fairway
- They must intentionally try to achieve a high ball flight, but still maintain a straight direction
- At the end of each swing the student must pause in order to check their follow through
- A point is given for a full follow through, another point is given for a high ball flight and the final point is given for a straight shot on the fairway being targeted
- Use a freeze frame of a correct full follow through as a marker

Technical Link

- Students must finish their swing with a high finish position and good balance to fully complete their body rotation with their chest facing the target
- Performing a drive with the correct attack angle, positions the body on the right plane to finish with a full follow through
- A steep and downward attack angle would lead to a cut off and incomplete follow through

Shot Scenario



Equipment Needed

- Tees
- Hybrids/ Fairway Woods

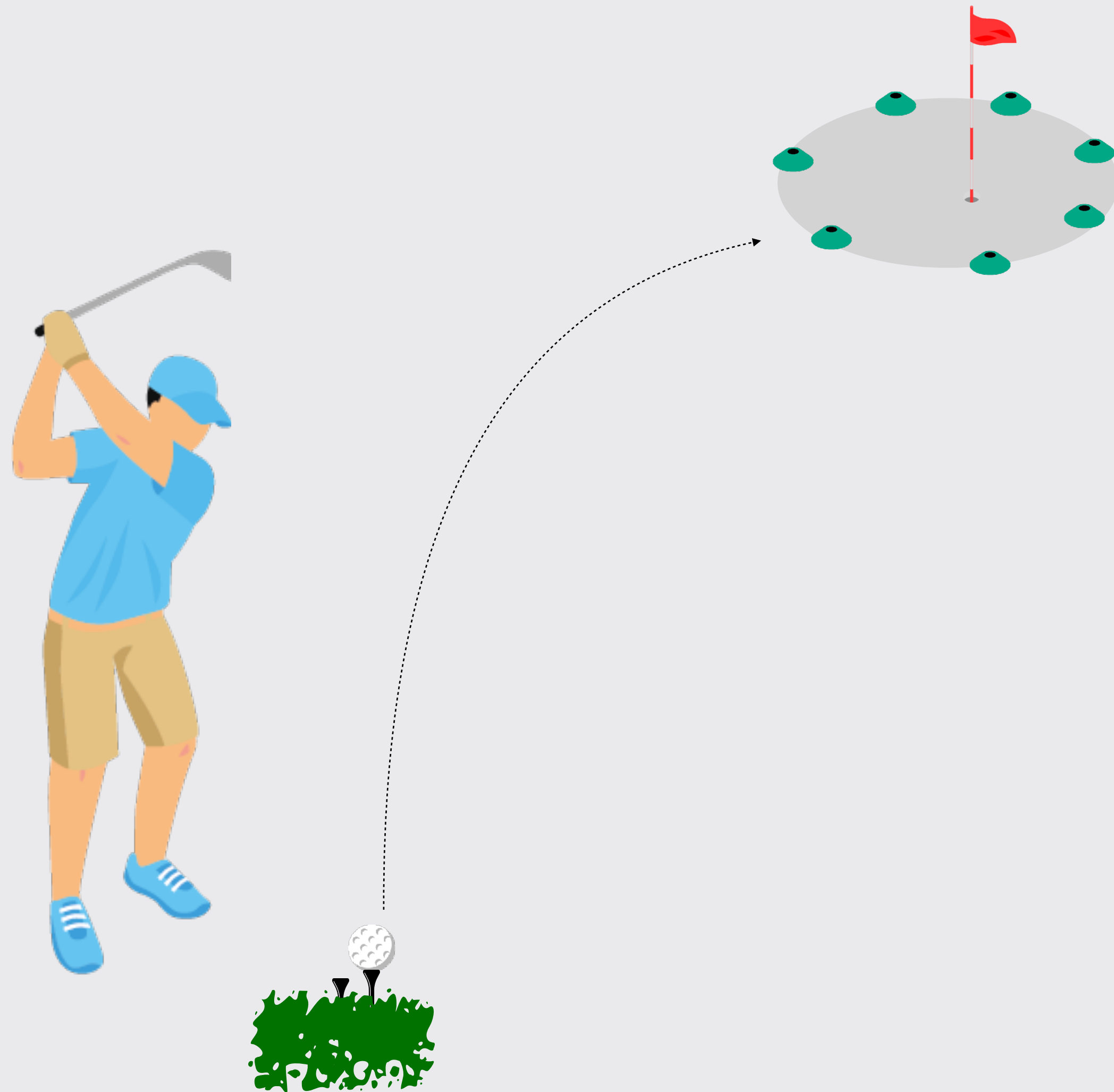
How to Play

- Ask the student to get all of their Hybrids/ Fairway Woods out of their bag
- Describe to the student a tee shot shot scenario they might face on the course
- Use existing targets on the range for aim points and ask the students to describe then attempt the shot they would play in this scenario
- They are only allowed to use a hybrid/ fairway wood so create scenarios specific to that students yardage with those clubs
- If they successfully hit the shot they describe then they earn a point
- This game can be played individually or in pairs and the winner is the player with the most points when the activity ends

Technical Link

- Being able to hit a range of shots with these hybrids/ fairway woods can give students an advantage on the course over players
- This activity will encourage students to understand and plan a shot before executing it

Miss Tee



Equipment Needed

- Iron
- Alignment Stick
- Tees

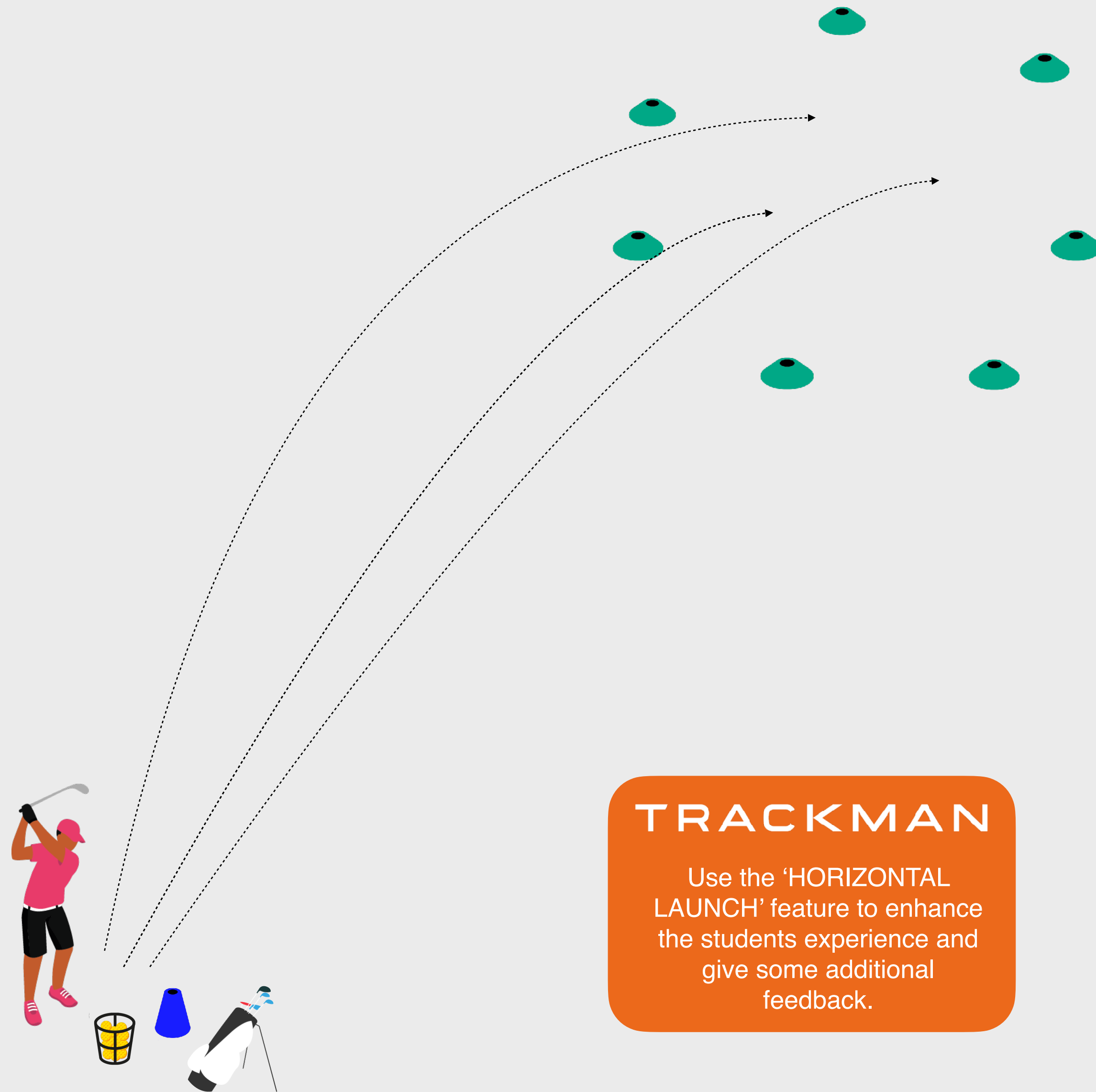
How to Play

- Set up two tees right behind one another and only high enough for an iron strike (small tees)
- The aim is to strike the ball off the second tee without hitting the first because this promotes a downward motion on the ball and results in good ball flight
- There should be an existing target to aim at on the range for the challenge or cones representing a green
- A point is awarded for every shot that finishes on the green
- Another point is awarded for a strike that doesn't touch the first tee and leaves a divot after the ball
- This game can be played individually or in pairs

Technical Link

- The focus on not hitting the first tee also causes a ball then turf impact, which is key to hitting a consistent and solid spike with irons

Cluster Up



TRACKMAN

Use the 'HORIZONTAL LAUNCH' feature to enhance the students experience and give some additional feedback.

Equipment Needed

- Driver, Fairway Wood or Iron
- 7 x Cones

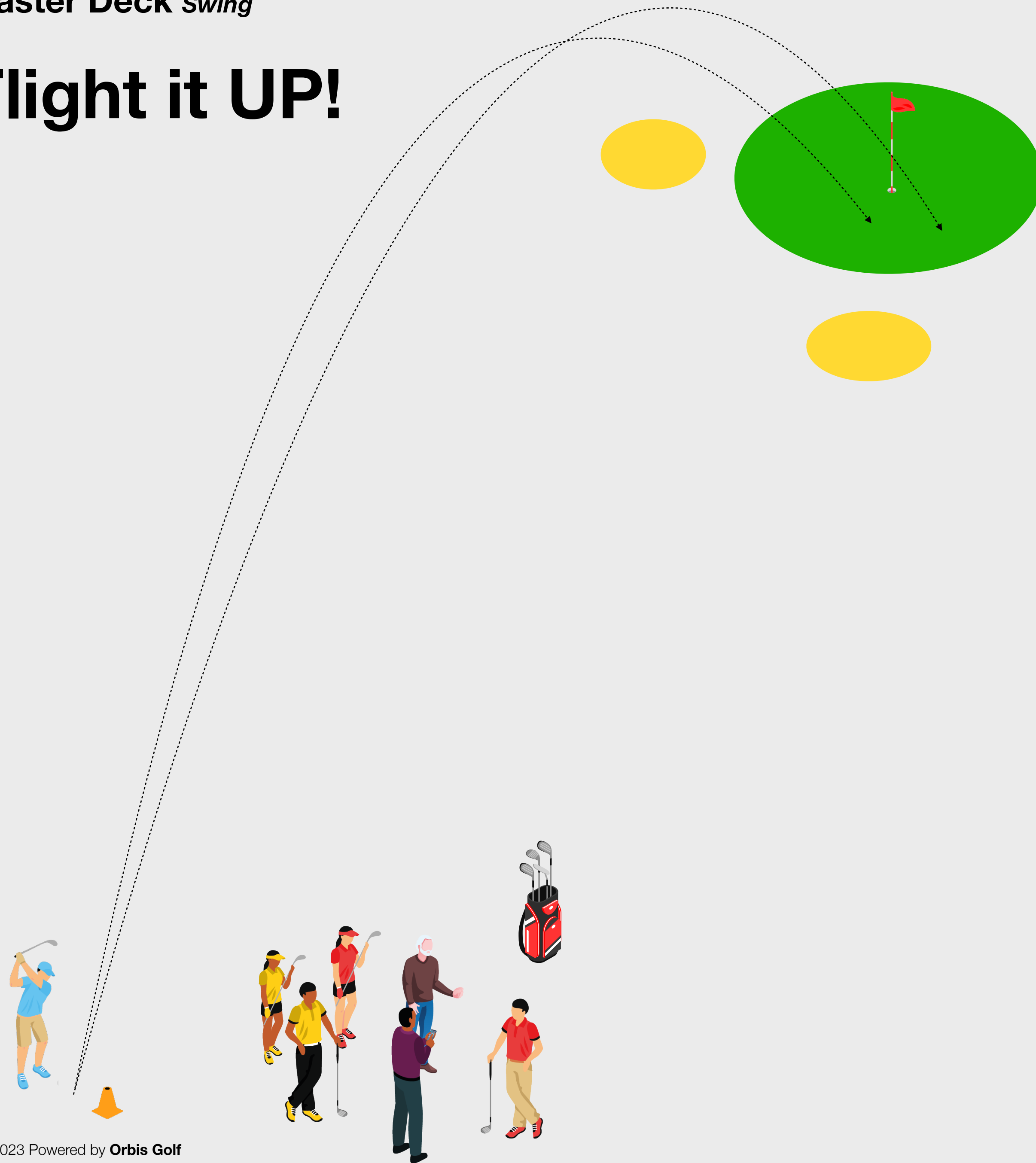
How to Play

- Set up a green sized target on the range using cones around the distance of a mid iron for the ability of the individual/ group
- The aim is for the student to land as many of their balls within that target area as possible
- They can have up to 20 attempts and should record the result of the shot after each one
- The student should try to keep their dispersion as tight as possible and at the end of the activity, work out the percentage of their shots that landed within the target zone
- The winner is the student with the highest percentage

Technical Link

- This activity is a real test of accuracy and should identify and common faults in the students dispersion patterns
- Encourage students to still perform their pre-shot routine before each shot and best replicate how they would perform each shot on the course in order to keep practice focused

Flight it UP!



Equipment Needed

- Irons

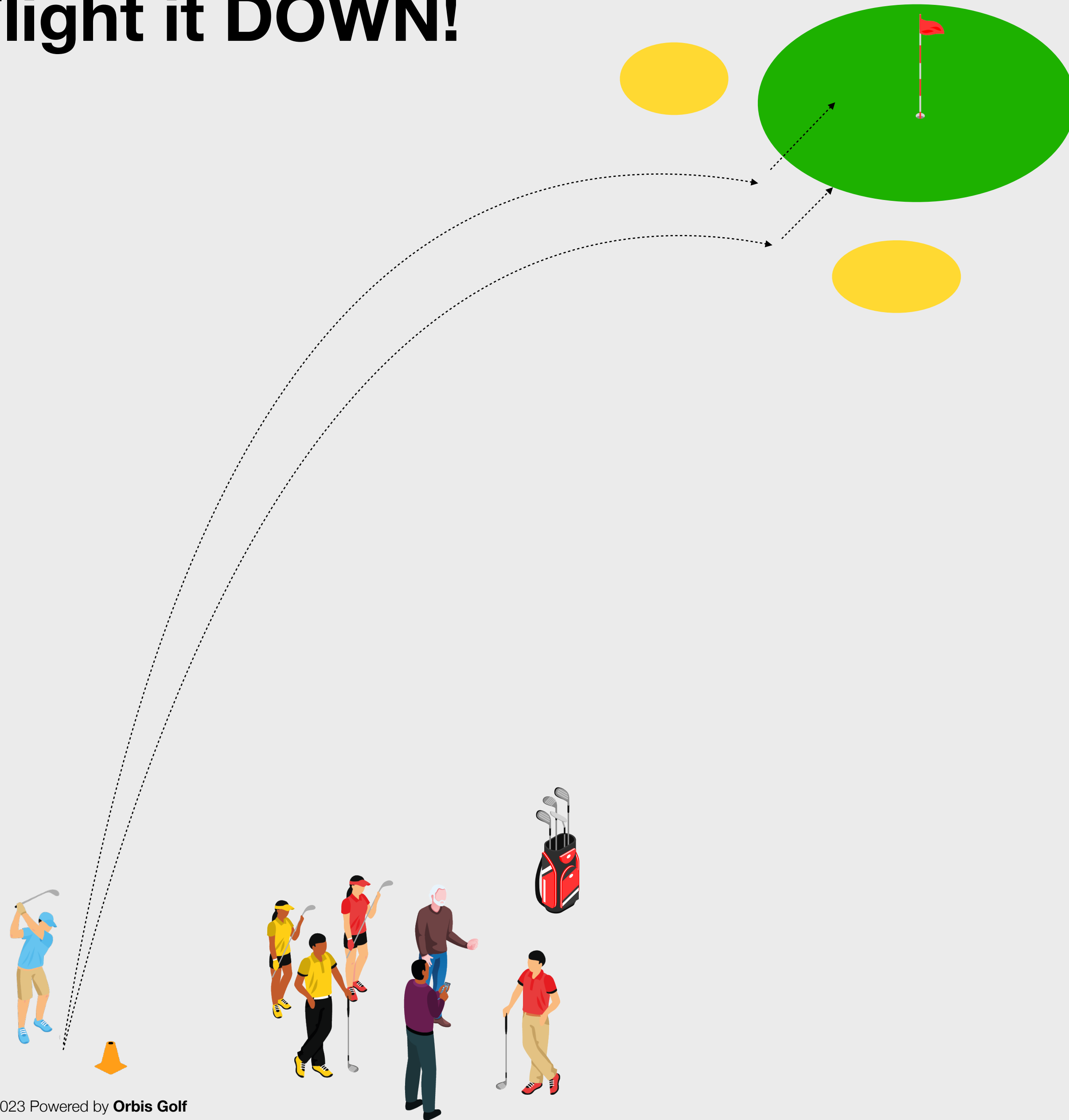
How to Play

- Ask the students to hit a mid iron to a target on a driving range or a Green on the course
- The student is to adjust their technique to flight the ball higher than they normally would
- Discuss with a student how to change their technique in order to increase the initial trajectory and overall height of shot

Technical Link

- Encourages the student to be able to hit a high shot on demand
- This can be useful on the golf course when playing in dry conditions or trying to access a flag, which is guarded by a bunker or a hazard

Flight it DOWN!



Equipment Needed

- Irons

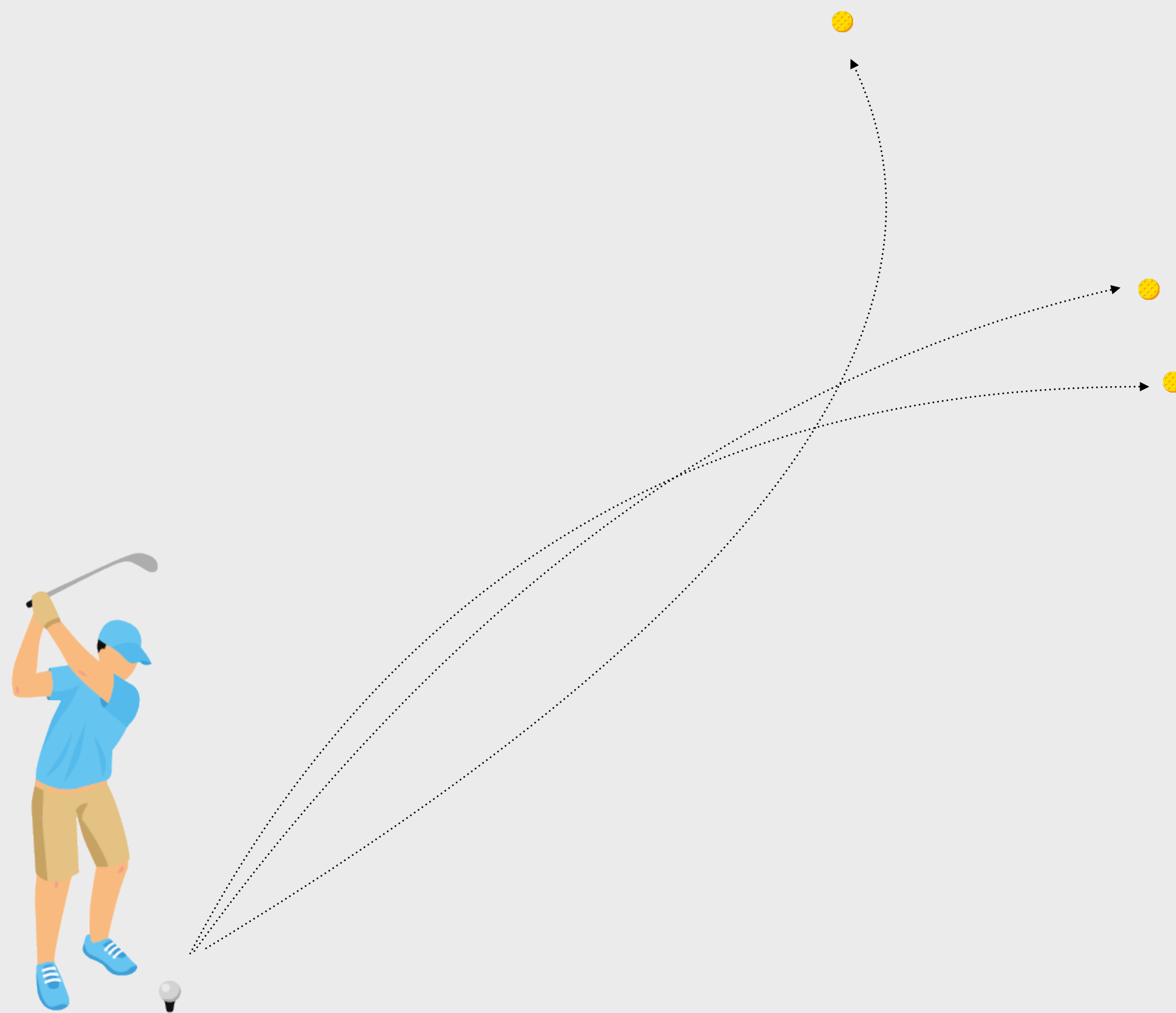
How to Play

- Ask the students to hit a midiron to a target on a driving range or a green on the course
- The student is to adjust their technique to flight the ball lower than they normally would
- Discuss with a student how to change their technique in order to increase the initial trajectory and overall height of shot

Technical Link

- Encourages the student to be able to hit a low shot on demand
- This can be useful on the golf course when playing in dry conditions to run the ball in

Dispersion Difference



Focus

- Driver, Fairway Wood or Iron
- Launch monitor or similar (optional)

How to Play

- Allow the students to hit 10 balls with a driver and track how wide the gap is between the shot that finishes the furthest left, and furthest right
- This can be done by measuring targets out on the driving range or by using a launch monitor
- Once a distance gap is recorded ask the students to try it again with another 10 balls and attempt to record a smaller distance gap than the previous try or their partners attempt

Technical Link

- The students can use the information from this activity to guide their tee shot strategy on the course because they will know their average dispersion
- This activity recreates course conditions during practice by punishing students for uncontrolled shots and encouraging target based practice

Picture Perfect



Equipment Needed

- Driver, Fairway Wood or Iron

How to Play

- Ask the student to picture the shot they want to perform before/ during their setup
- They must then pick out a target on the range that resembles that target and attempt to play the shot
- After the shot is taken ask them to review whether they performed the shot as intended and marked down if it was successful
- They should repeat this activity around 10 times choosing different targets each shot and then repeat the whole activity without using imagery
- Keep a tally of each shot that lands/ finishes within the intended distance of a chosen target

Technical Link

- Imagery is a powerful tool in golf for focusing the mind on the action it is about to perform, therefore the student should find it a useful tool they can implement into their pre-shot routine for improving consistency

Tee Strategy



Equipment Needed

- Driver
- Tees
- 2 x alignment sticks

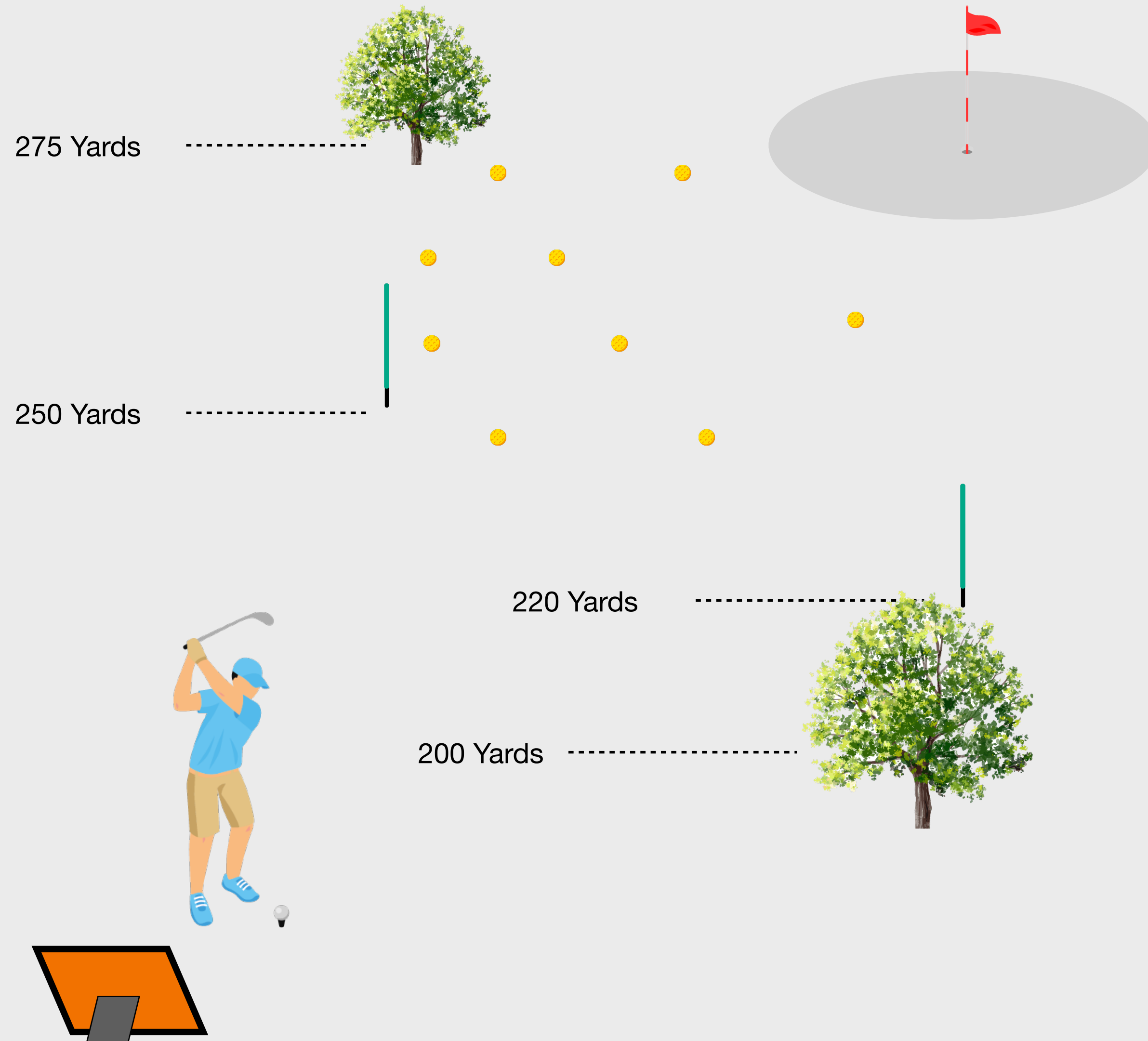
How to Play

- Ask the students to work in pairs and take it in turns to pick a hole on the course that the other one has to make a decision on which club to hit
- Pick out appropriate targets on the driving range that would simulate the width of the fairway on the hole that they have chosen and include a hazard one side to avoid
- Student gets one attempt each at the shot
- Make this situation feel as real as possible with the other student watching as the other attempts to find the fairway

Technical Link

- This activity challenges students course strategy, tee shot accuracy and performance under pressure

Know your Number



Equipment Needed

- Cones, Alignment Sticks or Features on the Driving Range
- Pen and Paper
- Launch monitor or similar (optional)
- Driver

How to Play

- Set up a number of targets or use existing targets on the driving range at different driving distances
- The students should attempt to hit 14 drives
- For each drive they should record the approximate landing distance
- They should mark this down on paper and at the end of this exercise this will give them a benchmark for their driving yardage
- If you have access to a launch monitor this exercise can also be completed giving extra useful insight relating to each drive

Technical Link

- This information will educate the students on their capabilities off the tee and knowing their average distance can help guide their decisions on the course when choosing a landing zone
- It will also highlight the difference in distance between their good strikes and their poor strikes



Choose your Weapon



Equipment Needed

- Driver
- Selection of driver heads and shafts
- Tees
- Launch monitor or similar

How to Play

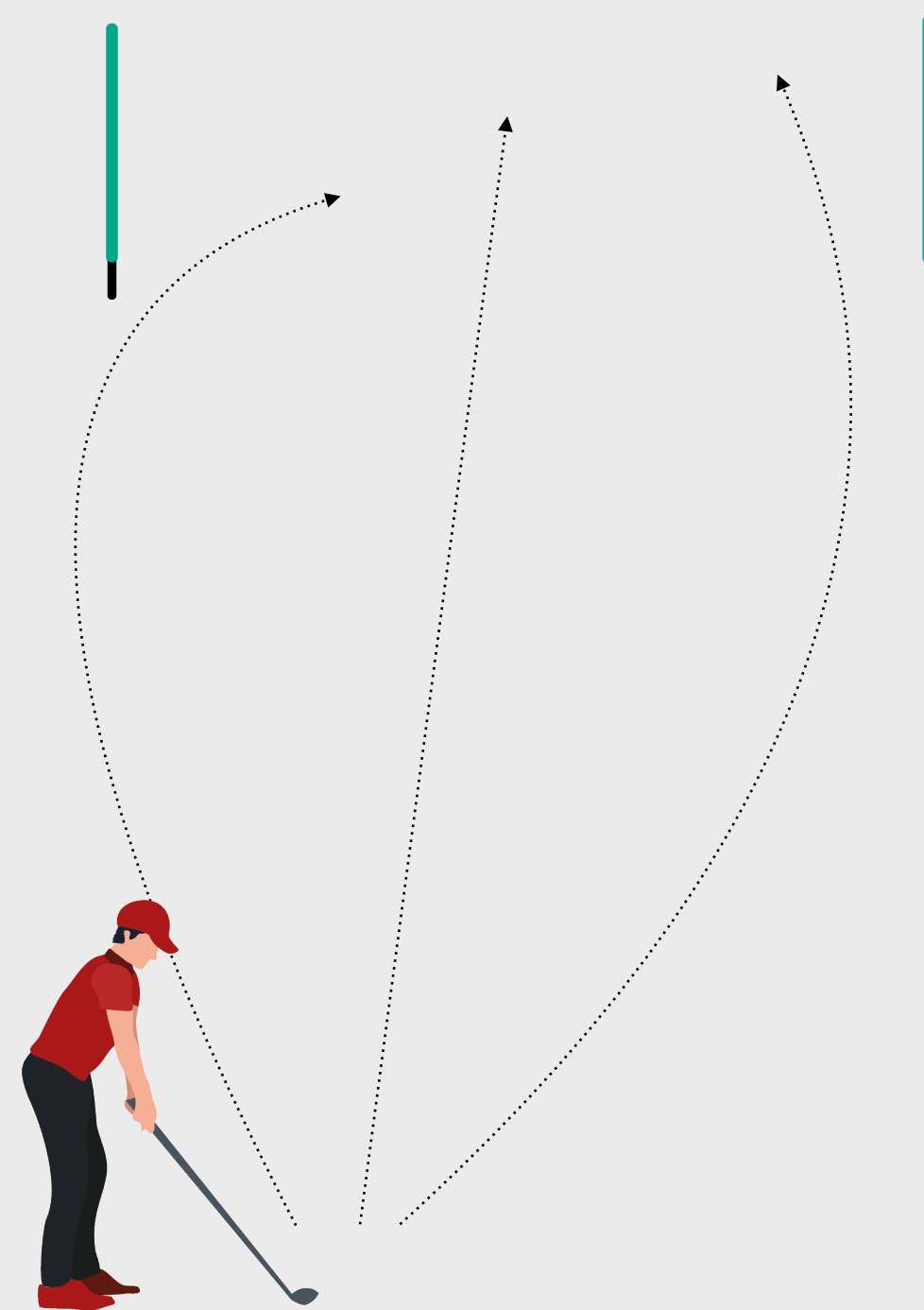
- Set up the students in a bay with a selection of driver heads and shafts
- Allow the student to hit various drivers with different heads to see the difference it makes on their ball speed
- Get the students to experiment with different shafts with the intention of finding the optimal shaft for their swing speed to maximise distance
- Ask the students who in their pairing can increase their ball speed the most throughout the testing

Technical Link

- Equipment can have a significant impact on a students ability to gain distance off the tee and finding the optimal set up can be hugely advantageous for them when trying to hit longer and straighter on the course

Hit 9

Shot Type	Draw	Straight	Fade
Low	X		
Medium	X		
High			X



Equipment you Need:

- Driver, Fairway Wood or Iron
- Marker Pen
- Whiteboard
- 2 x Alignment Sticks or existing targets on the range

How to Play:

- Create the gates for a fairway using alignment sticks or existing range markers
- The challenge is to call a shot from the grid and hit that shot
- The ball must also pass through the gates for their chosen shot type from the grid
- Students are only allowed one attempt at each shot
- If they are successful hitting their chosen shot and the ball passes through the width of the gate then they can mark an X on the grid in the blank space for that shot
- The winner is the student who has the most marks on their grid after the 9 shots

Technical Link

- This activity is an effective practice for testing the students shot shaping ability, but also highlight any weaknesses in their direction control