

# Practice with a Purpose

Out of 50 balls hit on the range why, is the last golf ball the worst shot of the day!! Even though the last 49 shots were flushed straight at the target????

The reason why is **pressure**, the 49 balls hit previously were hit solidly because you have the comfort of another chance, you are relaxed, swinging freely and get into a rhythm using the same club. The 50th golf ball you hit on the range is the same as being out on the course, you have one chance and one shot to hit the best possible shot. However this time you are tense and anxious about your last shot being a good one, "I want to leave on a good one"

## The Tip

All too often, many of us get 50 balls head down to the range and fire through them like machine guns with absolutely no plan of attack. We then stand there and smash the same club time after time with limited carryover to the course.

Your practice sessions must match the processes on the course. Make sure each shot hit on the range is like being on the course. Play your course on the range.

1. Picture in your mind playing the first 9 holes of Forrester Park.
2. 1<sup>st</sup> hole, use a driver to tee off with.
3. Followed by a fairway wood to advance the ball.
4. Followed by an iron approach.
5. Then a pitch or chip.
6. Move onto the next hole.

Get some balls from the bar and head down to the range.

Happy Golfing

*Craig Lockwood*

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