

Brent Davis Golf Professional
bdavis@pgamember.org.au

Random Practice - Long Game.

Aim: Random practice is used to ease the transition from practice fairway golf to golf course golf.

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 two shots with this club and change target. Repeat this three times.

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

Step Four: Hit two shots with this club and change target. Repeat this three times.

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

Step Six: Hit two shots with this club and change target. Repeat this three times.

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

Step Eight: Hit two shots with this club and change target. Repeat this three times.

Step Nine: Repeat using different clubs.

Notes: This type of practice will make your practice more like your on course play. You **must** use your pre shot routine with **every** shot during this type of practice. There should be no technical thoughts during this practice.

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