



DRIVING RANGE

GOLF PRACTICE TRAINING GUIDE

Quality vs Quantity



U.S. Open Champion, Jim Furyk underwent wrist surgery in 2004. Following his op., he was instructed by his surgeon to limit his driving range practice to just 25 golf balls per day! Despite this limitation, Furyk went on to win many more titles.



This helped him to be more efficient and improve the quality of his practice. You might not be training to win on the PGA Tour. Instead, you might be practising to correct your slice, top or shank! We can all learn from Jim's example.

Making Technical Improvements



When making technical changes to your golf swing, it's important to start slowly and methodically. For example, if you're trying to fix an 'over the top' golf swing, exaggerating an 'in-to-out' swing path in slow motion is the way to go.

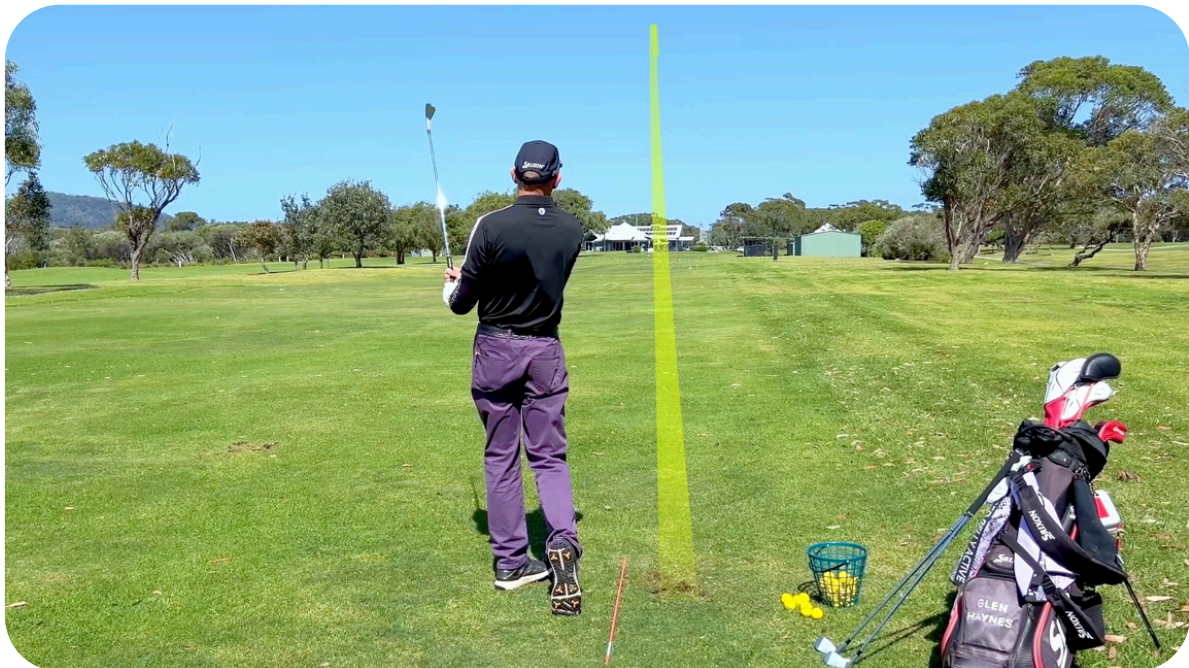


Be patient, as your swing will revert to old motor patterns, as soon as you swing at 'normal' speed. Changes take time and repetition. No doubt you're tempted to fix several faults at once. Ideally, focus one just 1 swing change per session.

Differential Training



Improvements are not just technical. Practice to develop your skills as well. As an example, Glen is hitting shots to a target on the driving range, with 3 different golf clubs. To achieve this, he needs to be able to adjust the speed of his golf swing.



There are several ways to control clubhead speed. This is a great way to learn to adjust the trajectory of your approach shots too. This is just one way to develop skill. You can practice shot shaping, playing from different lies, etc. The sky's the limit!

Pre-Shot Routine



The 3rd and most vital element of your training is 'Competitive Practice'. Treating shots on the driving range as you would on the golf course, including employing your normal pre-shot routine, helps prepare you better for golf competition.



Part of your routine should include measuring to flags and posts and visualising target areas in your landing area. This recreates that target orientation experienced on the golf course and helps you measure your success rates.

Practice With Consequence



Set yourself a challenge at the end of your practice session. Here, Glen hits to 3 different targets, using 3 different clubs. Give every shot your full attention, going through your full pre-shot routine each time.

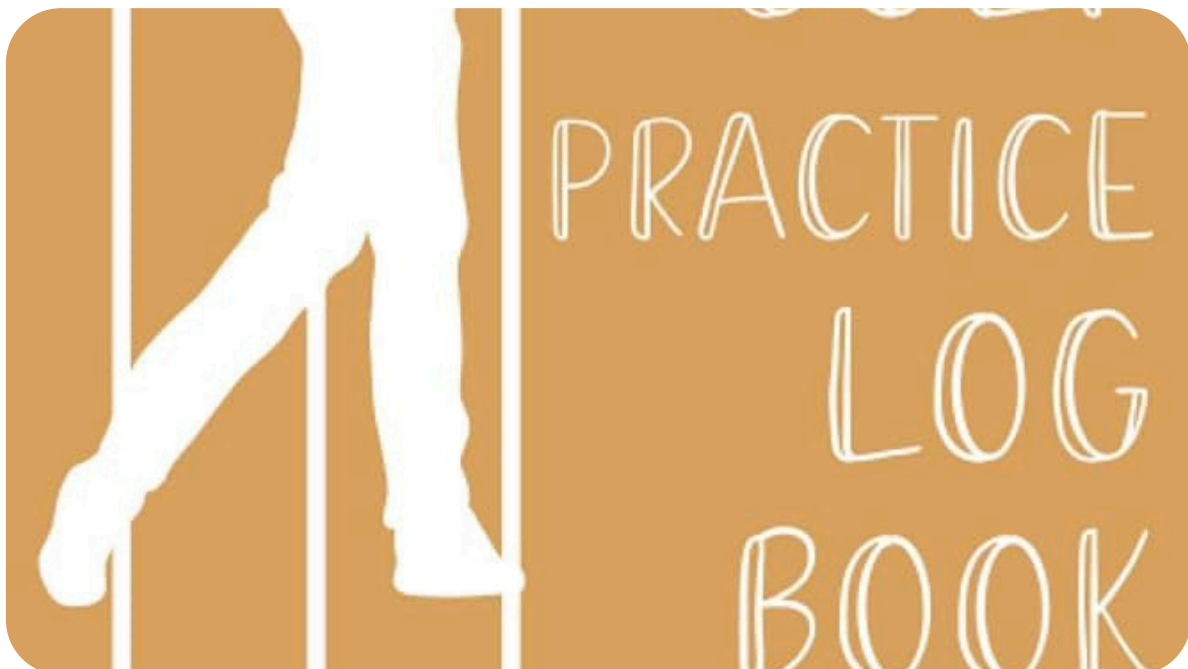


Glen's goal is to land his golf ball within a 10% diameter of the length of the approach. E.g. 100 yards = 10 yard wide target. Your target zones should be challenging but possible and should reflect your current skill level.

Keeping Score



Glen gives himself a point for every ball that lands within the designated target zone. He goes through this process 4 times for a total score out of 12. There is no 'start over' if you're off to a poor start. Every shot must count!



Finally, for true consequence, record your practice game scores in a log book or even on your smart phone. Include the date, conditions and which clubs you used. Set that mark, so that next time, you can attempt to better it. This is key.

THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

If you love our content, have a question,
or just want to say 'G'day'

please go to our [YouTube channel](#) to comment.

