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Natural Golf Drills

Trap the ball. Practice good ball striking, ball before ground. Use PW-8 iron.

- i. With one hand only; alternate left and right hands.
- ii. Very short backswing; club head just slightly above right ankle.
- iii. With both hands, try to trap the ball; hit ball crisply; ball before turf!
- iv. Also, practice with left hand holding right elbow; feel right arm following through to target instead of simply breaking the right wrist.

Impact Preset. Practice hitting ball in impact position.

- i. Move weight to left leg and foot.
- ii. Bend left knee to support weight.
- iii. Maintain 45 degree spine angle away from target line.
- iv. Chip ball; no more than ½ swing to get feel of impact position.
- v. Good drill for practicing chips, pitches and punch shots where very little lower body movement is needed.

Right arm fold. Practice folding right arm and keeping it close to body on backswing.

- i. Stand tall at address.
- ii. Take backswing with right elbow folding back.
- iii. Forward swing while facing ball; arms return to starting position.
- iv. Also, complete standing swing; learn to use arms independently of body.

Half downswing without breaking wrist. Practice maintaining “power angle” in hands.

- i. Take three downswings without breaking wrists
- ii. Only go halfway to ball; keep shaft of club parallel to ground
- iii. Learn to keep angle for wrists to store power and hit down on ball.
- iv. Keep right elbow close to body on downswing.

Balance drill; one foot flat and one foot on toes. Practice good balance on swing.

- i. Stand on left foot with right foot 18” behind left and extended as far back as possible with only the shoe toe touching ground. Swing easy; try to hit ball cleanly while not losing balance.
- ii. Alternate with weight on right foot and left foot behind body.
- iii. Also, try balancing with feet crossed; once with left foot in front; second with right foot in front.