

A wide-angle photograph of a golf practice range at night. The range is illuminated by several bright spotlights, creating a starburst effect. In the background, a long building with a glass facade is visible, featuring multiple 'TRACKMAN' logos. The foreground is a large, well-maintained green grassy area. On the right side, a black Trackman sensor unit is mounted on a post, with the brand name 'TRACKMAN' printed on its side.

# HOW TO PRACTICE WITH TRACKMAN RANGE

TRACKMAN

---

**COURSE MANAGEMENT**

---

**CONTROL**

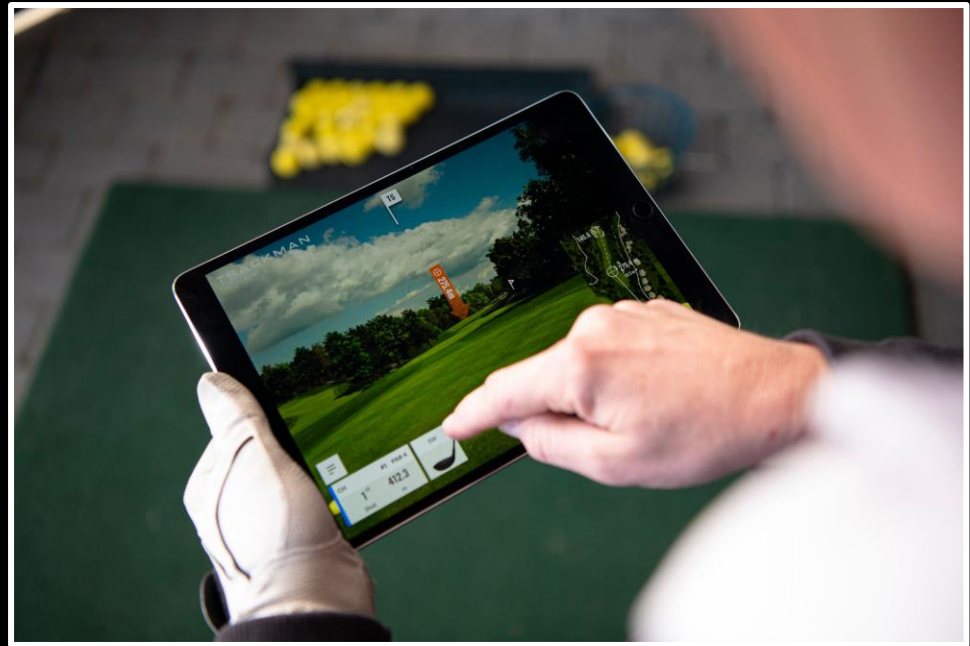
**GAME IMPROVEMENT**

# CATEGORY: COURSE MANAGEMENT

## Feature: On Course Practice

### #1 Find your favourite distance

Choose a hole of your choice in "On Course Practice" mode. Ideally with a bunker or water hazard in front of the green. Start at a distance of 50-70m from the green and move further away in 10m increments until you reach a distance of 120m. Take 5-10 shots per distance and record the number of times you hit the green. At the end, compare the number of green hits at the different distances to find out at which distance you have the most hits. This is the distance you should hit your shots at in the future to improve your green-in-regulation statistics.

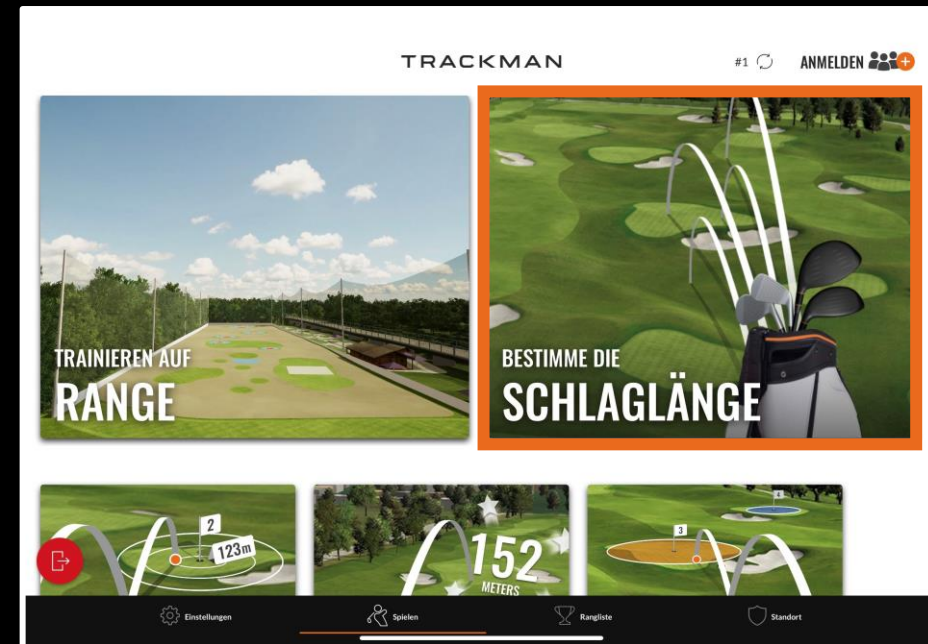


# CATEGORY: COURSE MANAGEMENT

## Feature: Find My Distance

### #2 Know your numbers

This is the perfect exercise to know the exact length of your individual clubs. To do this, select the "Find my distance" function and go through the individual clubs in your individual bag. You must have previously created this in your profile within the TrackMan Golf app. If you are unsure about which club to use on the course in the future, this exercise will help you make the right decision.

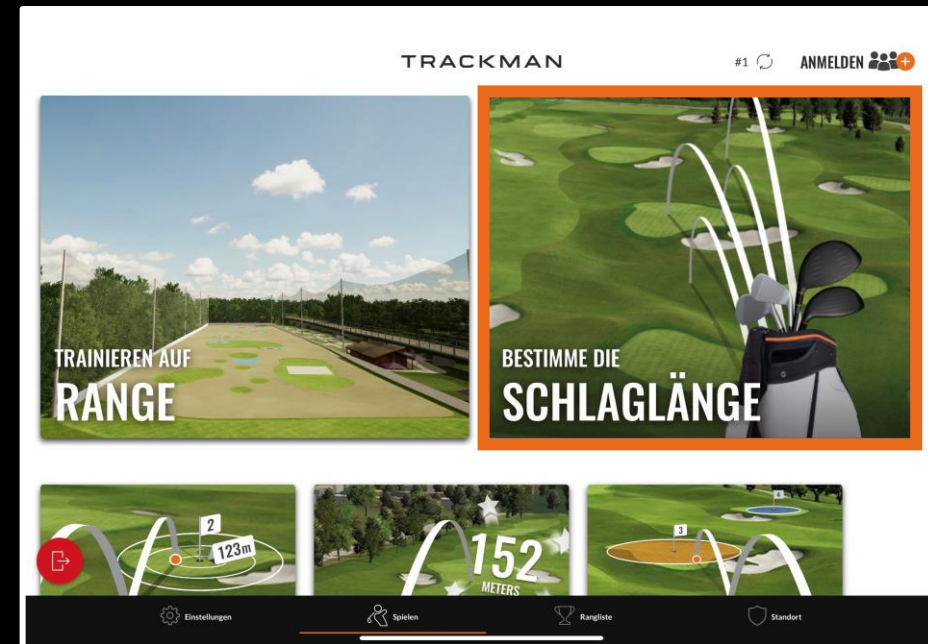


# CATEGORY: COURSE MANAGEMENT

## Feature: On Course Practice

### #3 Situation pro

Take a moment and think about which situations on a round of golf usually give you a headache. These can be long shots into the green, for example. But this can also be shots into the green over a water hazard. Do you have problems playing a fade or a draw from the tee box? These are all everyday situations that we are confronted with on a round of golf. Now use the "Practice on the course" function and recreate the various situations on one of the many courses available. To do this, select the hole and the ball position that is most similar to your "problem situation" and practise this shot over and over again.



**COURSE MANAGEMENT**

---

**CONTROL**

---

**GAME IMPROVEMENT**

# CATEGORY: CONTROL

**Feature:** Practice on the range

## #4 The 15 Shot Drill

Alternate between 5 draws, 5 fades and 5 straight shots. Check with the help of TrackMan Range whether it is really the desired curve. Get a feel for which curve suits you best and which curve you have the best control over. Do the same exercise once with an iron and once with a driver. The results can be quite different.



# CATEGORY: CONTROL

Feature: Practice on the range

## #5 Flower Power

Start with the maximum fade/draw curve and decrease it a little with each stroke until you reach a straight trajectory. How many different curves can you play? Do this exercise once with your driver and once with an iron.





# CATEGORY: CONTROL

**Feature:** Practice on the range

## #6 How low can you go?

During a round of golf, you will always find yourself in situations where you have to hit the ball high over an obstacle such as a tree. But you also come into situations where you have to keep the ball particularly low. For the following exercise, set yourself a minimum carry distance (e.g. 80m) and try to hit the ball as low as possible with an iron of your choice. Ideally, you will succeed with the so-called "stinger".



# CATEGORY: CONTROL

**Feature:** Practice on the range

## #7 How high can you go?

During a round of golf you will often find yourself in situations where you have to hit the ball high over an obstacle such as a tree. For the following exercise, set yourself a minimum carry distance (e.g. 80m) and try to hit the ball as high as possible with an iron of your choice.



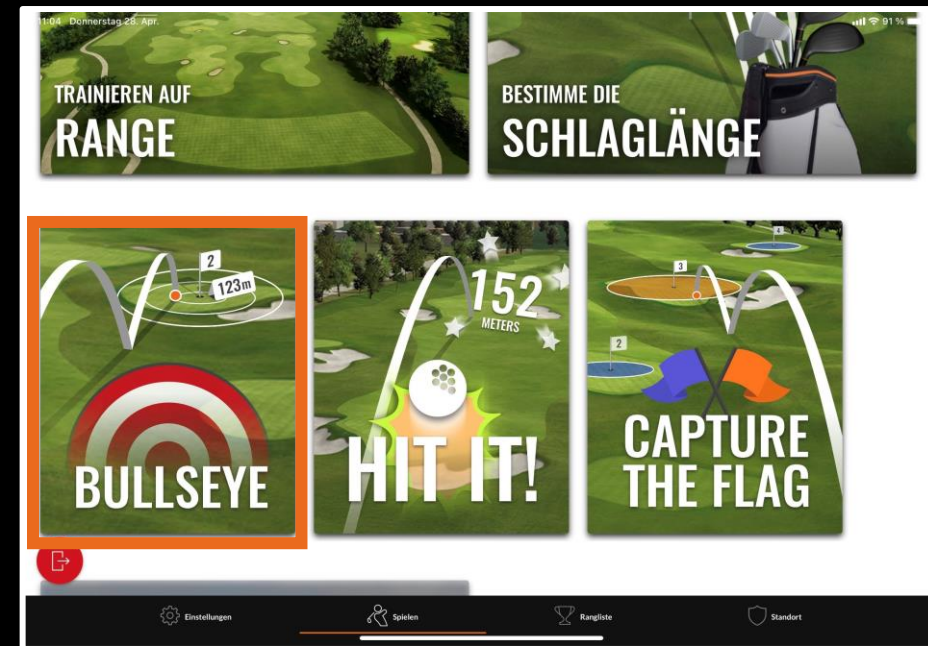
# CATEGORY: CONTROL

## Feature: Bullseye

### #8 Improve your accuracy

It's not always just about distance. If you want to improve your golf game in the long term, you should put a lot of focus on your accuracy. Complete the Bullseye Challenge alone or with a friend. Focus only on accuracy and forget about your technique for a second. Sometimes it's all about the feeling.

Repeat this exercise over and over again!



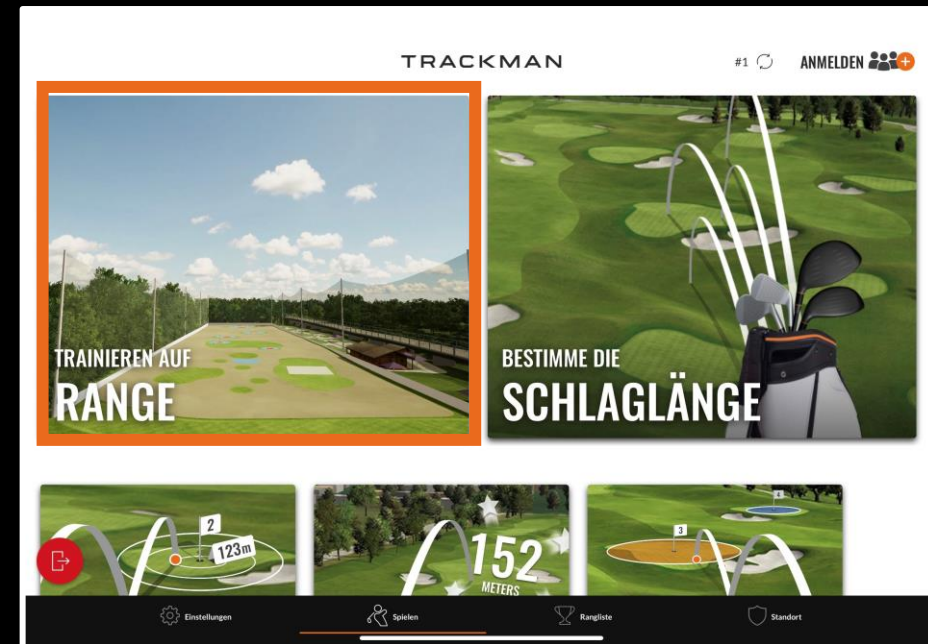
# CATEGORY: CONTROL

## Feature: Practice on the range

### #9 Iron Whisperer

Grab an iron of your choice and work your way down in 10m increments until you play the iron to half the "normal distance".

Example 7 iron: You normally hit your 7 iron 140m carry. Start with three shots at 140m. Then three shots at 130m, then three shots at 120m and so on until you reach three shots at 70m distance. This exercise helps you to build up a special feeling for your irons.

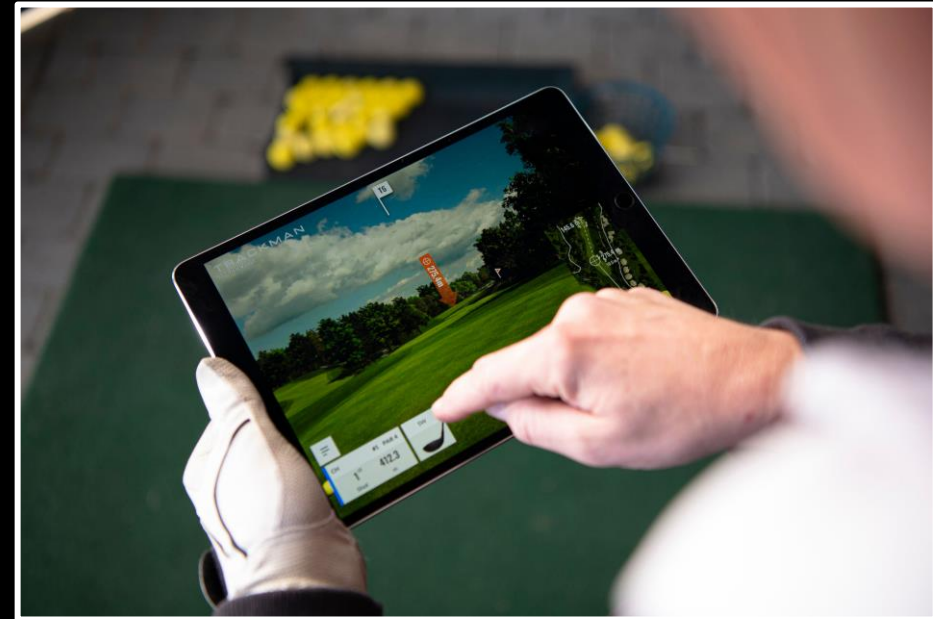


# CATEGORY: CONTROL

## Feature: Courses

### #10 Control on the course

Play a course of your choice in Virtual Golf and always use one club less than you normally would to reduce club head speed and build rhythm and control. Example: You have a 140m shot and would normally hit a 7 iron. Instead, in this exercise you will hit a controlled 6 iron.

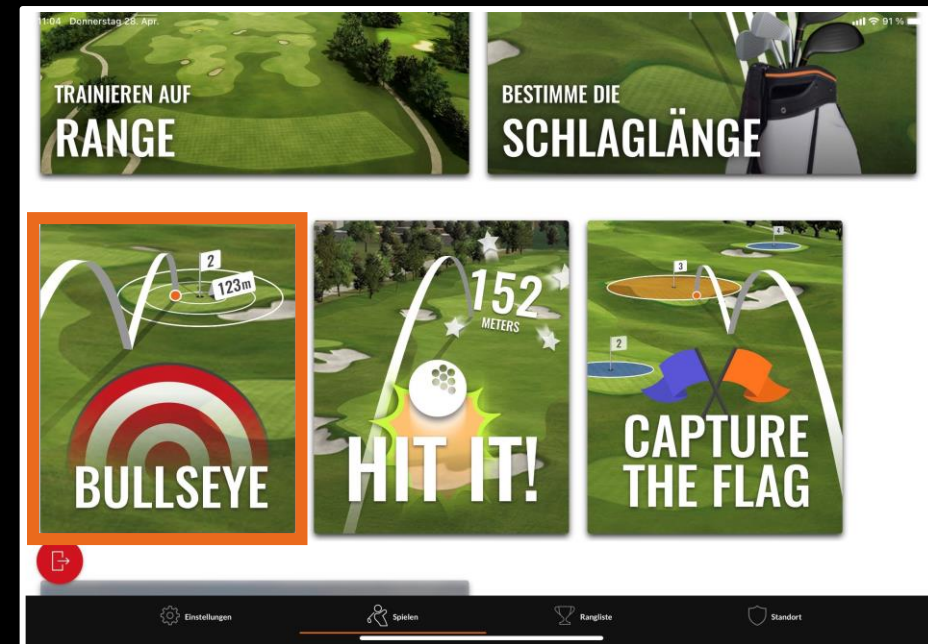


# CATEGORY: CONTROL

## Feature: Bullseye

### #11 Change your clubs

Choose a target that you can reach with your 9 iron.  
Then try to play the same distance with 8, 7, 6, 5,...  
Iron.

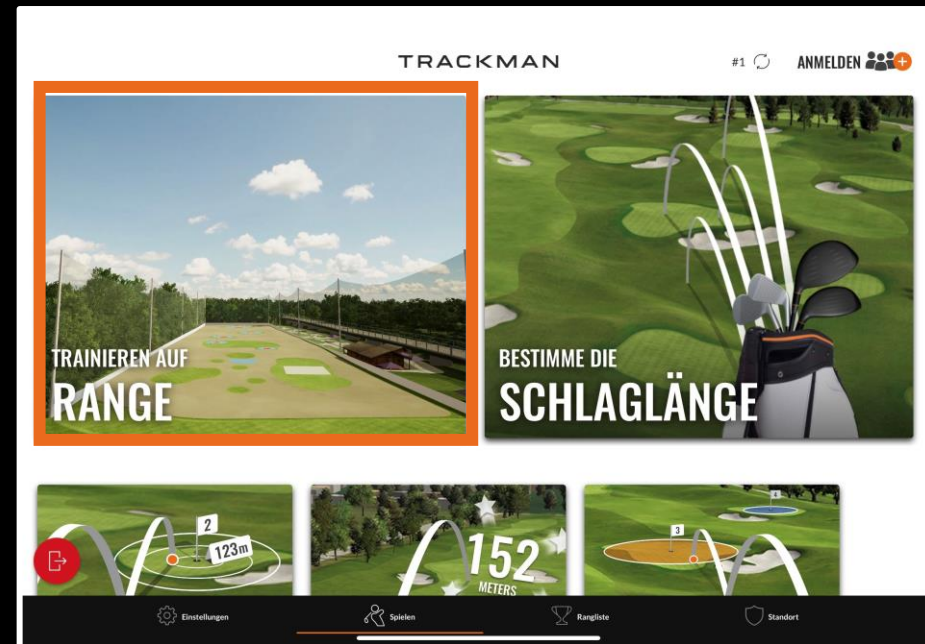


# CATEGORY: CONTROL

## Feature: Practice on the range

### #125% Test

Go through different targets and try to place your shot within 5% of the respective distance from the target (150m shot - within 7.5m). Take 10 shots at a time and record your successful attempts. Monitor your progress over time to see which distances you need to work on.



# **COURSE MANAGEMENT CONTROL**

---

## **GAME IMPROVEMENT**

---

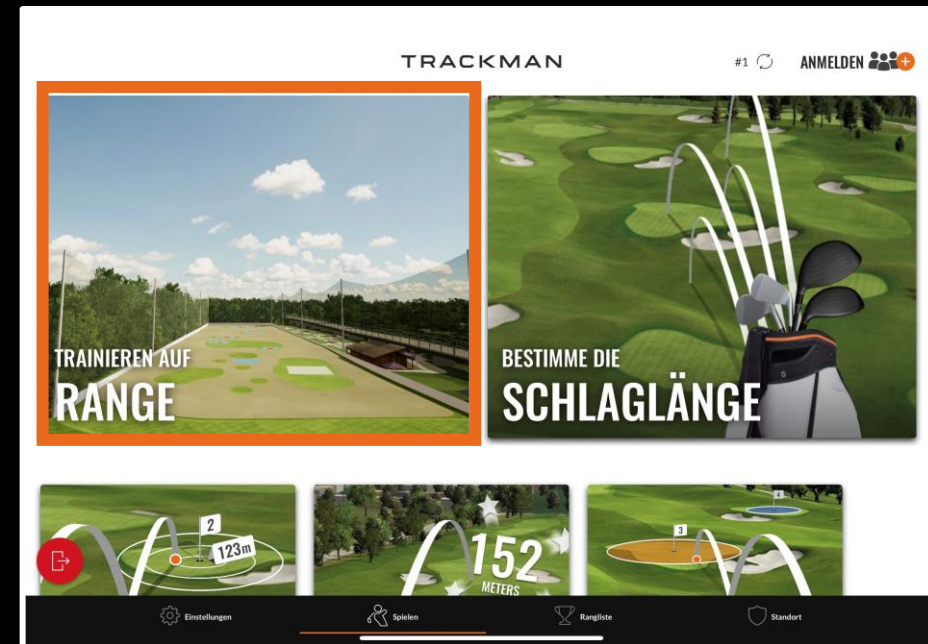


# CATEGORY: GAME IMPROVEMENT

## Feature: Practice on the range

### #13 Practice your skills

In your last lesson with your coach, did you learn a new grip, a new stance, a new trajectory or something similar? The goal is to hit the ball as close to the target as possible. Use your new skills and observe whether your ball starts in the intended line, has the intended trajectory and lands in the intended target.

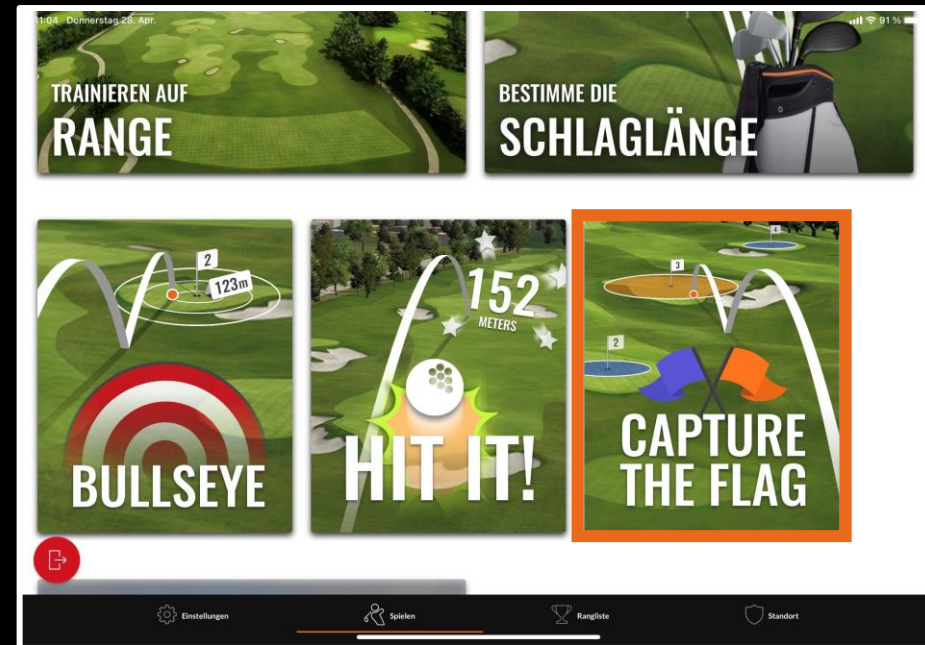


# CATEGORY: GAME IMPROVEMENT

## Feature: Capture the Flag

### #14 Under pressure

Learn to play under pressure against opponents - see how you handle the pressure of the last shot, especially if there is a bet involved (it doesn't have to be money, it's better to bet around embarrassing tasks ;) ). Capture the Flag is the perfect exercise for this.

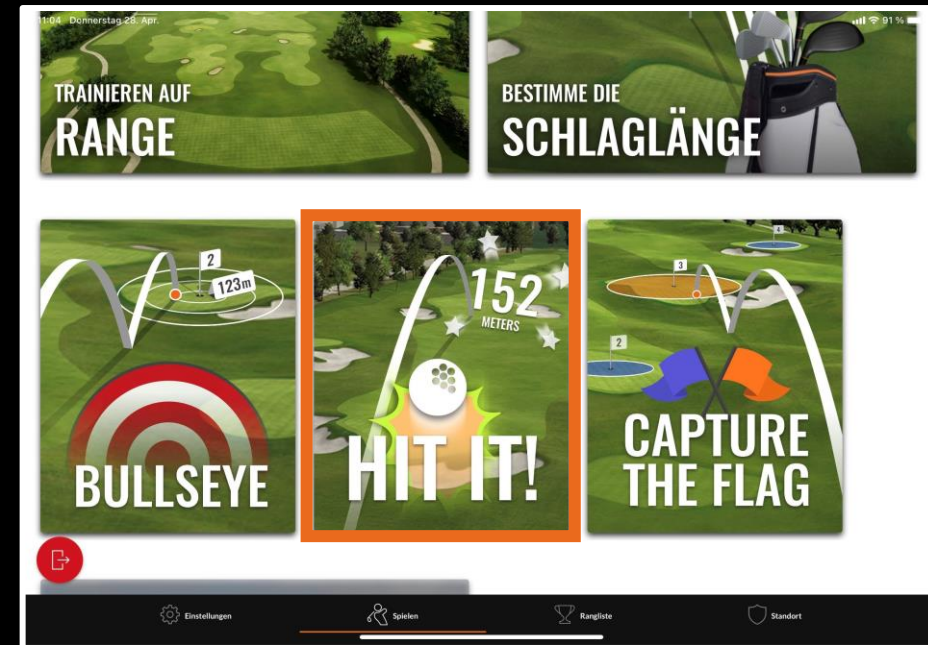


# CATEGORY: GAME IMPROVEMENT

## Feature: HIT IT!

### #15 More distance!

Our game HIT IT! is the perfect feature to work on and check your drive distance on a regular basis. Try different things like changing your grip (strong, neutral, weak), making bigger swings, etc. to see the effect on your drives. Also look at the difference between giving 110% and 90%. The more regularly you train with HIT IT! the better your drives will be!



# FAQS

## FOR GOLFERS

### ? Why should I download the TrackMan Golf App?

Without the TrackMan Golf app, you are unable to enter leaderboard competitions or track your progress after every session.

Detailed analysis is available on your practice sessions

### ? How does it calculate your score on Virtual Golf?

TrackMan Range has mapped each course to the finest detail.

Your score is calculated based on green difficulty and algorithms using PGA Tour statistics

### ? How accurate is it really? How does It work?

The radars facing the player see from where the ball is hit. The radars behind the player see the ball flight. It is reading exactly what the golf ball does

### ? How do I know what points are rewarded for each ring on BULLSEYE?

Press the 'rules' button to see the breakdown of points reward for each ring on every target

### ? Can it show me my distance in metres, not yards?

Yes, on the home screen in the bottom right corner, you can open the region selector and choose the metrics your distances are shown in