

PRACTICE VS PLAY

There are two ways to practice, the first is practicing to change your **swing mechanics**, the second is practicing to **perform** on the golf course. On the driving range it is important to spend most of the time in the “**perform mode**” not the “**swing mechanics mode.**”

SWING MECHANICS MODE

This is the simplest form of practice and is used when working on changes in your Pre-Swing Fundamentals and/or working on any In-Swing Fundamental changes. Hitting 20 chips to the same target is an example of this form of practice. You are working on specific changes through constant repetition, this will help develop the motion, but will do nothing for transferring your new motion on the golf course.

Your Pre-Swing Fundamental Practice Program:

- 1.
- 2.

Your In-Swing Fundamental Practice Program:

- 1.
- 2.

PERFORM MODE

This practice is designed to transfer skills from the driving range to the golf course. In order to perform well on the course you must simulate playing shots on the driving range as if you would play them on the golf course. It's important to use the same pre-shot routine you would use on the golf course.

Here are a few ways to practice in the perform mode:

Simulate Playing golf holes on the driving range- Choose a golf course to imagine. Do everything as if you were on the course playing– ball in pocket for tee shot, imagine fairway, switch clubs based on where you think ball would have ended up.

On Range hit various types of shots- Hit a fade, straight, and then draw with 1 club, switch clubs, next hit a high, low, and normal trajectory shot with various clubs.

Play 9 holes while chipping/pitching- Use one golf ball, chip/pitch to a hole, next go putt the ball in the hole keep score. Play 9 different holes. Each hole is considered a Par 2. See how you score in relation to par.

Play 9 holes while putting- Pick different holes to putt to, use one ball putt it until you hole it. Keep score for 9 holes. Have a contest with other people.

Practice your pre-shot/post-shot routines- Use your pre-shot routine before each shot, as if playing on the golf course. Practice your post-shot routine of: Feel Correct Motion– It's history, move on.