



3 Ways to Make Your Practice Sessions More Productive

3 Fades / 3 Draws Drill – Select a club and a target on the range. Try to hit 3 balls right to left to the target and then 3 balls left to right to the target. You may find that you are better at hitting the draw or better at hitting the fade. Do this every day to get control of your ball flight and understand your game better. Try this before you head to the first tee of your tournaments to see which one works better. If you are struggling to hit a draw don't try to hit a draw all day. This is an easy way to **PLAY BETTER!**

Driver Drill – Rather than just swing towards nothing. Pick a fairway on the range; go through your full routine and try and hit the fairway. There are usually 14 fairways to hit in a round of golf so do this 14 times on the range each day for practice and learn your patterns. You can write down your results each time too for better game tracking and awareness. We all make adjustments to hit the ball better on the course when we hit a few bad shots. Maybe this will help you make better adjustments and get the ball in the fairway more often. Many times a player will miss left off the first tee in a round and then be so scared of hooking the ball all day that they miss right the rest of the day. Then after the round they think they have a miss right problem when really they just have a fear of left. **KNOW YOUR GAME!**

Putt with Purpose – Doing drills while you practice can be a great way to build consistency and confidence in your game. At the conclusion of every practice session you should do some kind of putting competition with another player or just against yourself. You want to see if what you just worked on is improving. You want to have a tough 3, 4, 5, or 6 foot putt that means something and see if your system for making it is working. If you can gain some confidence from this competition your next round will have a better chance of being a good one. After all- your practice is to build confidence in your system for scoring.

Prepared for you! – Chris Smeal, PGA

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