



Myrtle Beach Golf Trips

presents

SKILL DRILLS

91 Golf Drills

To Improve Your Skill Level
and Thrill of the Game

MEREDITH KIRK

Myrtle Beach Golf Ambassador
LPGA Teaching Professional



DEDICATION

This book is dedicated to my amazing students who have inspired me to compile some of my favorite drills into a book as a reference source. Thanks for your encouragement and I hope that this book comes in handy for you!

SPECIAL THANKS

Special thanks to all golf instructors around the world teaching the amazing game of golf! Many of the drills in this book have been inspired by you.

The LPGA T&CP for their incredible education program that has benefitted me tremendously as an instructor. Let's keep growing the game of golf together and making it assessable and understandable to all who desire to play.

MBN.com and Myrtle Beach Golf Trips for giving this book digital legs so every golfer can have access to these drills while having fun playing the incredible courses in Myrtle Beach.

Lastly, to my amazing student, friend, and devoted Prime Times Signature Card Member, Linda Young, for compiling and editing all these drills. You rock . . .!

Skill Drills by Meredith Kirk

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WARM UP DRILLS

PRE ROUND STRETCHING – PART 1

Skill: Properly warming up the body before playing

Drill: Move your feet shoulders width apart.

- 1) Grab a club with both hands extending out horizontally. Stretch your arms and club to the front.
- 2) Bend down from the waist 5 - 10 times.
- 3) Standing up with your arms still extending out front with the club twist to one side for 8 seconds. You will feel a pull in your oblique muscles.
- 4) Repeat motions on the other side ([Steps 5 and 6](#)). Do this for a total of 5 - 10 times each.

Thrill:

Stretching awakens the muscles, loosens the tendons and ligaments and elongates the muscles to create elasticity for movement and a better rotation of the swing.



PRE ROUND STRETCHING – PART 2

Skill: Learning how to properly warm up before play.

Drill:

- 1) Stand with your feet shoulder width apart.
- 2) With feet together, take a big step back onto your right foot. Tuck your hips forward and feel the stretch of your hip flexors. Change foot position and repeat the exercise 5 - 10 times.
- 3) Gently grip your club and start a continuous, easy swing back and forth 5 - 10 times.
- 4) As an additional stretching exercise, you can take your back hand off the club and continue the swing with your forward arm and shoulder.

Thrill:

It is important to warm up pre-round to help prevent injuries and awaken the muscles.



Swinging and Bending

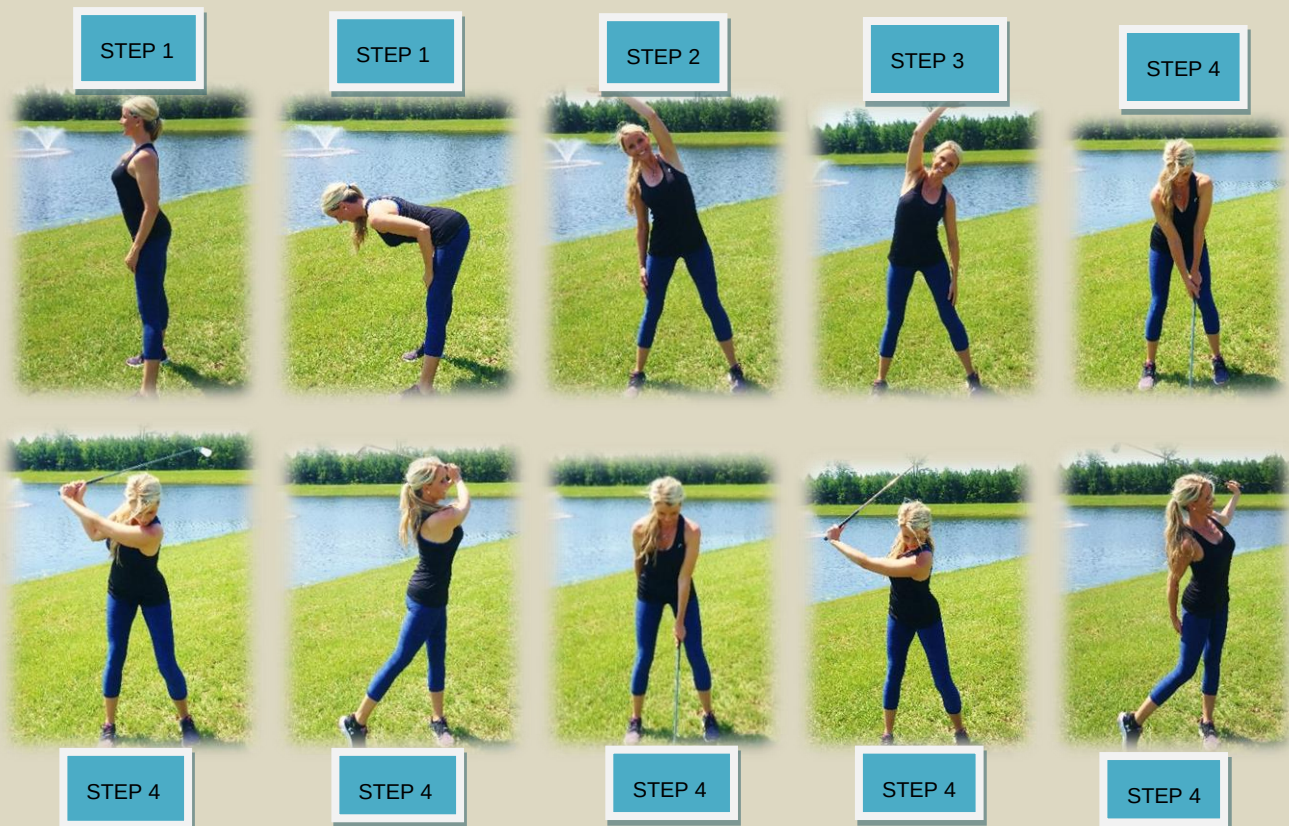
Skill: Warming up the central core of the body and preparing the spine for rotation during the swing.

Drill:

- 1) Feet shoulder width apart, bend down from the waist and back up - 10 times.
- 2) Bend down over on right side. Make sure you use the hand to pull the stretch in your side obliques. Repeat 10 times.
- 3) Repeat step on left side – 10 times.
- 4) Make 10 continuous swings, then swing with left arm only for 10 reps, and then back to both hands 10 more reps.

Thrill:

Implementing this pre-round drill will help activate your core muscles which create the power during the golf swing. Also, it will help with shoulder rotation during the back and forward swing.



FULL BODY WARM-UP

Skill: This is a ten minute warmup for the serious golfer.

Drill:

- 1) Put your arms out and make arm circles; you're going to do this for about 30 seconds.
- 2) Grab a club, put it across your shoulders, and start making some shoulder turns back and forth, making sure you get to a 90-degree angle during your backswing and forward swing. You want to keep doing this 15 to 20 times, getting nice and loosened up
- 3) Put the club out upright in front of you and just stretch your back out. You want to feel like your backside is sticking out . . . and then you want to get your back to roll up, kind of like a cat. Roll it up, hold, go back down about 10 seconds, and then go back up rolling your back - hold about 10 seconds.
- 4) Next, take your club, hold it out horizontally in front of you, and we're going to do some squats – that's really going to get you warmed up! Go down, kind of like you're going to sit in a chair, then come back up. Repeat this process about 15 - 20 times.
- 5) Now, we're going to add a wrist roll to this. Your wrists curl up as you squat down, and then go back down as you stand up. Repeat this process about 15 - 20 times.
- 6) The last thing you want to do is grab two clubs and start swinging back and forth. I love warming up with two clubs, having that added weight, which will get you nice and warmed up.

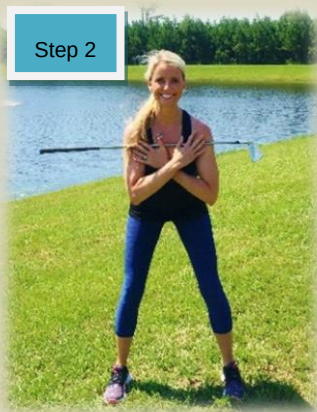
Thrill:

The full body warm up activates every muscle that you use in golf. These warm-up drills are great in preparation for any round, especially competitive play. Also, the full body warm up will help prevent injury.

Illustrations on next page



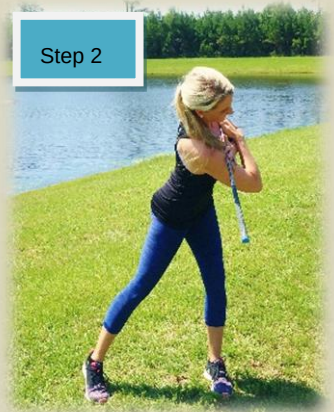
Step 1



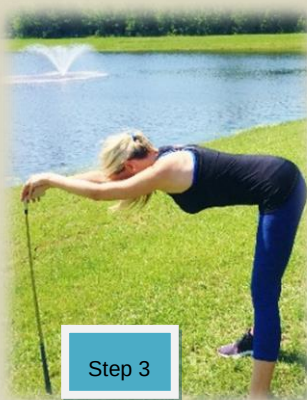
Step 2



Step 2



Step 2



Step 3



Step 3



Step 4



Step 4



Step 4



Step 5



Step 6



Step 6



Step 6

Transverse Abs Drill - Hoover

Skill: Activating the central core of the body to create stabilization and power.

Drill:

- 1) Get on the ground on your forearms and knees.
- 2) Extend your feet out. Your forearms will remain as your support for upper body. You will feel the core muscles activated at this point.
- 3) Rest in this position in between repetitions. Hold 30 seconds – REST – Hold 30 seconds – REST. Try 4 rotations of steps 2 and 3. Increase over time.

Thrill:

Transverse Abs are second to the glutes in regard to power in the golf swing. They create stabilization and balance during the swing and they are the deepest abdominal muscles that protect your spine the most during your swing. Remember, the golf swing is a rotation around the spine.



DELTOID/TRAP/LOWER BACK STRETCH

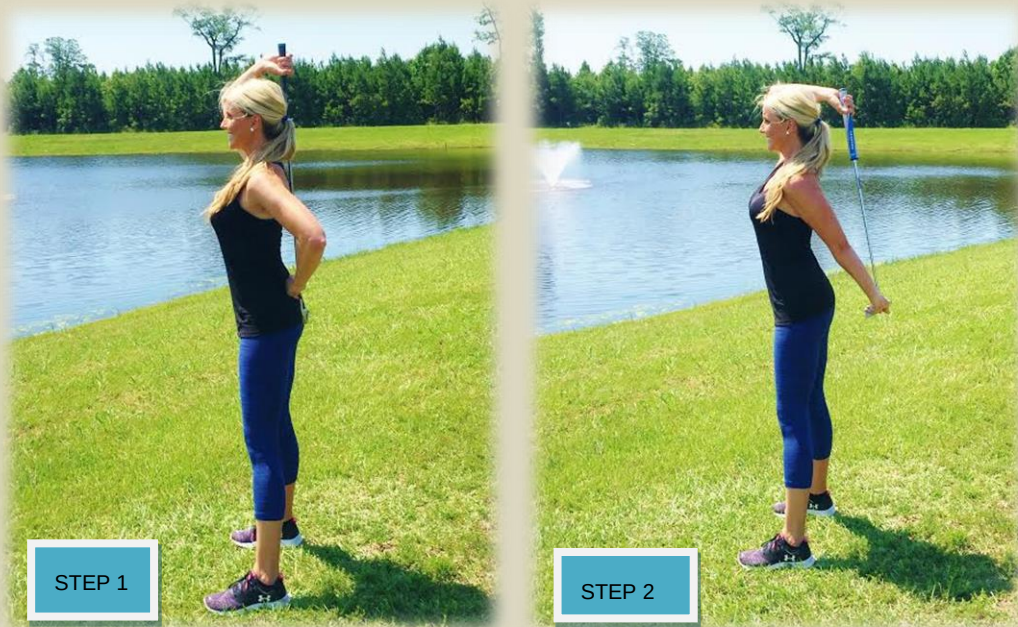
Skill: Loosening up the arms and lower back pre-round

Drill:

- 1) Stand tall with a putter behind your back along your spine. One hand will hold the top of the handle and the other hand will hold the head of the putter.
- 2) Using the hand that is on the putter head, extend it out from your back stretching as far as you can while maintaining a right angle with your hand that is on the handle.
- 3) Switch hands and stretch both sides 3 to 6 times, or as needed.

Thrill:

It important to not have any tension in your arms and lower back during the golf swing. Tension can cause loss of knee flex and or the head pulling up during impact. This drill will help the body relax into an athletic position needed for good rotation during the swing.



HOLDING PLANKS

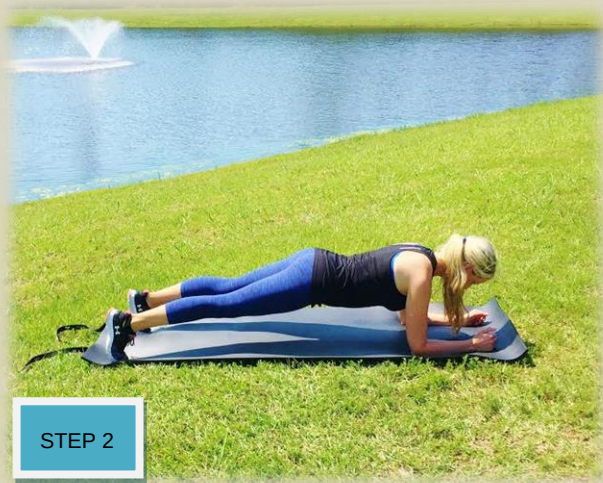
Skill: A simple exercise that will activate all the muscles needed for golf as well as strengthening the core. This is a more intense version of the 'Hoover'.

Drill:

- 1) Lie on the ground and lift your arms where they are bent at a 90 degree angle and feet shoulder width apart.
- 2) With a timer, hold this position for 30 seconds. Rest briefly.
 - Now, try to hold for an entire minute. Rest briefly.
 - Go for the two minute goal.
 - Gradually work up until you can hold a five minute plank

Thrill:

The core is especially hit hard by doing a plank and after you've held a perfect plank position for 2 minutes your abs will feel on fire. Try to move onto longer times. This drill is not only good for strengthening your central core to gain power and distance on the course, but it is a great drill for mental toughness as well.



Glute Drill

Skill: To learn to create more power by activating the glutes in the golf swing.

Drill:

- 1) Lie on your back with your heels on ground. For a more advanced challenge, you can use a small bench or box to elevate your feet.
- 2) Point your toes toward the ceiling.
- 3) Squeeze your glutes and raise your back off of the ground until only your head and the tops of your shoulders are on the ground.
- 4) Extend your arms with your palms down.

➤ Do this for 30 seconds and repeat again.

Thrill:

Titleist Performance Institute calls the glutes, “King of the Muscles” in golf. The glutes create stability and centeredness in the golf stance. The glutes produce body coil, control slide, limit pelvic instability and tuck under at impact and they dictate the spinal pelvic angle. All of the components of the glutes benefit tremendously when it comes to creating stability with power.



PRE-MOTION DRILLS

Left Shoulder Leads

Note: Right handed player

Skill: Using your left shoulder to lead the backswing

Drill:

- 1) Grab a club and lay it across your chest with your hands crisscrossed with your left shoulder slightly rotated forward. Your left shoulder should poke out a touch when viewing this position in a mirror or a down the line view.
- 2) Get in your address position. Rotate 90 degrees in your back swing.
- 3) Swing forward rotating another 90 degrees to the finish position.
- 4) This drill is focusing on a 180 degree rotation around your spine. Repeat this drill 10 - 15 times to create feel and muscle memory.

Thrill:

This drill allows your shoulders, particularly your left shoulder, to lead the swing. You will swing less with your arms, get a better shoulder rotation, gain distance, and prevent slices.



Right Shoulder Leads

Note: Left handed player

Skill: Using your right shoulder to lead the backswing

Drill:

- 1) Grab a club and lay it across your chest with your hands crisscrossed with your right shoulder slightly rotated forward. Your right shoulder should poke out a touch when viewing this position in a mirror or a down the line view.
- 2) Get in your address position. Rotate 90 degrees in your back swing.
- 3) Swing forward rotating another 90 degrees to the finish position.
- 4) This drill is focusing on a 180 degree rotation around your spine. Do this 15 times to create feel and muscle memory.

Thrill:

This drill allows your shoulders, particularly your right shoulder, to lead the swing. You will swing less with your arms, get a better shoulder rotation, and benefit from more distance.



Grip Pressure

Skill: To understand what appropriate grip pressure should feel like with a full swing.

Drill:

- 1) Take a deep breath after you place your hands on the club.
 - Roll your shoulders back and down. With the club at address, grip the club as light as you can . . . that is a 1.
 - Now, grip the club as hard as you can . . . that's a 10.
- 2) Take your club and hold it out in front of you at a 45 degree angle. The pressure you feel here is the correct pressure that you want on the handle and it should be around a 7.

Thrill:

Realizing that stronger grip pressure does not equal more powerful shots, but conversely will cause issues such as: loss of distance, coming up on the ball due to muscles tensing and the lifting effect of the body during the swing, and improper release of the club head and chronic slices.



Grip Positioning

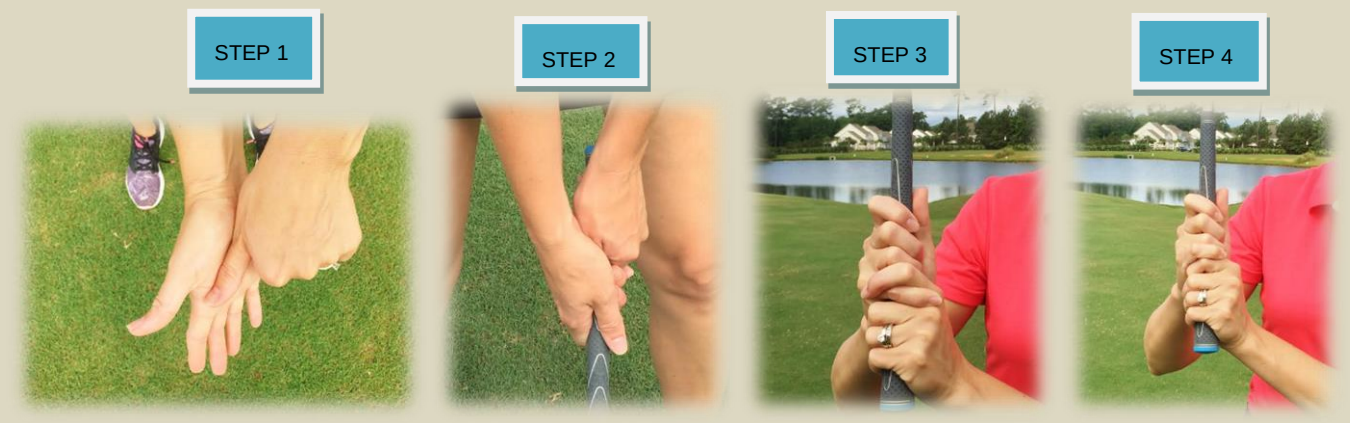
Skill: Creating a strong grip for stability and consistency in the golf swing. There are three types of grips: weak, neutral, and strong. We will focus on creating a strong grip in this drill.

Drill:

- 1) When placing your hands on the handle, notice how the lead thumb nuzzles into the lifeline.
- 2) When positioning your hands on the handle, you want to create a “V” shape with your thumb and index finger. “V” is seen on the left hand between thumb and index finger. That “V” will point toward the right shoulder for right handed golfers.
- 3) Women and children may find that they feel more comfortable with interlocking. I tend to lean toward overlap. Grip is feeling so you have to choose what feels best.
- 4) Let the pinky fall where it may with overlap.

Thrill:

Grip is the number one fundamental in the golf swing. Everyone needs a good grip, especially a strong one. Your hands are the only connection to the golf swing and where they are placed is crucial. It can make or break your swing. Using these simple tips will help stabilize any club head movement of the club during the swing and create more consistency with the club head making square contact to the ball.



Ball Position at Address

Skill: Learn how to use ball position based on the center of the spine, not the feet.

Drill:

- 1) Using a club, hold it vertical on the front of your spine.
- 2) Using driver, long irons, and short irons, practicing moving the ball forward of the spine and back of the spine with each club.

Thrill:

Ball position is based on the upper body, not the lower body. The lower body creates too many inconsistent variables, including anatomy differences and feet flares. Because of these variances, using ball position based on the feet may cause inconsistent ball flights, poor centeredness of contact and angle of attacks that may be too steep or too ascending.



Aerodynamics and Ball Position

**Tools needed: 2 alignment sticks*

Skill: Understanding aerodynamics when choosing a ball position is important. Big airplanes need long runways to land and take off. Small airplanes can take off and land on shorter runways. This concept is the same with choosing the correct ball position for a particular club.

Drill:

- 1) Grab 2 sticks and lay them down parallel along the target line to resemble a 'runway'.
- 2) Place a ball in the center of the stick.
- 3) Grab your driver and lay it across the target line parallel, centering it next to the stick.
- 4) Next, repeat the same step with your pitching wedge. Compare the runway lengths of each club.

Thrill:

This drill is great for discovering the importance of ball position and how it changes with longer and shorter clubs. Longer clubs, like the driver, will need longer runways to create an ascending angle of attack. The shorter clubs with the shorter runways will naturally create a steeper angle of attack.

STEP 1



STEPS 2, 3, 4



Grip Hold

Skill: Focus on the four P's of an effective hold – **Placement, Position, Pressure, Precision**

Drill:

- 1) **Placement:** Placement of hands on the handle of the club will be determined by particular shots; however, a rule of thumb for full swing is leaving about an inch off the butt of the club. Now, choose a grip style that is comfortable for you (interlock, overlap, and 10-finger). The goal is a strong connection to the handle with your lifeline snuggling your left thumb.
- 2) **Position:** Considerations of positions on the handle must be made for the strength and size of the hands as well as whether the shoulders cause the palms to hang in a neutral, inward, or outward manner.
- 3) **Pressure:** Pressure on the grip needs to remain constant through the swing. Choose to rest the club on the ground, touch the ground, or hover above the ground as you test different hold pressures in these positions prior to swinging.
- 4) **Precision:** Refers to how accurately the golfer places and positions the hands on the grip. Make sure that you re-adjust your hold each swing.

Thrill:

The hold, or grip, is the body's only connection to the club. The placement of the hands on the shaft is a huge indicator for the direction of the clubface position, ball speed, and angle of approach during the forward swing.



3 Keys to Balance & Posture in the Golf Swing

Skill: Finding balance and posture in the golf swing.

Drill:

- 1) At address, flex the knees. You will feel your weight centered to slightly back.
- 2) Using a club, place it horizontally across your hips and press it back to create a pelvic flex.
- 3) Medium width stance for irons, wide stance for driver. Weight needs to feel centered in the stance. If you are losing your balance at finish, you may need to move closer to the ball.
- 4) Now that your posture is in a good set up position, lift one leg and hold for 30 seconds. You should be able to lift other leg and hold without losing your balance. If you do lose your balance, go through the drill more time and make sure you are doing each step correctly.

Thrill:

Having proper posture and creating good balance in your swing will help give you stability while swinging without losing your balance, create better rotation around your body, and less swinging with your arms.



Squaring the Clubface at Address

Skill: Correcting squaring the clubface at address

Drill:

- 1) Square the clubface at address. Leading edge needs to be flush to the ground. Ball should be center to slightly toe at address.
- 2) Place a tee in front of the ball about an inch. Now take a swing and stroke through the tee. The goal of this drill is to swing through the tee through impact.

Thrill:

The drill will help you develop a feel for centeredness of contact at impact and making good contact with the face of the club. Squaring the clubface is crucial for every shot.



2 Easy Steps To The Best Round Of Your Life . . . No Practice Needed!

**Tools needed: Anti-fungal spray needed/or baby powder*

Skill: Discovering how the ball position on the clubface and effect centeredness of contact at impact.

Drill:

- Using an iron, spray the clubface with anti-fungal spray or powder the head with baby powder.
- Square clubface at address (leading edge needs to be flush to the ground . . . don't want to have the toe coming up so much that it causes you to hit off the hosel. Make sure ball is center to slightly to toe at address.
- Make a swing and check the face of the club to see where the ball strike was located. The anti-fungal spray and powder creates an easily identifiable way to see where you are striking the clubface.

Thrill:

The clubface is responsible for 75% of the ball's starting point at impact. By using the anti-fungal spray or powder, you will be able to have a visual as to where you are striking the clubface. If you take the time to square up at address during your pre shot routine, you will consistently find that your strikes will be more center.



Change Your Golf Game for Life with 1 Simple Move!

Skill: The lead shoulder leads the golf swing. One simple move that creates incredible results!

Drill:

- 1) Crisscross your hands around the club and look at the direction on the club. If you are right handed, the club will be aimed slightly to the right of the target.
- 2) During the takeaway, allow the handle of the club to follow the shoulder, versus the handle leading the shoulders. This helps create a one piece takeaway.

Thrill:

If you focus on swinging with the shoulders versus the arms, you will find that you are able to swing around the body making a full rotation with the shoulders. If the shoulders are not leading the swing, the arms will dominate and you will find inconsistent shots including: casting, outside to inside path and steeper angles of attacks that lead to fat/or chunky shots.



Backside Push Out

Skill: To learn to set up at address in an athletic position to create stability in the swing.

Drill:

- 1) Flex knees.
- 2) Using a club, press against your pelvis and push it back. This will put you into an athletic position with your hips pushed back.

Thrill:

Learning to set up in an athletic position at address creates stability throughout the swing and will help prevent a loss of balance. Also, by creating a stable base with the lower body will help the upper body to rotate around the spine during the swing. The flexed knees and the pelvis pushed back will give you the room you need to generate more range of motion and create an easy path of the inside through impact.



Basketball Drill

*Tools Needed: Basketball/or Beach Ball

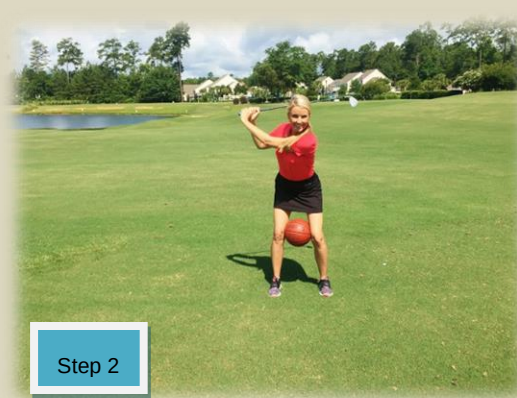
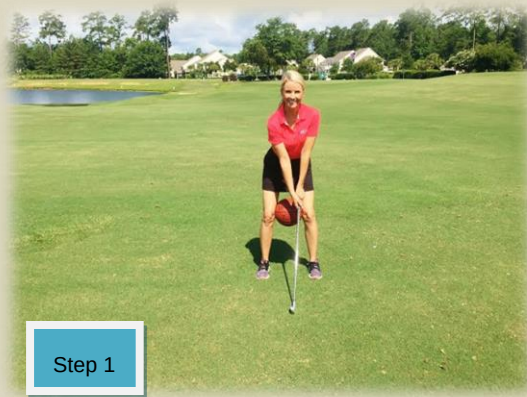
Skill: To create lower body stabilization

Drill:

- 1) Place the basketball in between your knees.
- 2) Without a golf ball in the address position, take a few half swings and increase to third quarter swing and then moving on to full swing.
- 3) Make 10 practice swings, then remove the ball and try making a shot.

Thrill:

The basketball drill helps to create stability for good spine angle and forces your weight to be equally distributed at address. This drill helps prevent the left leg collapse and sway. Also, if you have a tendency to come up on your toes after impact or lose your balance in general, this drill will help create stability throughout the swing.



Handle Distance from the Body

Skill: To understand the importance of handle distance from the body.

Drill:

- At address, the distance between the club (handle) and body is one palm length (individuals own hand size) from left thigh.
- Measuring from the left thigh for distance to the handle will also create a slight forward press of the handle toward the target.

Thrill:

To consistently create the same distance from your body to the handle with all irons and hybrids. Fairway metals and driver will have more distance than this naturally as they are the longest clubs in your bag, however, the one hand rule applies to all irons and hybrids. The drill helps to get the lower body out of the way so the shoulders and arms can move freely and make a full rotation through the swing. Also, an added benefit of this drill is the creation of a slight forward press. This press will help preset the impact position.



Feet Together Drill

Skill: To feel the importance of the lower body during the swing, create proper wrist hinging and make better contact with the ball at impact.

Drill:

- Place your feet together, either touching or just barely apart and practice hitting the ball.
- You will need to swing slower than normal so you don't lose your balance during the swing. Work on making good contact with the ball first, and the rest should come naturally.

Thrill:

This drill will help you make better contact with the ball. Because your feet are together, it will prevent an outside to in path. If you lose your balance during this drill, you are swinging too much with the arms and hands and the outside to in path will occur. By having your feet together, you will have the natural weight transfer and foot action during the swing, therefore, you can feel the importance of the lower body's responsibility during the swing. Lastly, if you have trouble hinging your wrists during the swing, this will help activate them.



Spinal Check Drill

Skill: This drill is great for checking your spine angle to assure your spine is in the proper position for full swing.

Drill:

- 1) While standing upright at address, place the club behind your back along your spine holding each end of the club.
- 2) Flex your knees.
- 3) Bend forward with the club still along your spine, creating a flat back and push your pelvis back. Now you are in an athletic position to make a good rotation around the spine.

Thrill:

This drill is great for the golfer that hits thin shots or is lacking distance. By getting into an athletic position at address, you allow much more room in the swing to make a good rotation around the spine. With flexed knees and the pelvis pushed out, you will have a greater chance of maintaining the athletic position at impact, which means less thin shots! Also, by making a good rotation with the shoulders you can generate more velocity (power) in your swing.



Breast Push

Skill: To learn where the breasts belong in the golf swing.

Drill:

- 1) Grab an iron and hold it out directly in front of you.
- 2) While holding the arms out in front, drop them straight down to the address position.
- 3) The breasts will now be underneath your arms, pressed down.
- 4) Take a practice swing. With the breasts underneath the arms, you can now swing around the body without them getting in the way of the golf motion.

Thrill:

Learning where the breasts go in the golf swing is the number one question I am asked by women. By practicing this drill, you will realize that the breasts do not play a part in the golf swing. They are tucked away hidden underneath the arms. So if you are larger chested do not be intimidated by learning to play golf. Larger chested women can play just as well as smaller chested women. Breast size is not an issue with the golf swing. If your larger chested . . . try this drill and tuck them in!



PUTTING DRILLS

Steady Head

Skill: Keeping a steady head during the putting motion.

Drill:

- 1) Press ball marker into the putting surface.
- 2) Place the ball directly on top of the marker.
- 3) From a distance of about 5 - 6 feet, putt the ball (the eyes will not move from the marker).
- 4) Wait to hear the ball drop before looking up.
- 5) Repeat this 15 - 20 times, then remove the marker and give it a try.

Thrill:

Learning to keep the head steady during the putting motion will help you create consistency while putting, smoother tempo and more online putts.



Grip Pressure for Putting

Skill: To understand what the proper grip pressure should feel like with putting.

Drill:

- Take a deep breath after you place your hands on the club.
- 1) Roll your shoulders back and down. As you set up to putt, grip the club as light as you can . . . that is a 1.
- 2) Drop a few balls down on the green about 5 feet from the hole. Attempt putting them with your '1' grip pressure.
- 3) Grip the club as hard as you can...that's a 10. Putt a few balls with that pressure.
- Now, grip the handle at a 4-5. You should be able to feel the weight of the putter head. Your grip should be gentle enough that someone could snatch the putter from you and it would easily release from your hands. Putt a few balls with this pressure and repeat as needed.

Thrill:

To understand that stronger grip pressure while putting will cause inconsistent putting speeds, too aggressive putting speeds that roll too far past the hole lacking any control. Finding your finesse on the putting green is essential and this drill will help you soften your putts.



Gate Drill

**Tools needed: 2 tees*

Skill: Keeping a steady and square putter face on the line throughout the putt.

Drill:

- 1) Place 2 tees in front and behind the putter head to create a gate.
- 2) Create second gate, closer to the hole about midway.
- 3) Practice this drill from multiple distances and angles. Make sure the ball always rolls through the second gate which is closer to the hole.

Thrill:

This drill helps keep the putter steady and square on the target line throughout the putt. If you have a tendency to push or pull your putts, this drill will help create more consistency putting. Second gate is an additional benefit because it helps change the mental aspect of the putt. Knowing you have to putt through the second gate, you are naturally creating more online putts.



Coin Holder

**Tools needed: Dime*

Skill: To learn how to keep the putter head level and steady during the putting motion.

Drill:

- 1) Grab a coin (dime's work best for this drill because they are smaller).
- 2) Place the dime on the flange of the putter in the center.
- 3) Practice making some putting motions without the dime moving or falling off.
- 4) Try to 10 - 15 motions then place a ball down, remove the dime and give it a stroke.

Thrill:

This drill is great if you are a yippy putter or have a tendency to lift up or move the putter head offline. You will find by practicing this drill, a more controlled and smoother stroke through the putt.



Speed Reader

Skill: To learn to exaggerate the practice stroke to create feel and sensation of the green speeds.

Drill:

- 1) If you are playing greens that are considerably slower than you are used to, take your practice stroke from a longer distance than your actual putt.
- 2) If you are playing greens that are considerably faster than you are used to, take your practice stroke from a shorter distance than your actual putt.

Go back to your ball and use that same sensation or feeling to make your putt.

Thrill:

Putting in general takes certain 'finesse'. That finesse is created by feel and sensations of the putting motion on different greens. This drill is great for controlling your putts on fast or slow greens. By implementing this drill on your next round of golf, you will find your feel and make more consistent putts, even lowering your score!



Tiger Woods' Gate Drill

Skill:

Creating good centeredness of contact with the putter head and stability through the putting motion.

Drill:

- 1) From 4 feet away from the hole, place two tees in the ground and create a gate. Beside the right tee, place an alignment stick.
- 2) Practice normal putts from this distance.
- 3) Now, practice with one hand making as many putts as possible. You can switch hands during this drill, however, it is best to putt one handed with your dominant hand.

Thrill:

This drill is great for creating stability in the putting motion. When putting with one hand, you want to feel the club head, not the handle. As you make a putt, you can feel the putter head release, allowing the club head to move through the putt.



Hair Tie/Rubber Band Drill

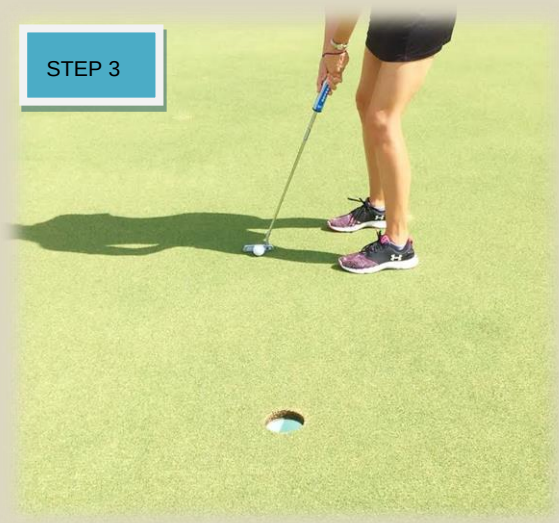
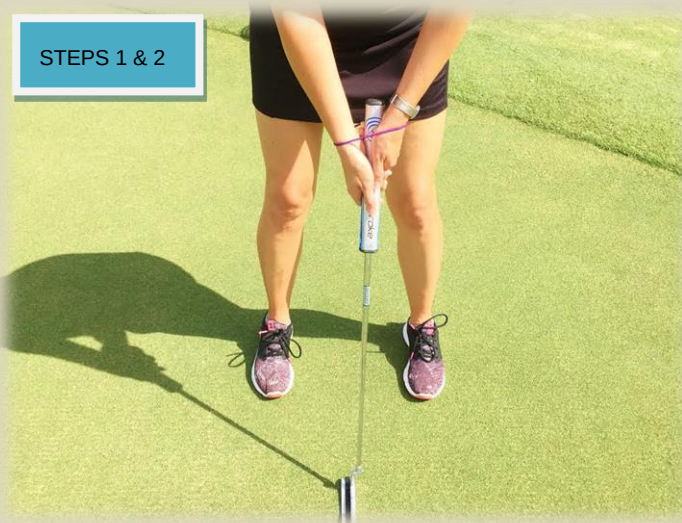
Skill: Wrist breaking can cause many flaws in your putting motion such as tension, inconsistent speed control, and offline putts. This skill will help you keep your lead wrist flat during the putting motion.

Drill:

- 1) Put your hands through the hair tie and slid down the putter handle.
- 2) The first thing you will notice is the tension that the hair tie creates. This tension creates a perfect feel for the proper amount of grip pressure you need for the putting motion. You want a gentle connection to the handle.
- 3) Now that you are set up for a putt, you will see that the back of your lead hand is facing the target. As you make a putt, your lead hand should now remain on the target line as you make the putting motion.

Thrill:

Wrist breaking is primarily caused by too much tension in your putting grip. As you practice this drill, you will discover the perfect 'feel' for the putter handle as well as developing consistent ball speed, making more putts on the target line and lowering your putting strokes!



Putting Position

Skill: To learn the proper putting stance and positioning over the ball.

Drill:

- 1) Stance should be shoulder width apart (some people prefer to have a larger stance with feet outside the shoulders, that is okay, too)
- 2) Eyes over the ball. If you had a necklace or tie hanging down, it should hover right over the ball.
- 3) Make sure to keep the lead wrist flat through the putting motion.
- 4) Putter head should be square to the ball, with the ball position slightly forward.
- 5) Use steps 1 – 4 as your pre-stroke routine for putting to create consistency.

Thrill:

This is a great drill to get back to basic putting fundamentals. Sometimes the issue with putting is something as simple as your set up position. Use these steps as your pre putting routine next time you are out practicing or out on the course.

STEPS 1 - 5



Around The World

Skill: Strengthening your short game by creating different angles with your putts and learning how to make pressure shots.

Drill:

- 1) Form a circle of eight tees around a hole between 3 - 5 feet away.
- 2) Make a putt from each tee and if you miss, start over again.
- 3) Once you complete a series of around the world, try taking the ball out further to five to six feet.

Thrill:

Short game is crucial to low scores in golf. Learning how to make putts from six feet in will build your confidence out on the course and immediately lower your scores. This drill will help you learn to read your putts from different angles around the hole and create a little pressure to make the putt so you don't have to start all over again around the world.



Paint Tape Drill

**Tools needed: Painter's or Masking Tape*

Skill: This is a great drill for shorter putts because it gives you the ability to watch the ball roll on its line.

Drill:

- Using the lip of the cup, tape straight back up to 6 feet
- Using the line of the painter's tape, allow the club head to go straight back and through on the tape which creates a target line.

Thrill:

The shoulders lead with this motion and by keeping the putter online, you can pay attention to the upper torso movement during this motion. The focus with shorter putts should be the movement of the shoulders, not the arms or hands. This drill is great for creating repetition and muscle memory for the shoulders, arms, and wrist.



Putting Over a Ball Marker

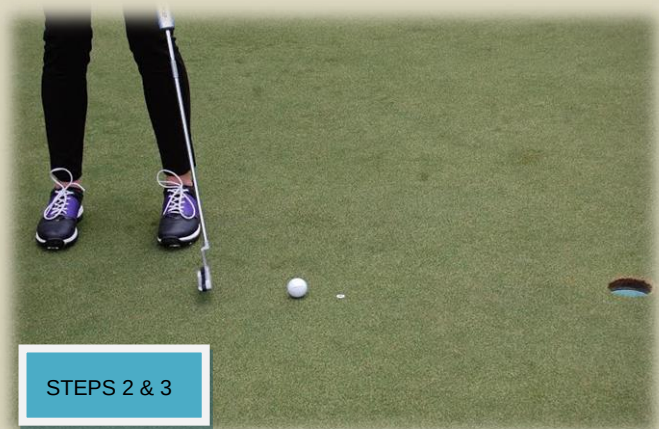
Skill: To learn how to make online shorter putts on flat straight lies.

Drill:

- 1) Place a ball marker into the ground about three feet in front of your ball on the line of the putt.
- 2) The goal is to roll the ball online over the ball marker into the hole.
- 3) When making a putt, focus on the ball marker and not the hole.

Thrill:

This is a fun drill because it shortens the hole by keeping the focus on the ball marker three feet away from the ball. You will get a better idea if you are staying on the correct line during your putts. The drill takes the pressure off making longer putts while building your confidence with reading your line.



Tee Drill

Skill: To learn how to become more accurate while putting.

Drill:

- 1) Find a relatively flat area on the putting green.
- 2) Place a tee into the ground six feet from the hold. Place three more tees into the ground moving every foot and a half back until you have four tees in a row along the putting green.
- 3) Starting from the first tee, try to make the putt.
- 4) Move through all four tees and repeat as needed

Thrill:

This drill covers multiple shots around a 'hole', which in this case is a tee. By using the tee instead of a hole, you will have to be more accurate with judging your line and creating a consistent ball speed. This is a great drill to fine tune your putting. Once you go back to putting with a hole, you will see a huge difference with your accuracy on the greens.



Ladder Drill

Skill: Similar to the Tee Drill, the ladder drill takes it one step further with learning accuracy with longer putts.

Drill:

- 1) Find a relatively flat area on the green and place a tee into the ground.
- 2) Measure out to 10 feet and place a tee into the ground every two feet.
- 3) Starting from four feet away from the center tee, try to make a putt and hit the tee.

Once you hit the tee, try the six foot putt and continue moving further back all the way to the ten foot distance.

You can try this drill on all four sides of the center tee.

Thrill:

This drill is the same concept as the Tee Drill, however its focus is on longer putts. By using the tee instead of a hole, you will have to be more accurate with judging your line and creating a consistent ball speed. This is a great drill to fine tune your putting. Once you go back to putting with a hole, you will see a huge difference with your accuracy on the greens.



Lag Putting

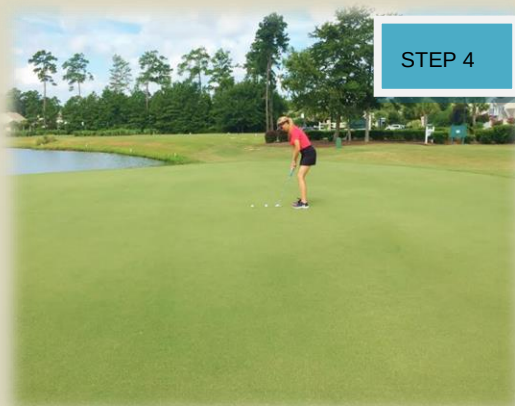
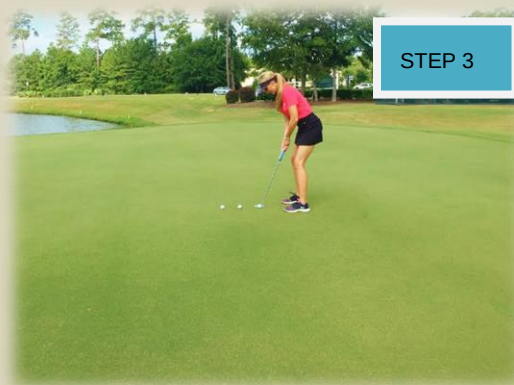
Skill: To learn how to make longer putts and build putting confidence.

Drill:

- 1) Find a hole on the putting green that will allow you to move back a fair distance.
- 2) Starting from 15 feet out from the hole, putt 3 balls from this distance and make two. If you can't make two, stay at this distance until you do.
- 3) Move back 5 feet and repeat step two until you reach roughly 45 feet, or until you run out of green.
- 4) If you're feeling particularly brave, replace the hole with a tee.
- 5) A goal for this drill can be ten 10 two putts of varying distances and difficulty.

Thrill:

Lag putting is one of the least practiced aspects of putting. This drill will help build your confidence with longer putts and eliminate putts that are more than three feet outside the hole. A goal with putting is never to have more than two putts per hole per round. By practicing your lag putting, you could eliminate that third putt that often comes into play by not becoming confident with lag putting.



Coin Sliding

**Tools needed: Nickel*

Skill: To learn how to keep the putter head from lifting up during a putt.

Drill:

- 1) Grab a coin (Nickel's work best because they are thicker).
- 2) Lay it on the green (or floor in your home) and practice sliding it as if it were a ball.
Slide the coin 1 - 15 times making contact with it each time, then replace it with a ball and see the difference in your contact abilities.

Thrill:

This drill works best on shorter putts because the putter head remains lower after contact with the ball. This helps keep the putter head balanced through contact and online through the putt. If you have a tendency to lift up while you putt, this is a great drill you can try at the course or in the comforts of your own home on the carpet.



4 Corners

Skill: The objective of this drill is to make all 12 putts in a row.

Drill:

- 1) In North-South-East-West fashion, place 4 tees around the hole, 3 feet away (about 1 putter length).
- 2) Do the same at 4 and 5 feet.
- 3) When you've done this, you'll have 4 sets of 3 tees in the ground, 12 total, one for every putt you must make.
- 4) Pick a 3-footer and make the putt. In that same line, move back to the 4-footer and repeat the process, making the putt.
- 5) Do the same at 5 feet. Once you've completed this line, making the 3-footer, 4-footer and 5-footer in a row, move counter-clockwise to the next tee line (East) and do it again.

Thrill:

4 Corners is a great drill to give you different putting perspectives around the green. This drill can be challenging because you have to make all twelve putts. Sometimes it may take a couple of attempts, but it is possible and once you complete all twelve putts you will be amazed at your confidence level next time you are out on the course. This drill is great to practice pre round!



One Hand – 6 Feet

Skill: To learn how the putting motion feels with shorter putts by only using one hand.

Drill:

- 1) To complete this drill, build a gate with two tees for the putter to pass through.
- 2) Set a ball between the two tees in the middle of the gate and stroke one handed putts focusing on keeping the face square at contact.
- 3) The ball should start out on a straight line if done correctly and if you are hitting a straight flat putt, you should see it go in.

Thrill:

This drill is a challenging one because you are only using one hand. Making one handed putts from 6 feet builds your confidence when you face normal 6 foot putts out on the golf course during your round. You can use either hand for this drill. I prefer the back hand, however, you can try switching to both for added benefits. The back hand will give you a better feel for the putting motion and the lead hand is great for keeping the wrist flat after contact.



Downhill Putts

**Tools Needed: Two Clubs or Two Alignment Sticks*

Skill: To learn how to control speed on downhill putts

Drill:

- 1) Use a downhill slope for this drill.
- 2) Place two clubs on each side of the hole, horizontally.
- 3) From twelve to fifteen feet, roll multiple putts

The clubs stop the ball from rolling past the hole and will give you a baseline speed for your downhill putts.

Thrill:

When you get above the hole, your score can rise quickly as you'll face tough downhill putts and often you can end up 3 putting. To avoid this, spend some time working on downhill putts from 12 - 15 feet and learn how to baby the putt down the slope to the hole and not run it by or leave it short. Putting takes finesse and finesse is only learned through practicing all types of putts, including these downhillers.



Phil Mickelson Putting Drill

Skill: Learn how to get your putting speeds down to a science like Phil Mickelson.

Drill:

- 1) Place three balls at 30, 40, and 50 feet and one at 60 feet for 10 putts/balls total and lag each within tap in distance.
 - Spend at least 20 - 30 minutes stroking lag putts from the different distances between 30 - 80 feet focusing solely on the speed of the green so that you'll be able to make putts when out on the course.

Thrill:

This drill encompasses all the distances of the putting green, however, keep in mind that green speeds change. When playing at different courses, this is a great way to warm up on the greens and work on your lag putting with different speeds and grasses.



Flagstick Drill

Skill: To keep your putts on line, practice this simple flagstick drill.

Drill:

- 1) Place your putter on top of a flagstick so it then becomes an alignment aid. Line the hash mark on top of the putter head and center it with the flagstick.
- 2) Try to keep your putter blade as square as possible during the putting motion. Practice this motion for 45 seconds or so and then move your putter off the flagstick and onto the green where you can actually make some putts.

Try to re-create the square stroke you were making on the flagstick as you practice and continue to alternate between this drill and stroking putts until you are consistently making 75% of your putts within 12 feet.

Thrill:

If you tend to push or pull your putts, your clubface or putter path is probably going to be off line at impact. Misaligned putter faces cause your putts to veer off line by many feet, so keeping your clubface square at impact is paramount.



Sweet Spot Center

**Tools needed: 2 rubber bands*

Skill: To learn how to consistently make contact with the sweet spot on the putter head.

Drill:

- 1) Wrap two rubber bands around the putter head blade so they straddle your putter's sweet spot.
 - a. Putts hit off the toe or heel will cause your ball to veer offline.
 - b. Putts off the center sweet spot will remain on the intended target line.
 - c. Practice this with the goal of making 10 center sweet spot shots.

After making 10 consecutive shots, remove the rubber band and make ten more.

Thrill:

This drill is fantastic for learning how to make centered shots and understanding how it feels to make them consistently. If you start to see your short game take a turn for the worst and you are making veered shots, put the rubber band back on and get centered on your putting game.



Eyeballing It

Skill: To learn how to build trust in your putting motion by making short putts by only looking at the hole during the putting motion.

Drill:

- 1) Roll six balls consecutively in the hole.
- 2) Begin with putts within four feet. Keep your eyes focused on the hole.
- 3) Now move your distance out further away to six feet. Roll six balls consecutively in the hole.
 - Continue this pattern until you can make 6 balls consecutively from 12 feet.

Thrill:

Most sports other ball sports like tennis, soccer, and basketball require that you look at the ball as you make a shot. Golf is one of the only sports where you can actually look at your target when putting and make a shot! This drill is great for building your trust in your putting motion and will help you gain a certain finesse that is needed to make putts consistency. While you may not want to take this out on the course, you will be amazed at the improvement in your overall putting motion.



SHORT GAME DRILLS

Clock Drill for Wedges

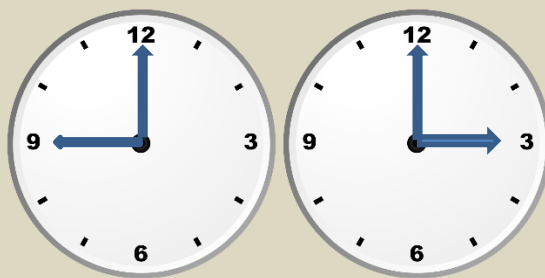
Skill: To learn not to decelerate through the forward swing when using wedges and creating consistency with becoming aware of yardages for different wedges and lengths of the back and forward swing.

Drill:

- 1) Try to match your swing length on your backswing and forward swing using the image of a clock for your swing plane.
 - Think of your swing in relation to the hour positions on a clock. For example, if you swing your arms to a 9 o'clock backswing position, follow through to at least a 3 o'clock position. Determine how far the ball goes with a backswing position of 7, 8, 9, 10 and 11 o'clock positions and swinging forward to match those clock positions on the forward swing.
 - Starting with pitching wedge, write down your distances on different positions on the clock. Then, work through your other wedges.

Thrill:

Many players create a big backswing and decelerate through impact with minimal follow-through. You will gain consistency with your wedge play by using this drill as well as getting a baseline for your yardages for each wedge.



STEP 1



STEP 1

Chipping Stance Set-Up

Skill: Learning the proper chipping set-up

Drill:

- 1) Body slightly open to target, leaning slightly on the lead side, slight forward press.
- 2) Feel the club with the last two fingers on your lead hand (helps prevent a pull or hook).
- 3) Left/lead foot remains planted.
- 4) Shoulders make the motion of this shot.

Thrill:

Understanding the proper set up for chipping will radically change your game by creating consistency, finesse and use of the upper body instead of the lower body during this swing motion.



Intentions of Pitching Motion

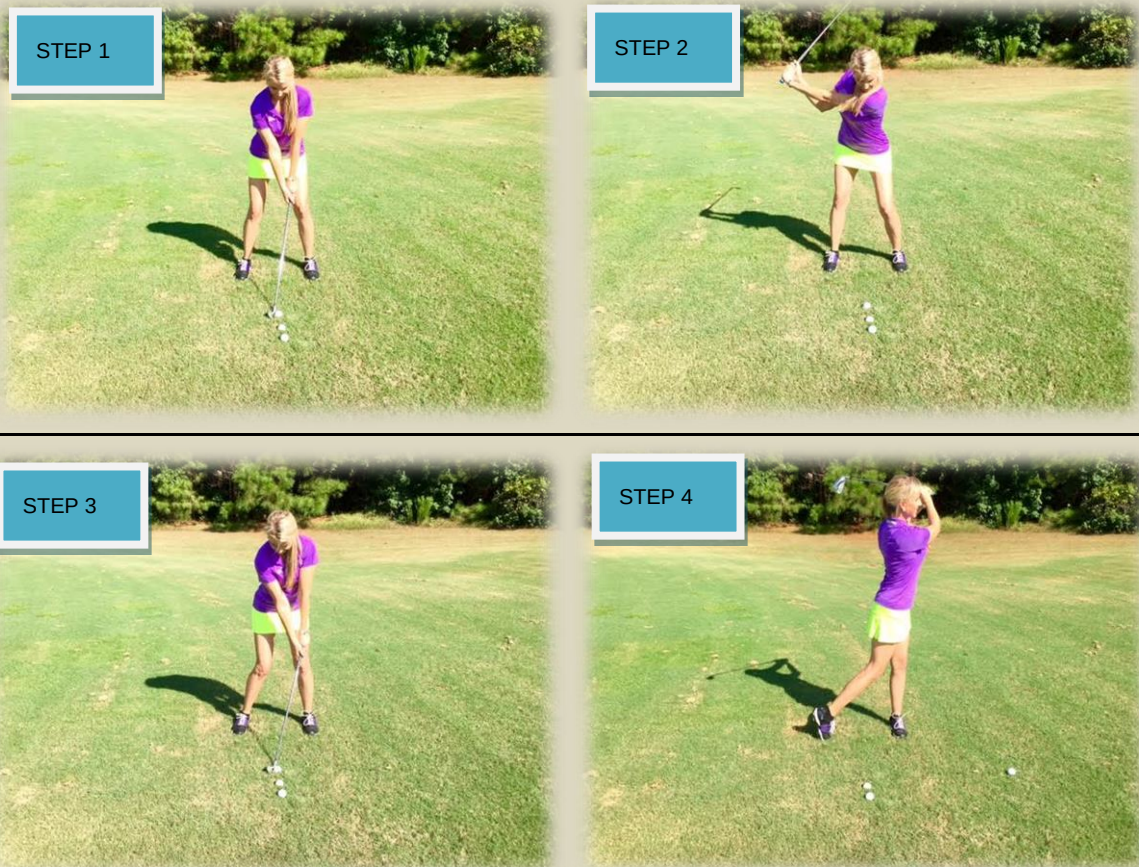
Skill: Learning to make the correct motion for pitching the ball

Drill:

- 1) Drive the ball low and forward (you don't want to scoop . . . weight will fall back).
- 2) Maintain the face through impact . . .no face rotation. This will help with keeping the torso and hips through ahead of the club.
- 3) Trust the loft of the club will get the ball up in the air.
- 4) Make sure your hips and body are square to the target at finish.

Thrill:

Using the correct pitching motion will help give you confidence to execute a higher lofted shot and create better ball dispersion, consistency, and solid contact. When you practice this drill, over time you will start to develop a certain feel, or finesse with this motion. As you develop this finesse you will gain confidence out on the course and enjoy lower strokes.



Chipping Stance Drill

Skill: Getting into the proper chipping stance and keeping the lower body quiet.

Drill:

- 1) Feet turn slightly toward your target (35 – 45 degrees). Use a club or alignment stick to help you square up to the ball on the target line as you practice this position. Forward foot drops back a little to open hips up to the target. Feel the weight on the forward foot.
- 2) Feet within shoulders, stand tall; make sure you do not slump over the ball.
- 3) Remember that this is a motion with the shoulders.
- 4) Once you are set up, lift your back leg up 3 - 5 times before chipping.

Thrill:

By lifting your back leg up a few times before chipping, you are training the lower body to be quiet. This drill helps to keep the hips quiet during the chipping motion. When the hips are deactivated you will find more consistent tempo, more ball control and better ball dispersion.



Forward Slide Drill

Skill: Learning to feel the shoulders during the chipping motion

Drill:

- 1) Lay club along the target line so that the end of the handle is lying even with the ball position. Assume Chipping Stance (previous page)
- 2) Place the club head against the end of the handle. Without backswing, you slide the handle forward.

Thrill:

Understanding that the chipping motion is the movement of the shoulders, not the lower body. The shoulders motion this shot creating better ball control, ball dispersion, and consistency. Chipping is very similar to putting in that is an upper body movement.



Quarter Drill

**Tools Needed: Quarter*

Skill: To learn accuracy and distance control chipping around the green.

Drill:

- 1) Place a quarter (or any sizable coin) on the green.
 - Using whatever high lofted club you are comfortable using around the green having the ball land on the coin.
 - Do this 10 times then switch to your bump'n'run club and repeat using that club.

Thrill:

Using this method of picking a landing spot and marking it with a coin keeps the focus on one method . . . the target. Once you have a landing area, you can use any club you are comfortable with around the green. If you focus on the landing spot for each shot around the green and learn how each mid to short iron makes the ball fly and roll out, you will start to feel so much more confident around the greens and over time practicing this will lower your scores!



The One Handed Pitch

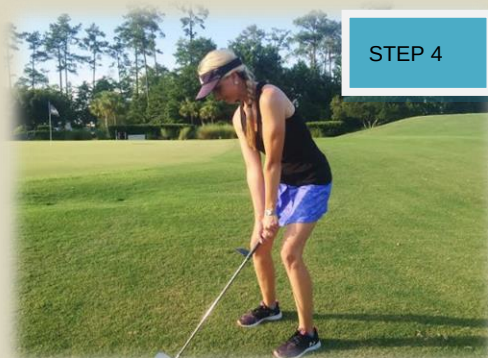
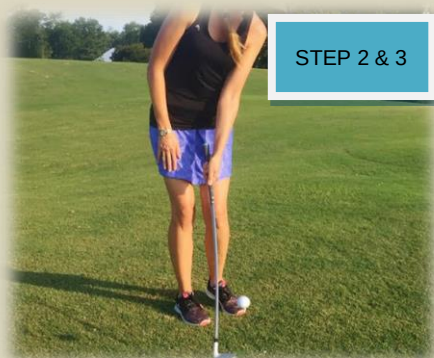
Skill: To learn how to use your right hand, or a backhand to feel the pitch shot.

Drill:

- 1) Using only your right hand (as a righty), take your preferred club for pitching, usually the PW or the SW, and set up with the club face slightly open.
- 2) Make nice, smooth brushes along the ground with it. The focus here is in getting the bounce to brush along the ground.
- 3) Once you're comfortable with the feel of it, hit some balls this way (only the right hand).
- 4) Once you're ready, grip the club normally, but try to remember the feeling of using only your right hand.

Thrill:

The one-handed pitch is not about power or mechanical function in the swing. It simply is about rhythm and tempo . . . basically your timing. By practicing with one hand, you help release tension on the handle. It is a soft connection to the club that allows the club to move freely without the assistance of grip pressure. This drill will really prove that the short game is all about finesse with the club.



Elimination Practice

Skill: Creating better ball dispersion or groupings with chipping and becoming more confident with short putts.

Drill:

- 1) Use 16 balls for this drill. Chip all 16 balls to your intended target.
- 2) Remove the best 4 and the worst 4.
- 3) Now go sink the putts

Thrill:

Elimination practice is a great way to find out what your chipping average is. By removing the best and worst shots, you want to focus on what your average shots are on the putting green. If your average shots put you two to three strokes away from the hole on the green, then you need to practice getting your average chip shots closer to the hole. Practicing this drill will help you create better ball dispersion and get closer to the hole!



Fly Fishing

Skill: To learn the importance of a landing area while chipping around the green.

Drill:

- 1) Lay 2 clubs parallel to each other, about 2 feet apart, just on the green. (They should also lay parallel to the fringe).
- 2) Move off the green 1 yard. Grab the club you chip with the most (in my case a 54 degree sand wedge) and hit a chip, attempting to fly the ball over the closest club and short of the second.
- 3) Do this 5 times, seeing the ball fly and land on a spot in between the clubs. Once you land all 5 in a row between the clubs you're done with that distance . . . move back another yard and do it again.
 - Make it to 7 yards and you've finished!

Thrill:

Discovering landing areas while chipping is crucial to a good short game. You can't always depend on feel around the green when it comes to determining distances. Make sure to observe the green's slope and grain to help you determine your landing zone.



20 Yards

Skill: To build confidence with the most common chip shot, the 20 yarder.

Drill:

- 1) In this drill you'll walk off 20 yards from the green's edge which is about 20 - 25 long strides (red arrow).
- 2) Select a hole on the green to pitch to such as a hole in the middle (yellow arrow) that gives you some green to work with on both sides of the hole.
- 3) Select two of your wedges and work on building the chipping skill with each to where you can get your 20 yard pitch within 5 - 6 feet of the hole on average. Expect to need to land the ball near the front of the green so that it has enough green to roll out and lose some momentum.

Thrill:

This drill will help you build accuracy when chipping. It also helps to create a good rhythm and tempo in the chipping motion. Just remember that if you land it too close to the hole it may roll past the hole and leave you a long putt coming back. The goal is to get up and down with one putt and lower your score.



Stage Your Pitches

Skill: To learn the appropriate distance the wedge goes back in the backswing and forward swing to produce short to long yardages.

Drill:

- 1) Using your favorite and most used wedge, take a practice motion bringing the club to the toe up to toe up position.
 - Hit ten balls only going toe up to toe up and write down your ball distance.
- 2) With a practice motion, take the club back to the 3/4 position and finish through the 3/4.
 - Hit ten balls swinging back to 3/4 and finishing at 3/4 and write down your ball distance.
- 3) With a practice motion, take the club back to full swing and finish with a full forward swing.
 - Hit ten balls using your full swing and write down your ball distances.

Thrill:

This is great drill to get really familiar with your favorite wedge! You can also try this drill if you have multiple wedges in your bag. You will be amazed at the confidence you will gain if you know your yardages for each of your wedges. It will instantly lower you score because you will be choosing the correct yardages as you get to the green. When you feel you are not getting close enough to the pin on the green but find yourself struggling to two putt, try practicing this drill to reset your wedge game.



STEP 1



STEP 1



STEP 2



STEP 2



STEP 3



STEP 3

Lob Shot Magnet

Skill: To learn how to properly hit a lob shot using 56, 58, and 60 degree wedges and to keep the clubface open through the swing creating a high lofted shot with little roll.

Drill:

- 1) Place a small refrigerator magnet on the center of the face of the wedge.
 - 2) Get into the address position with weight leaning more on the lead foot (60/40 ratio).
 - 3) Open the clubface and widen your stance (feet outside the shoulders). Magnet should be pointing to the sky.
 - 4) Hinge the wrists early in the backswing only taking the club back halfway to three quarters swing.
 - 5) Keep the clubface open through impact and keep the forward swing short to match the backswing.
 - 6) Hold your finish. When you hold your finish, you should still see the magnet on the open face. If you do not see the magnet, you closed the face.
- Practice this drill 5 - 10 times with the magnet. Then, take the magnet off and try a shot with a ball.

Thrill:

Lob shots can be a ton of fun when you get confident with the shot. This is a great drill to help you do that. You can experiment with different lofted wedges to get a baseline of your yardages for each and the approximate roll time on the green.



Fairway Bunker Lie

Skill: Learn the proper set up for a fairway bunker lie

Drill:

- Get in the address position, slightly digging the feet
- Grip down
- Lean slightly into the forward foot (60/40 weight dispersion)
- Club Up (add more club)
- Ball Position - center to back
- Take a normal golf swing

Thrill:

Fairway bunker lies can be very intimidating because the fear is that you will not hit a solid shot and/or you could possibly lose distance in a position like this. By using this drill, you can have a solid shot without losing distance or having a miss hit out of the bunker. If you follow the protocol for this drill, all you have to do is swing normal and you will be in a great position for your next shot!



Greenside Rake Drill

Skill: To become more confident around greenside bunkers ranging from 15 - 30 yards around the green.

Drill:

- 1) Grab a rake
- 2) Use the rake to plow sand into a small linear mound running horizontal in the bunker between 5 - 10 feet long.
- 3) With your sand wedge, open up the clubface of the wedge so that the back of the club is almost resting on the ground.
- 4) Now, blast the sand in a rhythmic motion moving all the way to the end of the mound making complete swings. Let the sand fly.

Thrill:

This drill is great for those who struggle with blasting the sand. If you don't blast the sand and let it fly, you will more than likely have a miss hit or a thin shot that will fly past the hole.



Eggs Up Drill

Skill: To learn how to hit a fried-egg lie in the bunker

Drill:

- 1) Lay 5 balls in a horizontal line across the bunker
- 2) Open your stance like the normal sand address position with your feet wide and hips open.
- 3) Slightly close your clubface, like you are hooding it.
- 4) With a more aggressive swing, play the shot like a bump 'n run. You want to hit the sand and ball at the identical time.
 - Move through all 5 balls without taking too much time in between.

Thrill:

This drill will help create feel for the awkward fried egg lie that is the most common frustrating lie among golfers. Also, by practicing this drill multiple times, you will build confidence when you're out on the course and find yourself in a bunker.



Dollar Bill Drill

Skill: To learn the appropriate set-up and skill in a greenside bunker.

Drill:

- 1) Open the clubface of your sand wedge to where the back looks as if it is laying on the ground (make sure you don't touch the sand).
 - Wide stance with hips open to the target
 - Concentrate on a spot about 2 inches behind the ball.
- 2) Imagine a dollar bill lying from the ball on the target line past the 2 inch spot you are concentrating on.
- 3) When you hit the shot, the goal is to slide the club through the length of the dollar bill.
- 4) Make a complete follow through.

Thrill:

With an imaginary dollar bill starting from the ball down the target line, it will help give you an idea of just how long the club head will slide through the shot. Over time as you develop this skill around the greenside bunkers, you will see a difference in your confidence as well as being able to control the ball more.



One Handed Bunker Drill

Skill: To learn to activate your right hand with bunker shots.

Drill:

- 1) Get into a wide stance with your feet outside your shoulders.
- 2) Open your hips up to the target.
- 3) Open your clubface, but keep the handle aligning with your left pocket.
- 4) Grip high.
- 5) Take your left hand off the club and try making the shot with only your right hand.
 - Practice with 10 - 15 balls.
 - Add your left hand back on and try making the shot.

Thrill:

When it comes to the short game, usually the right hand stays fairly quiet. However, in the bunker, the right hand needs to be activated because you are cutting through the sand with the leading edge along with the club's bounce and you cannot do that with just your lead hand. This drill helps you to assertively release the right hand and wrist creating a higher trajectory and more spin.



Grip High and Let Loose

Skill: To learn to activate your lead hand and wrist for easy loose chipping and bunker shots.

Drill:

- 1) Grip the club with the butt end of the handle with the grip in the palm of your upper left hand.
- 2) With your right hand, place it on the handle in the normal position.
 - Hit 10 - 15 balls and pay attention to the feeling of your wrists though each shot. Make sure to rotate through the shot with your upper body with your chest pointing toward the target in the finish position.
 - Now, get back into a regular grip, but keep the hands higher on the handle, but not off the butt of the handle.

Thrill:

This drill is great for losing up the tension in your hands and creating finesse with the chipping and bunker shots. Wrists are important in the chipping motion and they do need to be activated because without activation of the wrists, you can't keep the hands loose.



Takeaway

Skill: To learn the proper takeaway so your club stays on plane during the rotation of the swing.

Drill:

- 1) Using two sticks, place one along the target line and one on the end.
- 2) Shoulders lead the swing down the target line with arms following until you make contact with the end stick.
 - Repeat this motion 10 - 15 times keeping club head low to the ground and slower during the takeaway.

Thrill:

If your takeaway stays on plane, chances increase that your backswing and downswing will stay on plane, too. That means good centeredness of contact with the ball, swing consistency, and more control.



LONG GAME DRILLS

Pre-Shot Routine

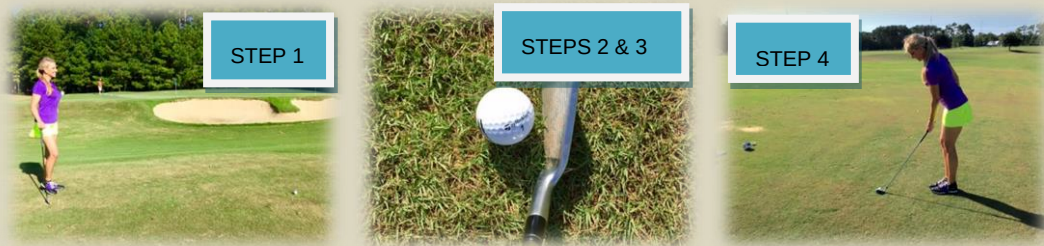
Skill: Learning a pre shot routine is a game changer for the mental aspect of golf. Creating consistency with each shot will help build confidence each and every round of golf. Pre shot routines can vary, however, what is most important is that you are doing the same routine each and every shot you take. Here is an example of my pre shot routine that you can use as a blueprint to create your own.

Drill:

- 1) Stepping 5 - 10 feet away from the ball, find your target. Once you find your target, envision the ball on the flight and landing on your target spot.
- 2) Step behind the ball with your feet together.
- 3) Square the club head to the ball.
- 4) Looking down at your feet together, take a step to the right and left maintaining your feet line parallel to the target line.
 - Make sure your grip feels comfortable, not too much tension.
- 5) Relax the body and keep the shoulders down with your lead shoulder leading.

Thrill:

Implementing a pre shot routine will help shake off fear and create more consistency with your shots. The mind can only think about one thing at a time. The pre shot routine keeps your mind focused and busy preparing for the swing which will help squash any fears. Furthermore, it helps create more consistency during your swing by the use of aligning the club head, lower, and & upper body.



Power Swivel

Skill: To learn the correct hip movement during the swing with the proper weight transfer and turning of the hips.

Drill:

- 1) Stand your golf bag behind you and press your backside (glutes) against it as you take your address position.
- 2) Now try hitting some balls while maintaining backside contact with the bag at all times.
- 3) Your right cheek should be in contact with the bag at the top of the swing. The left cheek should be in contact at the finish position.

You can also try this drill with a ball to develop muscle memory

Thrill:

This is a great drill to feel how your glutes work at the top of your swing through impact. You should feel your hips rotating (swiveling) as opposed to sliding the hip toward the target on the downswing.



Push It Forward

Skill: Learning to extend the arms into a fluid steady rotation of the body through impact.

Drill:

- 1) Set up over a golf ball in your impact position with the hips open and the shoulders square to the target.
- 2) Fling the ball toward the target with a smooth release of your right side, and make sure your arms are extending through to a full finish.
While you are doing this, try to actually lift the ball with a mid- to high-lofted iron and fling the ball up and forward toward the target.
- 3) Make a fuller extension of the arms at impact, while at the same time, rotating your hips open through the swing.

Thrill:

Learning how to extend your arms while the body is rotating through impact is crucial for power, centeredness of contact and release. This drill will help create consistent ball striking, generate more power in your core, and create straighter shots with a tighter ball dispersion pattern.



Hand Press Drill

Skill:

Learning to keep the hands in front of the ball during impact.

Drill:

- 1) Grab an item such as a 2 x 4 plank or any other item that has a flat flush side. Lay it on the ground where the ball would be at address.
- 2) Take a practice swing back and forward with a low lofted club such as a 3 iron, stopping at the leading edge on the plank.
- 3) The clubface should be flush to the surface of the plank. With the clubface flush to the surface, your hands will automatically be forward. This is the position you want to be in at and through impact.
- 4) Repeat the drill 5 - 10 times, then remove the item, and give it a swing.

Thrill:

By keeping the hands forward through impact you will be able to create solid centeredness of contact with the ball and compressing it for maximum power. Also, if you have a tendency to open or shut the face after impact, this drill will help you maintain a square clubface through release.



Blunt Shot

Skill: Learning how to generate more power and precision at impact

Drill:

- 1) With a mid to high lofted iron, swing to the top.
- 2) Start your forward swing and stop at impact. Repeat 5 times
- 3) Now using a ball, swing and hit the ball . . . but **STOP** at impact. Do not worry about the ball; this drill is to create the 'feel' of impact. Swing 5-10 more times and continue stopping at impact.
- 4) Now that you have created some muscle memory try to give it a full swing not stopping at impact.

Thrill:

This drill will help you generate more power at impact, but even more important is this drill teaches you timing through impact and gives you a 'feel' of the proper impact position.



Swing Tempo for Driver

Skill: To learn how to shorten your backswing and create a consistent tempo for your swing with your Driver.

Drill:

- 1) At address, get into your normal stance with a ball teed up. Swing and pause at the top of the swing and then swing through normally. You can count **1** during the takeaway, **2** at the top when you pause and **3** when you swing through the ball.
- 2) Repeat this 10 – 15 times, then try it without pausing at the top or counting.

Thrill:

This drill is great for your driver because it will shorten your swing in the back when you pause. So, if you are an over swinger, this will help tame your swing and give you more control. Tempo is all about timing during the swing. Setting the top of your swing with a pause helps to keep the club head on path as you transition to the forward swing.



Hoola Hoop Hand Plane

Skill: Learning the correct hand position during the golf swing, emphasizing the back and forward swing.

Drill:

- 1) Grip the hula hoop as if it is a golf club. Hands will run parallel with the target line.
- 2) Make 10 – 15 swing rotations using the hoop. Pay attention to the feel of this drill.

Thrill:

This is a great drill to learn the proper hand position during the swing. Often times our hands, especially the right hand for right handed players, or the left hand for left handed players, can straighten or lean forward during the top of the backswing to cause over the top shots. By implementing this drill, you can eliminate those shots and learn the proper hand position during the swing and through impact.



Hula Swing Plane

Skill: Using a hula hoop to help you feel the correct swing plane during your takeaway.

Drill:

- 1) Place the hula hoop across your shoulders.
- 2) Get in the address position
- 3) At a medium pace, take the club back along the hoop's ring stopping at about $\frac{1}{2}$ to $\frac{3}{4}$ swing.
- 4) Repeat 10 times.

Thrill:

The Hula Swing Plane drill allows you to feel the correct swing plane angle by not allowing the club to get to flat or steep during the backswing. This drill is best for shorter irons.



Toe Drill

Skill: To help you feel the necessary weight shift during the golf swing to your front foot.

Drill:

- 1) Set up in your normal stance
- 2) Move your back foot behind your front one. Leave only the back toe on the ground for support.
- 3) Take a normal swing in this position. Repeat this drill 5 – 10 times. Then, go back to your regular address position and try a shot and feel the difference.

Thrill:

Weight transfer from back foot to lead foot is one of the most common problems with new golfers. This drill will force your weight forward on to your lead foot because the velocity of your arms and shoulders rotating through the shot forces a complete weight transfer in this drill. If you fall over or lose your balance, then you will need to work on making sure your weight is transferring through the ball.



Eliminating Thin Shots with Irons

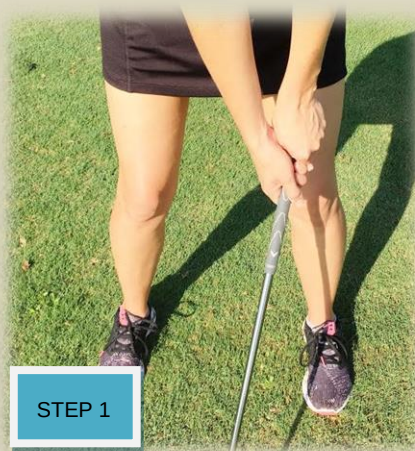
Skill: Making good and consistent contact with the club head without coming up on the ball.

Drill:

- 1) Set up handle forward to a forward press.
- 2) Slightly open up the hips.
- 3) Swing 3/4 with a 7 iron about 10 - 15 times.
- 4) While you are swinging, focus on maintaining an athletic position without losing flex during the swing.

Thrill:

This drill will help you understand how to make good contact with the ball with your irons. Using this drill will help you keep your head from lifting up too much during the swing, maintaining good knee flex during the swing motion, and not trying to assist the ball by keeping your hands forward.



Step Drill for Driver

Skill: Recognizing the power and importance of the hip, glutes, and quad muscles during the forward swing and developing lower body mechanics.

Drill:

- 1) Take a normal stance.
- 2) Lift your left leg and place it by your right foot.
- 3) Take the club to the top of the backswing.
- 4) Place the left foot back in the original position at the same time you come down through the swing.

Thrill:

Activating the lower body's core muscles during the forward swing give you more power, speed, and distance because power is generated through the glutes and quad muscles. In return, you will swing less with your arms and more with your body.



ON COURSE TIPS & DRILLS

1-2-3 Step-Hold-Drill – Creating More Power Drives

Skill: Your glutes, hips, and abs are the powerhouse of the golf swing. You will learn how to activate them by implementing this drill into your practice routine.

Drill:

- 1) Without using a ball, set-up in your address position with your feet together using your weighted club.
- 2) As you take the club back, you will make a step back along your target line with both feet coming together at the top of your swing. As you are taking the club back, you will count 1-2-3 and then **HOLD** at the top.
- 3) When you start the forward swing, you will take a step forward along your target line and count 1-2-3 during the forward motion and **HOLD** the finish.

Thrill:

The most important aspect of this drill is stepping into your forward swing. Your lower body, your central core system of the glutes, hip, and abs . . . starts this motion. The added weight on the club will help your body warm up faster and build power as you practice this drill. Start out with 10 repetitions prior to your next practice session or round and see how the 1-2-3 Step-Hold Drill will unleash more power in your drives.



Tempo and Rhythm Drill

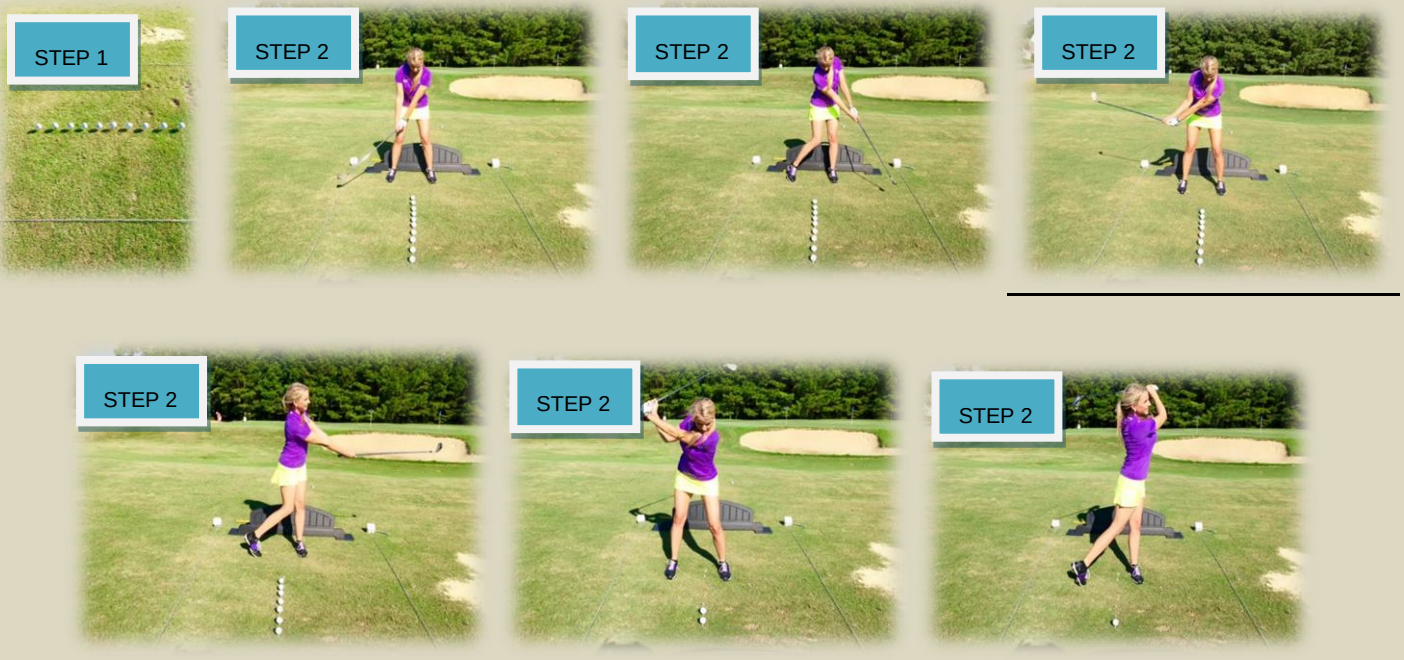
Skill: To develop fluidity in the golf swing by creating an individual rhythm and tempo for the swing.

Drill:

- 1) Line ten tees in the ground about 2 - 5 inches apart.
- 2) Swing through each tee in a continuous motion starting with a small swing on the first tee (at about 10% capacity) and moving to a full swing on the tenth tee (100% capacity).
 - Count 1 during the backswing, 2 at the top of the swing, and 3 at impact . . . as you work through all ten tees.
 - You can maintain your full stance or place your feet together as you attempt the drill. If you choose to have your feet together, you will only be utilizing your upper body. You may find that as your rhythm develops through the drill, you will start to find a tempo by the 6th or 7th tee.

Thrill:

This is a great drill to help fine tune your game and can be done on the practice range or even in your backyard.



Tempo

Skill: To develop a natural tempo for your golf swing.

Drill:

- 1) With a practice swing, count **1** during the backswing, **2** at the top of the swing (slight pause), and **3** through your forward swing at impact.
- 2) Tee up ten balls in a row.
- 3) At address with the first ball, only take a 1/10th of a swing and follow through.
- 4) With your second ball, take 20% of a swing and follow through.
- 5) You will work through all ten balls continuously without stopping from 10% all the way to 100% which will be full swing.

Thrill:

Developing your natural tempo will help keep you stabilized during the swing without lifting out of the swing at impact. Staying nice and flexed through the knees with the pelvis out will get you in the athletic position that is crucial for a good swing and tempo. When your tempo is developed and becomes consistent, you will be able to remain in the athletic position throughout the swing. Tempo's are like personalities, some of us move faster and have faster swings and some of us are slower paced and have slower swings. The 1, 2, 3 count and the ten ball line-up are two ways to approach practicing a good tempo with your swing.



Smoother Rhythm with Proper Grip Pressure

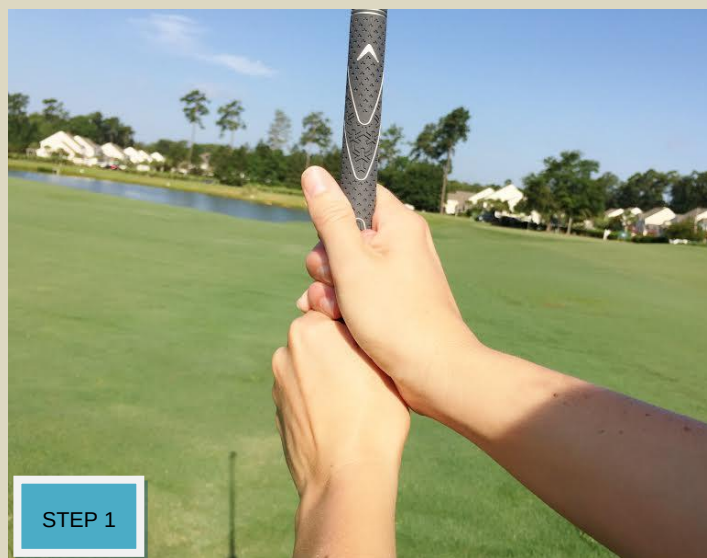
Skill: To learn the correlation between grip pressure and rhythm in the golf swing and to create a consistent rhythm pattern with your swing by lightening up your grip pressure.

Drill:

- 1) Grab a club and without using a ball - go ahead and make a tight grip. On a scale of 1-10, grip it at a 10. Make a practice swing.
- 2) Now reduce your grip pressure to an 8. Make a practice swing.
- 3) Reduce your grip pressure to a 6. Make a practice swing.
- 4) Reduce your grip pressure to a 4. Make a practice swing.
- 5) Reduce your grip pressure to a 2. Make a practice swing. With this light pressure to the handle, you will feel as if the club is close to flying out of your hands.
- 6) Now go back to the 6 pressure and tee it up and make a swing with it. This pressure is pressure you want with for full swing.

Thrill:

By learning the correlation between grip pressure and rhythm, you will find more consistency with your full swing. The tighter your grip the handle, the more likely you are to swing faster. Swinging faster does not necessarily mean the ball will go further. What is more important is creating a nice rhythm for your swing with a moderate grip pressure to the handle. The last thing I always do before swinging is relax my grip pressure a bit. By doing this my tempo and rhythm throughout the golf motion is smooth and controlled.



Ball Above Feet – Side Hill Lie

Skill: To learn how to hit off a side hill lie with the ball above your feet.

Drill:

- 1) Grip down on the handle.
- 2) Get in an upright position with your body - you will feel like you are standing a bit taller.
- 3) Aim right of the target with your shoulders and feet, the ball tends to fly left with this shot.
- 4) Move your ball back further in the stance.

Thrill:

Every golfer needs to know how to hit off side hill lies and how to approach a shot where the ball is above your feet. This drill will give you confidence when approaching these types of shots and you will have better ball contact as well as more targeted shots.

NOTE: Both photos give examples of this positioning



Ball Below Feet – Side Hill Lie

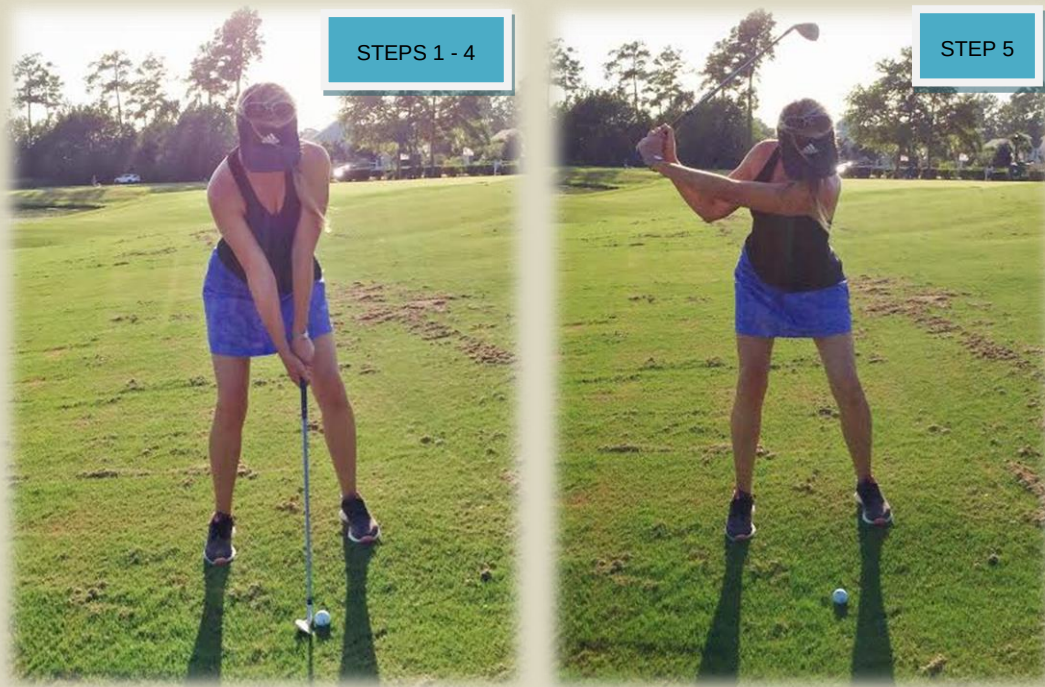
Skill: To learn how to hit off a side hill lie with the ball below your feet.

Drill:

- 1) Add a club
- 2) Do not choke down on the handle; use the full length of the club.
- 3) Get in an athletic position staying nice and flexed with the knees and the pelvis out. Good spine angle position.
- 4) Aim left of the target with your shoulders and feet, the ball tends to fly right with this shot.
- 5) Take a shorter backswing.

Thrill:

Every golfer needs to know how to hit off side hill lies and how to approach a shot where the ball is below your feet. This drill will give you confidence when approaching these types of shots and you will have better ball contact as well as more targeted shots.



Downhill Lie

Skill: To learn how to hit a downhill lie with the front foot below the back foot.

Drill:

- Subtract a club- use an 8 instead of a 7, you will need the added loft.
- Widen stance to slightly outside your shoulders
- Shoulders parallel to slope of the ground
- Ball position is middle to back depending on the level of the slope, the steeper the slope the more the ball needs to be back.
- Aim feet slightly left of target

Thrill: The relationship between your shoulders and the slope is key. Make sure your shoulders are parallel and going with the level of the slope. Allow your lower body to move with the slope. So, on the a downhill lie you will feel the weight of your lower body more on the front foot due to the slope level.



Uphill Lie

Skill: To learn how to hit an uphill lie with the back foot below the front foot.

Drill:

- Add a club - use a 7 instead of an 8 - because of the added height from the slope of the hill, you will need less loft.
- Widen stance too slightly outside your shoulders, you want to feel stabile and in an overly athletic position.
- Ball position will be forward
- Shoulders parallel to the slope of the ground.
- Aim feet slightly right of target.

Thrill: The relationship between your shoulders and the slope is key. Make sure your shoulders are parallel and going with the level of the slope. Allow your lower body to move with the slope. So, on the uphill lie you will feel the weight of your lower body more on the back foot due to the slope level.



Clap Your Hands

Skill:

To learn the proper impact sensation and create better timing at contact.

Drill:

- 1) Address the ball without a club.
- 2) Motion out a backswing, but when you motion the swing out, keep your left arm in the same position. Your lead arm will be in line with the ball.
- 3) As you come down through your forward motion, your right hand will clap the left hand. When you clap, your left arm will be loaded over your left leg with the hips open and shoulders square to the target.
- 4) Now try the drill again adding a 1, 2, 3 count. 1 at address, 2 at the top, and 3 when you clap.
- 5) Motion this drill out with the 1, 2, 3 count 10 times. Then, when you are ready, try swinging with a ball.

Thrill:

This is a great drill to help you develop proper positioning of your body at impact. Also, you get the benefit of better timing throughout the swing with the added 1, 2, 3 count. Not only will you ingrain the proper impact sensation, but your shoulders and core will not spin up and out of position. If you have a tendency to come out of the impact position with your body and head lifting up, this drill will help keep you in the athletic position at impact.



STEP 1



STEP 2



STEP 3

Ball Lines

Skill: Utilizing the lines on a ball to line up putts and drives off the tee.

Drill:

- 1) Take advantage of the label of your ball, or mark your ball with a unique logo or line.
- 2) When practicing putting, you want to see the label spinning on the same axis throughout the putt. Use the line of the putter head to line up with the ball line.
 - When using this drill off the tee, make sure the club head line/mark is parallel with the line or logo on the marked ball.

Thrill:

By utilizing the logo/lines on your marked ball, you will be able to square up to the ball more consistently with your drives and putts.



Unrepaired Divot

Skill: To properly learn how to fix an unrepaired divot

Drill:

- 1) Use of divot tool, tee, or plastic fork (broken in half).
- 2) Repair the divot by coming in at a slight angle with the repair tool and not pulling up (you don't want to damage the roots).
- 3) Use a putter head to gently tap the newly repaired area . . . you don't want to put a couple hundred pounds on top of a newly repaired divot.

Thrill:

Many golfers forget to repair their divots on greens. Some try to repair their divot, but at times the repair is not done correctly, leaving a patched area. Repairing others divots as you run across them during your round is a great way to demonstrate golf etiquette as well as helping maintain good greens.



Practice Swing Box

Skill: To learn to decrease your swing thoughts as you approach a shot by limiting the number of practice swings.

Drill:

- 1) Use only 1 practice swing prior to execution of a shot outside of the execution box. (Think OUTSIDE the box first)
- 2) When you step into the box, do not focus on any swing thoughts - practice swing at a minimum, no more than 1 practice swing inside the execution box.

Thrill:

By only having 1 - 2 practice swings (outside the practice box for the first one and, if needed, one more in the swing box), you will create a routine for each shot and will notice a decrease in the number of swing thoughts. Never have more than two practice swings. The more you practice the swing, the more swing thoughts will occur. Also, the drill helps you play 'Ready' Golf!



Pressure Drills

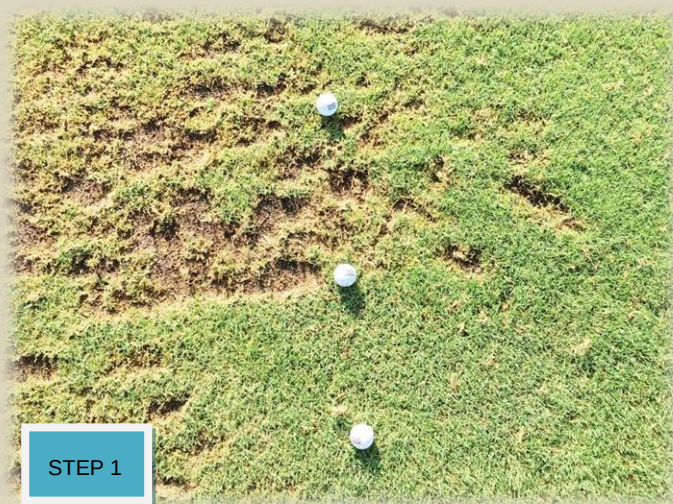
Skill: To learn how to play under pressure and transition from the practice tee to the course.

Drill:

- 1) When you are on the range, do not place the ball. Roll it anywhere.
- 2) Target practice with a point system. Pick a target and give yourself 1 point if you hit it, 2 points if you are 6 yards in, 3 points if you are 15 yards in, and 4 points if you are outside of 15 yards.
- 3) Your goal during your practice session on the range is to keep a low score. Keep track of your practice session scoring and you will see a difference in your game.

Thrill:

If you can handle pressure on the practice range, you will be able to handle pressure out on the course. This drill will help you transition from the practice tee to the course. To play well on the course under pressure, you have to practice in the same environment that you play in.



Power of Intention

Skill: Intention in the golf swing is your aim, goal, or target for your shot. The first step in your pre-shot routine is discovering your intention for your shot. This drill will help you discover that.

Drill:

- 1) Start by stepping 10 - 15 feet away from your ball, looking down your target line.
- 2) Visualize where you want your ball to go. Create a memory of the shot. Play it over in your mind a few times before you step up to the ball.
- 3) When you address the ball, make contact again with your target and remember the intended shot you visualized in your mind.

Thrill:

Learning the power of intention with each golf shot is a game changer! You will find more confidence in your game and you will make better shots and closer shots to your intended target by connecting more with your intention for each shot. Visualizing is so important out on the course.



Annika Sorenstam's Think & Play Box

Skill:

Learning not to think about anything or make any swing changes while in the 'Play Box' which is area you address the ball and make your swing.

Drill:

- 1) During your pre shot routine when you are standing behind the ball looking down the line toward your target, that is your 'Think Box'. Your Think Box is the area where you can make your practice swing, change clubs, and analyze your intended shot.
- 2) As you walk toward the ball and step behind it you are now in the 'Play Box'. Continue working through your pre shot routine steps.
- 3) This area is not the area to make any changes in clubs, targets or swings.

Thrill:

The 'Play Box' is the area where you commit to the shot 100%! Once you step into the play box, you are committed to the shot. You should feel confident and assured that you will create the shot you envisioned. If you do not feel committed to the shot, step back out of the Play Box and into the Think Box area where you can make the necessary changes to feel 100% committed to the shot. This drill helps divide the pre shot routine into two parts.

THINK
BOX

PLAY
BOX



Shake It Off

Skill: To learn how to make cross lateral movements with the body to help induce relaxation, increased balance, reduce anxiety, and increase focus and attention during a round of competitive golf.

Drill:

- 1) Place your right hand on your left knee as you raise your left knee. Bring the knee down.
- 2) Then, place your left hand on your right knee as you raise the right knee. Bring the knee down.
- 3) Repeat this motion for about thirty seconds.
- 4) While standing up, cross one foot over the other foot and one hand over the other hand interlacing your fingers with the thumbs up.
- 5) Bring up your arms to chest level (it will look like a knot). Breathe through your nose deeply and hold in that position for thirty seconds.

Thrill:

These simple cross lateral exercise uses repetitive movements that cross the midline. When you are able to move an arm, hand, foot or leg across the midline to the other side, you are crossing the midline section of your body. This helps integrate the right and left hemispheres of the brain. Hemispheric integration has a calming effect, helps to clear the mind, and aids in allowing the mind to let go of distractions, which is very beneficial on the golf course. By practicing these drills next time you are playing a competitive round in tournament play or with friends, try these exercises between holes to help you regroup and center yourself back in the game.

