

# Practice to

Free guide to help you get the most out of your practice

# Perform



**BRUNTSFIELD LINKS  
GOLFING SOCIETY**

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# Practice Games to shoot lower scores

The quality of practice (not the quantity) is the holy grail of learning

## There are 5 key characteristics of quality practice

1. **Purpose** : Go to each practice session with a clear purpose of what you want to achieve and how you will achieve it.
2. **Variability** : It is better to solve a problem than repeat a solution
3. **Mistakes** : mistakes are proof that you are trying and you are outside your comfort zone which is necessary to learn new things
4. **Measurement** : golf is played with a scorecard and pencil and practice should be the same
5. **Game Like** : Does your practice look like golf? Or are you bashing balls on the range? Lots of players struggle to take their practice game to the course and that is because their practice and play often look very different.

In this guide there are **6 different practice** games for you covering all aspects of the game. You should find them **enjoyable, challenging and rewarding**. You will also at times find them frustrating but that is the nature of golf and we need to learn how to deal with that in practice.

# BMW

## Ultimate Driving Machine

**Mark out a fairway on range approx 30 yards wide.**

**Mark 5 yards either side of fairway to denote semi-rough.**

**Hit 10 balls each with driver, 3 wood and Rescue/longest iron (Total 30 Balls)**

### Scoring

- 2 points for hitting fairway
- 1 points for hitting semi rough
- 1 point for missing fairway

**What is your personal best?**

Use your PSR for each shot.

# Alignment Stick

## Shot shaping Challenge

Place 3 alignment sticks in ground 10 feet in front of you.

Middle stick should be at your target

1 stick left & 1 right of your target.

Level 1: 3 feet apart

Level 2: 2 feet apart

Level 3: 1 foot apart

### Challenge

20 Balls

10 balls starting through left gate.

10 balls starting through right gate.

Go through full shot routine including visualising the shape of your shot.

### Points

1 point for getting through the correct gate

1 point for hitting correct shape (draw or fade)

1 point for the ball finishing on your target

Write down your score and try to better it each time you practice.

The distance the sticks are apart will depend on your ability level and also the amount of shape/curve you are trying to practice.

If you look at your scores you will be able to see if you struggle with one particular shape (draw or fade) and you can work on improving this with your coach.

# 100ft

## Short Game Challenge

**Start Game with 100ft in the bank**

One ball only

No princess lies

Rotate round 3 types of shots (fairway, bunker, rough)

Vary each shot (length/difficulty)

Measure every shot

Deduct your footage from the money you have left in the bank

How many shots till you run out of footage?

The record is 26!! What is your PB?

# One Shot Lead Challenge

**Four holes to play and you have a one shot lead.**

**To win the tournament you must :**



Chip and one putt

Hole breaking 5ft putt

2 putt from 40+ ft

Difficult lob over bunker and one putt

**Fail a task then start again.**

**Repeat until accomplished.**

This is a great game to simulate pressure and frustration that we experience on the course.

# Touch Putting Challenge

## Use one ball only

You need 3 coins or tees. Put one coin at start position. Second coin goes 6ft from start and final coin goes 12ft from start creating a 6ft zone.

The task is to putt ball from the first coin into the 6ft zone marked by two coins. Goal is for the ball to just get inside the box creating more room for the next putt. After each putt mark with a coin its location.

**Short of previous putt (level ok) = START AGAIN!**  
**Out of Zone = START AGAIN**

## How many in a row can you do?

Level 1 = 6 in a row

Level 2 = 8 in a row

Level 3 = 10 in a row

Level 4 = 12 in a row

**What's your PB?**

# Strokes Gained

## Putting

**Hit 8 putts from 5-12ft in random order from all sides of a hole.**

**You must hole out.**

**Set yourself a time limit to pass your chosen level.**

**Record how many attempts it takes to pass.**

**Tour Make Percentage - Strokes gained 0.0 = 12.03 putts**

5ft = 75%

6ft = 66%

7ft = 58%

8ft = 50%

9ft = 44%

10ft = 39%

11ft = 34%

12ft = 30%

Level 1 = 14 putts

Level 2 = 13 putts

Level 3 = 12 putts

Level 4 = 11 putts

**What's your PB?**