

# *Practice Like You Play*

Given that I spend the better part of each day on the driving range, I can't tell you how often I see people not best utilizing there time. Most players show up, hit a few irons and then go straight to the driver. Just look around next time you go to the course and take note that the driving range is full. The chipping/putting green is typically empty.

There is the old saying in baseball, "chicks dig the long ball". I understand the desire to be longest driver in your group, but at the end of the day the number in the final box of the scorecard is what really matters. My swing coach, Don, had a saying, "you can't make a birdie with a driver but you can make a big number". What he was referring to was keeping the ball in play. The tee shot, usually with a driver, does set-up the rest of the hole, but keep in mind that 70% of golf is played from 125 yards and in.

In order to maximize your practice time what should you be focusing on? You need to practice like you play. Seventy percent of your practice should focus on the aspects of your game that are played within that 125 yard range. That includes wedges, chipping, pitching, bunkers, putting, etc. A solid short game will help maximize the rounds when you are going low and save the rounds when the full swing is off.

Here is an example of a one hour practice plan that I have come up with for students who request a guide to help them maximize their practice time:

## **1 Hour Practice Schedule**

*"Practice doesn't make perfect, practice makes permanent"*

### **1 Hour Practice:**

**10 Minutes      *Warm-up with Wedges***

- LW, SW, GW, PW
- always hit to a target
- work on different trajectories

**15 Minutes      *Irons***

- review lesson notes and work on current drill
- focus on quality not quantity

**10 Minutes      *Woods***

- utility woods, 3 wood, driver
- continue to incorporate current drills

**15 Minutes      *Chipping***

- mix it up from short shots to long bump and runs
- be creative, try to visualize and recreate shots on the course

**15 Minutes      *Putting***

- 5 minutes: start with some longer putts (20'+) to get the speed
- 10 minutes: work on mid-range putts (5'-20') focusing on drills
- 5 minutes: end every putting session with making 3' putts
  - \*set a goal of making 20 putts in a row
  - \*next time increase your goal

Every player needs to be practicing with a purpose. So when you are ready to get some help identifying areas of your game that will help you become the golfer you have always wanted to be and learn how to improve them please visit:

**[www.brianflugstad.com](http://www.brianflugstad.com)**