

# My 15 Best Drills

# #1 - Weight Transfer

Easy

- Feet together
- Swing back and on downswing step through

Advanced

- Take stance on ball
- Swing back and step through on contact
  - Has to be toward the target

## #2 – Solid Hip Turn

- Place ball under back foot
- Feel the stability on the backswing
- Push off the ball on through swing

# #3 - Rotation

- Feet together and hit balls
- Advance to one foot behind you and hit balls
- Advance to hitting balls on one foot

# #4 – Proper Arm Movement

- Take club back to where arm is parallel to ground
- Swing to where arm is parallel on the follow through
- Hit balls as far as you can this way
- L to L

## #5 – Path on Takeaway

- Place bucket behind the club on the inside of the path
- Make full swings without hitting the bucket
- Do the same on the outside of the path

# #6 – Half Speed

- Take full swings with 7 iron
- Only hit it 20 yards with perfect technique
- Then 30
- Then 40
- Advance to full swings

# #7 – Hip Movement

- Lean club or chair on backside
- Hit a shot and make sure club does not fall forward
- Do it slowly and then increase speed



# #8 - Release

- Place towel under armpits
- Make a full swing without letting the towel drop
- Start slowly
- Then hit balls like this

# #9 – Distance Control

- Set cones every 10 yards out up to 120 yards
- Hit one wedge to each cone
- Then play a game and give yourself points for how close it is
  - 3 – hitting cone    2 – within 15 feet    1 – within 50 feet
- Set quota and see how many shots it takes you

# #10 - Tempo

- Take club back to top
- Coach says yes if position is correct
- Hit shot after you hear the yes
- If coach says no, start over

# #11 – Width

- Take club back with only the right hand
- Place left hand on the club
- Swing down and hit the ball

# #12 – Short Game Practice

- 1 ball, wedge, putter
- Play 9 different shots (3 easy, 3 medium, 3 hard)
- Goal is 21 shots for 9 holes

# #13 – Swinging Gate

- Select straight putt
- Place putter on the ground
- Put two tees on each side of the putter
- Place ball in the middle of tees
- Make 15 in a row and select new putt

# #14 – Putting Alignment

- Pick a hole
- Set 10 balls around the hole 3 feet away
- Make all 10
- Move back to 4 feet
- Add 1 foot until you cannot make all 10

# #15 – Putting Speed Control

- Use each hole on putting green
- Putt to each hole
- Go around until you complete each hole consecutively in 2 putts or less
- Reverse and go the other way