

New Year, New Practices to Improve

The number one thing amateur golfers could do to improve their game is learn how to practice correctly. The sheer amount of time I see most golfers spending on the range is incredibly impressive, considering the Florida heat and humidity. But what are you getting in return for those hours? Below are some key points that I think almost every golfer should adopt when headed to the practice grounds.

- Have a goal. Which is probably easier said than done. What if someone stopped you on your walk up the path to the range and said “why are you practicing instead of playing 9 holes?” Would you have an immediate answer? Define your practice sessions with a goal in mind. It should be one thing, mechanical or otherwise; define it! If you don’t **have a purpose**, you’re not practicing, your exercising
- Build a station. Based upon your goal, build yourself a station to practice in. This could mean setting up a mirror to check a position, putting alignment stick in the ground to monitor swing plane, etc., etc. You need some sort of **feedback** to monitor your progress
- Know your target. Always hit to a target; ALWAYS. I would also encourage you to pull out your rangefinder and laser the flags you will be hitting to. With our premium range balls here at Hole-In-The-Wall you can be assured your shots are flying proper yardages. **Turn the range into a golf course** and perform your pre shot routine as you hit to various flags with differing clubs. Now you’re getting better!
- **Play a game.** Especially when practicing wedges and short game, playing some sort of game can keep you focused and sharp. Here’s one of my favorite (that I have borrowed from Jordan Spieth). With a wedge and 4 golf balls, pick a target and then hit 3 shots to the same flag: Very Low, Normal Trajectory, and then Very High. With the fourth ball replay whatever shot was the worst from the 3 before. (For me it’s usually the “Very-Low” wedge shot). Not only does this give you specific goals (like you will have on the course) it will also highlight your strengths and weaknesses pretty quick.
- Challenge yourself. Research shows you should fail about half of the time to be engaged in true practice. If you aren’t “failing” often, then your practice isn’t nearly as challenging as it should be. **Enjoy the successful ones**, and take the “others” as motivation.
- Utilize the bullet points above and you will automatically have introduced measurable elements into your practice session. **Conversely, if you don’t have a target or a goal you can’t really fail can you?** Challenge yourself with each shot on the driving range, and your on-course performance (and confidence) will soar!

- Aaron Karr



Here are some photos to help you with a few ideas during your practice sessions!



To the left I am using my Bushnell Golf Patriot Pack Tour v3 Range Finder (sold in our golf shop) to find my distances to my targets. (left)

Below are three photos of the LOW, NORMAL, HIGH Trajectory Wedge Shots from about 45 Yards that I like to practice, this is one of Jordan Spieth's favorite golf practice drills. Notice my finish in each photo. (below)

Below are two photos of a great drill using two alignment sticks. Not only does this help with the correct alignment at setup, but it helps me work on the correct swing path during my golf swing. (below)



Below is one of my favorite practice drills. Here you can see that I am using our mirrors to help look at my setup and my swing plane. Being able to see my setup and swing plane is very key to me so I can perfect it. (below)

