

BRONCOS GOLF

Summer Drills and Practice Ideas

Full Swing

Drills:

1. "L" Drill



- a. Work on keeping your swing on 1 plane to improve consistence
 - b. Putt a tee in the end of your grip (there will be a hole there already)
 - c. Take the club back to position "A" and look to see that the tee is pointed back at the extended target line of the ball.
 - d. Swing through to position "B" and check to see if the tee is now pointed again back at the extended target line of the ball.
 - e. NOTE: The wrists are fully hinged at both of these points in the golf swing
 - f. ADDED BONUS: You can also do this drill with your feet about 2 inches apart to work on balance. Try to hit the shot without falling to one side or the other. Obviously, distance will be affected but your ball striking will improve!
-
2. One Arm Only Swing
 - a. Great for improving coordination
 - b. Use both the left and right hands
 - i. Start by just trying to clip a tee (1/2 swing only-To the "L" position)
 - ii. Then try to hit a ball (1/2 swing only-To the "L" position)
 - iii. Try about 50 swings with each arm

3. Line Drill

- a. Helps eliminate fat and thin shots
- b. Draw a line on the ground with some paint or just use tee's and push them into the ground in a line (all the way into the ground so that they don't stick up)
- c. Start by making small swings and then build up
- d. Try to hit the ground in front of the line (no ball is needed unless desired)
- e. This is the key to good ball striking (Ball first then descending into the ground)

4. 9 Ball Flights (Advanced Drill)

- a. Practice hitting the 9 basic ball flights to control the ball
 - i. Hit a High, Low and Medium FADE
 - ii. Hit a High, Low and Medium DRAW
 - iii. Hit a High, Low and Medium STRAIGHT SHOT

5. Gate Drill



- a. Start the ball between two alignment sticks (you can buy mailbox reflector sticks at Low's or Home Depot for about \$5).
- b. Helps train your clubface angle and ball flight
- c. Put the alignment guides about 10-15ft in front of you
- d. Narrow the distance from about 6ft apart to 3ft apart to improve accuracy

6. Miss the stick drill (Advanced Drill)



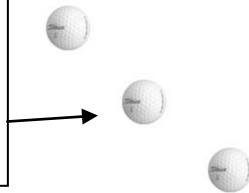
EXAMPLE: In the picture, Luke Donald, would be working on a draw. He would try to hit the ball to the right of the stick and draw it back into the fairway.

- a. Like the gate drill but with only 1 stick
- b. The player will pick a target in the distance
- c. Then try to work either a cut or a draw around the stick to the target

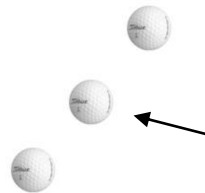
7. 3-Ball Drill

- a. Place 3 balls on the ground in a diagonal and hit just the middle ball
- b. Place the other 2 in the way of the club path that you want to avoid

Right Handed Player-
The following set up will help keep you from hitting a slice



Right Handed Player-
The following set up will help keep you from hitting a hook



8. Club Head Speed Drills

- a. Improve distance
- b. Hit about 10-20 Drivers at the end of a practice session or round as fast as they can
- c. The only rule is they must stay balanced but don't worry too much about mechanics

9. Punch Shots (You may need to work at the end of the range to be safe when you set up)

- a. Control the ball flight and keep it low
- b. Tie up a string between alignment guides or golf bags about 3ft or 4ft above the ground
- c. Try to hit the ball under the string
- d. Start about with the string 5ft in front of you and move it as far away as you can while still keeping the ball below the string
- e. You might try hitting 2 or 3 in a row under then move it back in 5ft increments

10. Short Shot, Long Club

- a. Work on distance control with different clubs
- b. Practice hitting your 6 or 7 iron to EXACTLY 100 yards
 - i. Focus on contact
- c. Improves FEEL, TIMING & RHYTHM

11. Full Routine on the Range (Before every shot)

- a. Set about 15-20 golf balls aside that you will only hit after you have gone through your entire pre-shot routine as if you were on the course
 - i. Very important to set them aside so that you have distinct start and finish points
- b. Change your target for each shot to make it more realistic