

2018 Dundee-Crown Boys Golf

Skill Stations

Short Game Stations

Station 1: Putting Series

Drill #1: Clock Drill - Make 3 putts in a row from each spot (3,6,9,12) If you miss, start over.

Objective: Make 12 in a row from each distance. Make sure you meet the 3 and 4 foot distances first.

Distances:

3 Feet

4 Feet

5 Feet

6 Feet

Drill #2: Listen Drill – Make 20 putts from 3 -6 ft with your eyes closed.

Drill #3: Lag Drill – Using tees create a three foot circle around the hole. Putt three balls from 20 ft, 30ft, 40ft and 50 ft. Your objective is to putt three balls into the 'safe zone' (3 ft circle around the hole). Once you get three in the circle, move to the next distance.

Drill #4: Look at the Hole Drill - Same as Lag Drill except you look at the hole throughout the putt. Good drill to develop feel.

Drill #5: Hole Switch Drill (Free Flow Putting) – With a partner start putting from two different holes on the putting green. Once a person holes a putt the players switch. First one to make five putts wins.

Drill #6: Bottle Drill – Place a cup or water bottle in the hole or right in front of the hole. Putt 20 putts from various distances hitting the bottle.

Station 2: Chipping Series

Drill #1: Chip in a 3 ft Circle Drill

Objective: Chip 5 balls in a row into the circle.

Make a 3-foot circle on the putting green using 4 tees.

Throw 5 balls into different areas around the green (within 10 yards) and play the ball as it lies

If one ball does not go in the circle, you must start over.

Drill #2: Up and Down Drill

Objective: Chip 5 balls in a row into the circle. Throw 5 balls into different areas around the green (within 10 yards) and play the ball as it lies.

Your score is determined as follows:

Sink Chip = -1

Up and Down = Par

Up and 2 putt = +1

Drill #3: Sink Out Drill

Objective: Hole out 2 out of 10 shots. Throw 10 balls into different areas around the green (within 10 yards) and play the ball as it lies.

Drill #4: HORSE Drill

Played just like the basketball game.

First person to spell HORSE loses.

The drill can be played putting, chipping, pitching and even driving.

Station 3: Short Iron Series (9, PW, SW, LW)

Drill #1: 120 Yards to the Hole Series

Hit ten shots with each club using a $\frac{3}{4}$ swing.

Keep track of your distance consistency. What does your shot pattern look like?

Station 4: Mid Iron Series (4, 5, 6, 7, 8 hybrid, Driver)

Drill 1: Tee Shot Series (Driver, FW, Hybrids)

Establish fairway markers on the right and left side of the driving range

Hit 10 shots using each club.

Keep track of how many you hit in the fairway.

Drill #2: 150 to 170 yards to the hole Series

Hit ten shots with each club.

Keep track of your distance consistency and accuracy of each club.

Challenge Stations

Challenge #1 Hit the green 9 out of 10 times from 100 yards and in.

What drills or strategies will we have to help us?

- A. Hit 10 shots from each of the following distances for a total of 50 shots.
Distances = 20, 40, 60, 80, 100 yards
- B. Keep track of how many times you hit the green

Challenge #2 Hitting the ball in a 6-foot circle 9 out of 10 times from any lie 10 yards or closer to the green.

What drills or strategies will we have to help us?

- a. Set up a six foot circle around a hole
- b. Hit 10 shots from five different spots around the green. The spots you must hit from are:
 - Short chip off tight lie/
 - Short chip from rough
 - Greenside sand shot
 - Long 40 – 60 foot chip (minimum air time – maximum ground time)
- c. Keep track of how many you hit in the circle.

Challenge #3 Short Putts: Make 25 putts in a row – from 2, 3, 4, 5 and 6 feet

What drills or strategies will we have to help us?

- a. Hit 5 putts from each spot. If you miss. Start over

Challenge #4 Lag Putts: Make 5 putts into a three-foot circle from 15, 20, 25, 30, 40, and 50 feet.