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Block Practice - Long Game.

Aim: Block practice is used to groove swing changes in a practice format to allow you to become more comfortable with any changes we have made.

Instructions: Follow the steps that are outlined below.

Step One: Choose a short iron club (i.e. 8, 9 or pitching wedge).

Step Two: Hit a minimum of 20 shots with this club.

Step Three: Choose a mid iron club (i.e. 5, 6 or 7 iron).

Step Four: Hit a minimum of 20 shots with this club.

Step Five: Choose a long iron club (i.e. 3 or 4 iron).

Step Six: Hit a minimum of 10 shots with this club.

Step Seven: Choose a wood (i.e. driver or three wood).

Step Eight: Hit a minimum of 10 shots with this club.

Step Nine: Repeat using different clubs.

Notes: This type of practice will assist in making any swing changes feel “more normal”. It is important that there is **no target** when you are practicing this way. You need to be more concerned with how the changes are feeling rather than where the ball goes.

Remember: technique = no target, target = no technique.