

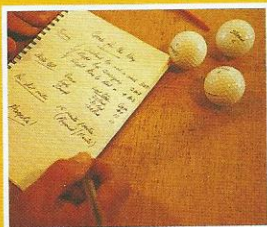
Constructive Practice

Simple drills you can use to lower your scores

STEP 1

■ GOAL-SETTING

It's really important that when you go to the practice ground you know exactly what you're going to work on, how you're going to go about practising and for how long. A good starting point is to make a plan before you hit the range. I encourage my pupils to make a list of goals for the day, which may include practising from awkward stances and lies, swing mechanics, distance control, ball flight, skills tests and practising under simulated tournament conditions to a selection of targets.

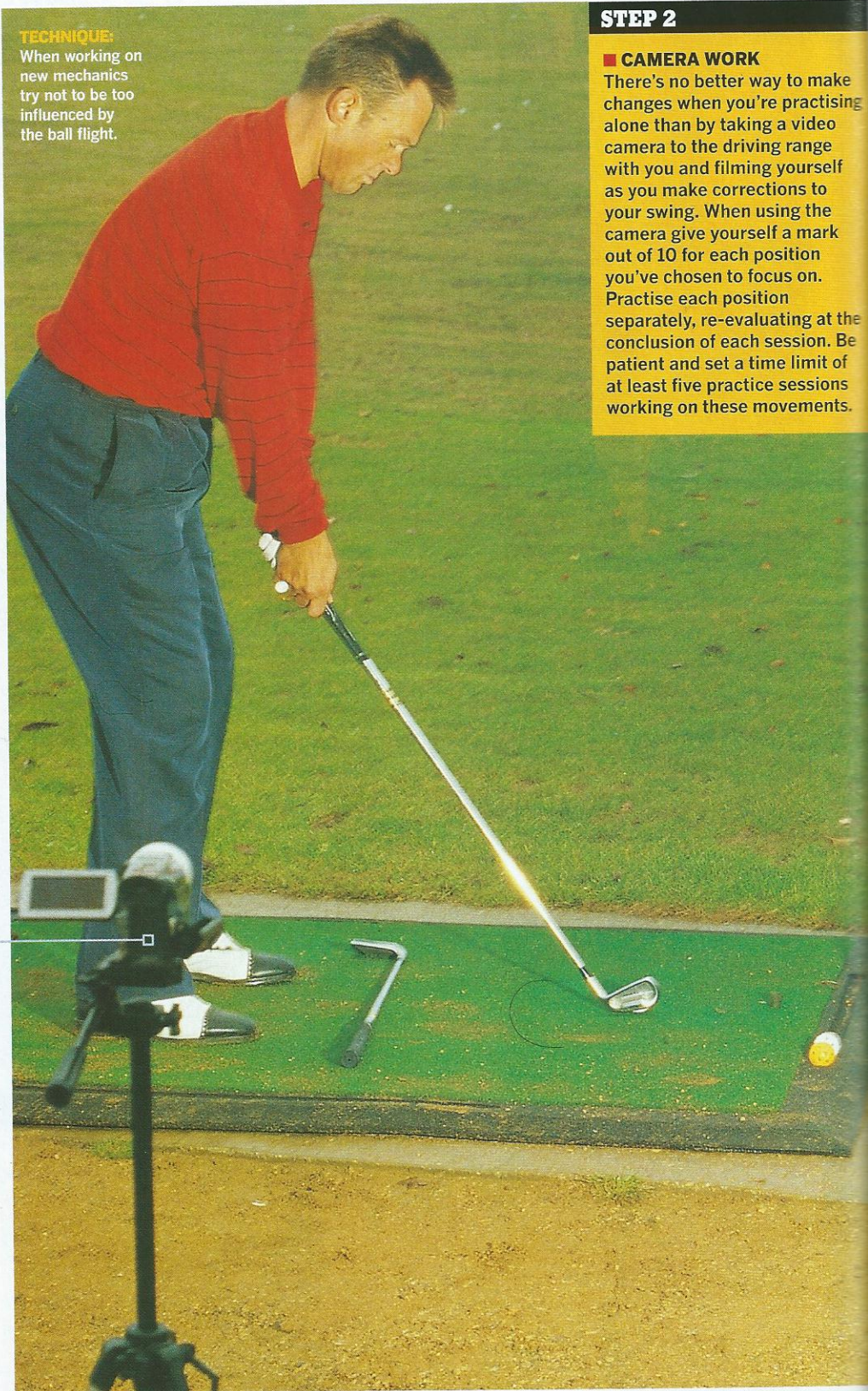


SETTING UP THE CAMERA

When setting the camera up make sure you have the correct perspective, precisely 90 degrees angle when face on and from straight down the line the camera should be positioned between the ball to target line and toe line. Otherwise the image recorded maybe misleading.

TECHNIQUE:

When working on new mechanics try not to be too influenced by the ball flight.



STEP 2

■ CAMERA WORK

There's no better way to make changes when you're practising alone than by taking a video camera to the driving range with you and filming yourself as you make corrections to your swing. When using the camera give yourself a mark out of 10 for each position you've chosen to focus on. Practise each position separately, re-evaluating at the conclusion of each session. Be patient and set a time limit of at least five practice sessions working on these movements.