



# On Course Training Drills

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Drill	Do Not Hit the Green
Type	On Course Strategy, Short Game, Accuracy
Target	<p>Play 9 or 18 holes with the objective of avoiding the green on every approach.</p> <p>The task is to pick out the best place to miss each green, try to miss your approach in that spot and try to get up and down.</p> <p>Your challenge is to hit it your chosen spot and get up and down from there.</p> <p>If you do hit the green you must drop the ball to the nearest spot off the green.</p> <p>This drill also gets you thinking about strategy and good and bad places to miss each green.</p>
Description	Keep track of how many up and downs you make and challenge yourself to improve upon this score every time you repeat the drill.

Drill	2 Ball Best Ball
Type	On Course Confidence Builder
Target	Play two balls and play the best one on each shot
Description	<p>Play 9 or 18 holes</p> <p>Record your score and aim to improve it every time you repeat this drill.</p> <p>Using the best ball out of two on every shot you will begin to shoot better scores and realise what your game is capable of.</p>

<b>Drill</b>	<b>2 Ball Worst Ball</b>
<b>Type</b>	<b>On Course Resilience Builder</b>
<b>Target</b>	<b>Play 2 balls and pick the worst one on each shot</b>
<b>Description</b>	<p><b>Play 9 or 18 holes and record your score</b></p> <p><b>This is a very difficult game, so resilience and perseverance are needed. However, if you can play this game and keep emotions and your routine in check, playing a normal round of golf will feel much easier.</b></p> <p><b>The principle here is to make your training harder than the game itself.</b></p>

<b>Drill</b>	<b>Birdie Every Hole</b>
<b>Type</b>	<b>On Course Scoring Builder</b>
<b>Target</b>	<b>Develop confidence and belief in the possibility that you can birdie every hole</b>
<b>Description</b>	<p><b>Play 9 or 18 holes with the intention of making a birdie on every hole.</b></p> <p><b>Retake any shot you need to make a birdie.</b></p> <p><b>Record the total number of <u>retakes</u> you need.</b></p> <p><b>Aim on improving the number of retakes each time you compete with this drill.</b></p>

<b>Drill</b>	<b>Forget the Score, Track your Stats</b>
<b>Type</b>	<b>On Course Mindset Development, Process Training</b>
<b>Target</b>	<b>Develop a one shot at a time mindset, focusing on the process rather than outcome/ score.</b>
<b>Description</b>	<p><b>Play 9 or 18 holes focusing solely on ticking the boxes on the stat tracker.</b></p> <p><b>Print off the stat sheet provided in the academy or enter your stats into the note's app on your phone.</b></p> <p><b>This will train you to play one shot at a time without focusing on the end score.</b></p>