

# 15 Golf Drills that Helped Me Shoot Scores Under Par

## **1. Make 100 putts from 3 feet**

This is a rigorous drill that you'll feel like getting lazy at half way through but stay focused and challenge yourself to make 98/100 or better. It will benefit you on the course when you face 3 footers left to save par that should be easy knock ins yet you'll put unnecessary pressure on yourself. This drill will build your confidence and take that self-pressure off of you if you do it several days each week.

## **2. Putting over a ball marker**

To complete this drill, set a ball marker about 3 feet in front of you. If you want you can find a flat straight putt to set the marker in the path of so that you can hit the marker and then watch it go into the hole as well. This is a fun drill for me as it shows me if I'm starting the ball on the correct line. You don't necessarily have to worry about makes because your sole focus is hitting the ball across the marker.

## **3. One handed putts from 6 feet**

I'll admit this drill is a challenging drill but if you focus on quality reps you'll reap a lot of benefits from it. To complete this drill build a gate with two tees for the putter to pass through. Set a ball between the two tees in the middle of the gate and stroke one handed putts focusing on keeping the face square at impact for a quality rep. The ball should start out on a straight line if done correctly and if you are hitting a straight flat putt you should see it go in. Making one handed putts from 6 feet builds your confidence when you face normal 6 foot putts out on the golf course during your round.

## **4. Downhill putts from 12 feet**

When you get above the hole your score can rise quickly as you'll face tough downhill putts and often you end up 3 putting. To prevent this I spend time working on downhill putts from 12 feet to learn how to baby the putt down the slope to the hole and not run it by or leave it short causing another downhill putt.

## **5. Phil Mickelson Putting Drill**

The most important part of my game and maybe yours is putting. If I can putt I can shoot low scores. Rounds that I'm around par I usually average under 30 putts for 18 holes. To get good at putting on the course during a live round you have to work hard during warm up on the practice green getting the speed down to a science. Phil Mickelson places 3 balls at 30, 40, and 50 feet and one at 60 feet for 10 putts/balls total and lags each within tap in distance of the hole. Spend at least 20-30 minutes stroking lag putts from different distances between 30-80ft focusing solely on the speed of the green so that you'll be able to make putts when out on the course.

## **6. Tiger Woods Gate Drill from 4 feet**

If you've watched Tiger warm up for tournaments you'll notice he places tees in the ground to form a gate from close range (3 to 4 feet) and strokes normal putts as well as one handed. In the drill earlier, you worked on one handed putts from 6 feet so for this drill focus on normal two handed putts from 4 feet. You'll build a solid putting stroke using the gate while also improving from 4 feet away from the hole which is a common distance you'll have after chips on up & down attempts.

## **7. 20 yard pitches**

In this drill you'll walk off 20 yards from the green's edge which is about 20-25 long strides. Then select a hole on the green to pitch to such as a hole in the middle that gives you some green to work with but not as much as a hole on the far opposite side of green. Then select two of your wedges and work on building skill with each to where you can get your 20 yard pitch within 5 feet of the hole on average. Expect to need to land the ball near the front of the green so that it has enough green to roll out and burn off energy. If you land it too close to the hole it will roll by the hole and leave you a long putt coming back.

## **8. Ladder up, Ladder down**

This is a chipping drill that forces you to focus each shot as you have to change your distance each shot. Start with a short chip to a hole close by. Then chip to a

middle or medium distance hole and finally a far hole that is on the opposite side of the green. Then repeat this but in reverse so far, medium, short. Try to get all 6 within 3 feet of the hole to complete this drill. It challenges your distance control because you get one chance at each distance chip to succeed in the way up the ladder and once chance at each on the way down the ladder. You also face mental toughness as you'll put self-pressure on yourself trying to make 6 in a row within 3 feet because you know you have to start over if you fail.

### **9. Landing Zone Practice**

Set up a landing target circle or place a wire ring on ground where you think you should land the ball for it to roll perfect distance to hole and test this out until you find the right spot. Then hit 10 chips trying to get in the landing zone and all 10 theoretically should end up within a few feet of the hole if you keep a consistent shot trajectory and power.

### **10. Up & Down Simulation 18 Holes**

Find a practice green or while out on the course throw down an extra ball each hole somewhere in the rough and try to chip it close and then make the putt to successfully complete the up and down. Do this for 18 different holes or distances from the hole and change up your lies in the rough as well. This simulation game will build your confidence in your ability to save par when you miss green in regulations.

### **11. Planks – Complete 2 two minute planks**

This is a fitness drill I feel benefits my golf game due to the full body workout you get while doing a plank. The core is especially hit hard by doing a plank and after you've held a perfect plank position for 2 minutes your abs will be on fire. If you can't do 2 minutes then start with 1 minute and work your way up. For others, you'll have to build your mental toughness up and hold that plank for 2 minutes without giving an excuse in your mind to quit before the 2 minutes are up.

### **12. Swing Tempo**

For working on swing tempo I do several different shot types to get different swing tempo feels. I also do slow controlled swings, normal swing tempo shots, and swing for the fence shots. After gaining the right feeling swing that I can control but still get power, I practice it over and over doing dry reps trying to replicate the same feeling 5 times in a row. Once I've mastered that I add in the 3 swing lengths: half swings,  $\frac{3}{4}$  swings, and full swings using the same tempo for each. If I was using a wedge for this drill I would expect the half swing to go maybe 50 yards,  $\frac{3}{4}$  swing maybe 70 yards and full swing maybe 90 yards. Mastering tempo is key for short irons and wedges.

### **13. 9 ball**

In this drill I hit each of the 9 different shots. What are the 9 different shots you may ask? Well we have fades, draws, and straight shots. Then we have low, mid, and high trajectory shots. By mixing these together we get 9 combinations (high draw, mid draw, low draw, high straight, mid straight, low straight, high fade, mid fade, low fade) to practice. 9 ball gives you 9 balls total, one for each shot type and I see how many I can successfully hit out of 9. Repeat and try to beat your score.

### **14. Power Turn – The correct hip movement**

I want to hit the ball further off the tee so I work on the proper weight shift and turning of the hips. Here is a drill you can try to get a feel for rotating your hips toward the target as opposed to sliding them out. Stand your golf bag behind you and press your butt up against it as you take your address. Now hit balls while maintaining contact with the bag at all times. Your right cheek should be in contact with the bag at the top, the left cheek in contact at the finish.

### **15. Worst Ball Game – On Course Drill**

Tiger Woods once play his worst ball of two shots for every shot he took and still turned in a score in the mid 60's. This means every birdie he made he validated by making another since missing would result in taking the worse of the two putts. Try the Worst Ball Game out next time you play golf on the course. Hit two shots

and pick the worst one to hit your next two shots from and this cycle repeats until you've played the worse of two balls or every shot and finish the hole.