

Golf Drills Overview

ALL Golfers can benefit training with Strobe SPORT or SPORT+TACTICAL Glasses.

Improved **FOCUS** and **BALANCE** are necessary for golfers to advance their game.

The World's Best Golfers have outstanding **FOCUS** and **BALANCE** pre/during/post stroke.

When golfers lose **FOCUS** they allow irrelevant stimuli/info to enter their mind.

That means the good (relevant) stimuli needed to putt/chip, etc. is now diluted with unnecessary stimuli.

Mechanics, internal/external swing thoughts, loss of confidence, sounds, etc.

This is what creates the 'yips' and inconsistent play.

Higher levels of occlusion will make the brain seek info from your muscles & nerves during your stroke.

This is where your 'feel' will improve. Learn to 'feel' your set up, takeaway, & swing/stroke better.

If you cannot 'feel' you are in a wrong position you will continue to make mistakes.

A 'QUIET' MIND AND BODY MAKES FOR AN EFFICIENT GOLFER.

The Golf Drills that follow are just a few examples. Use your imagination to challenge your brain.

Start implementing Strobe Training Glasses in your putting and chipping practice.

Start at Level 10 (100ms occlusion) and increase levels as you continue to be successful.

Don't forget to practice in the 'single eye' mode!!!

What you will notice with the 'single eye' mode is that your head position may change for the better.

Your posture changes for the better. We can train the single eye to give the brain better info.

Remember, your brain moves your body based on the info/stimuli that it processes.

Putting Drills



THE 1-2-3 PUTTING DRILL

Place three balls in a row along the same line at equal distances. I suggest 3, 6, and 9 feet to start. Roll putts starting from the ball closest to the hole and moving outward.

THE CLOCK PUTTING DRILL

Take 12 balls to the putting green and place them around the cup in a clock shape at 2-3 foot intervals. Start with the 4 closest to the hole and work your way outward. Every time you miss, restart the drill.

THE METER STICK DRILL

Get a metal meter stick and place it six feet away from the hole (or any target) on the line where the ball should start off the putter face. Set the ball on the end and hit your putt. If the ball stays on the meter stick the whole way, it means your putter face was square at impact and you put a good roll on the ball. This is also a great putting drill that you can do at home.

TIGER WOODS GATE PUTTING DRILL

3-4 feet away from the hole place two tees just wider than the head of your putter, creating a gate for your putter to swing through.

Alternate hitting 12 putts with your right hand only (right handed golfers), then 6 putts with both hands. Set a number of putts that you need to make in a row before ending the drill.

Putting Drills

TWO BALL DRILL

To hone your striking, place two balls next to each other and putt them at the same time.

Can you get them to go in the same direction?

If you can, it shows that your face is working at the target through impact. If you can't, it shows that you're either coming into them with a closed or open face and striking one before the other.

This is a simple way to check what is often the most complicated part of your putting technique.

Checklist – Ensure you regularly check your strike and start line

Work on pace control and put yourself under pressure in practice

GOLDBLOCKS DRILL

Once you are confident you are starting your putts on your intended line, it is worth devoting some time to your pace control.

Pick a target about 20ft away from you on the practice green and hit three putts.

Hit the first one a little too hard, hit the second one too soft and then try to get the third ball just right.

You should notice how the more you do this drill, the better your pace control becomes.

This is one of the quickest ways to get a feel for the pace of the greens and is a great one to use just before you go out to play.

Chipping Drills



HULA HOOP CHIPPING DRILL

Get a hula hoop (or make a similar sized circle with string)

Set golf balls in 5-yard interval from the hoop. 8 balls from 5-40 yards.

Start with the ball closest to the hoop, chip it, and have it land within the hoop.

For each successful chip move to the next ball further from the hoop.

If you miss one restart from the beginning.

TRAIL HAND RELEASE DRILL

Take your normal chipping stance – feet narrow, ball off the back foot, 60-70% of your weight on your front foot.

Make your normal chipping stroke, except drop your trail hand off the grip just before impact.

Focus on keeping your lead arm swinging directly towards the target.

If you're struggling with sculling your chip shots or having the occasional yips, get to the range and

WEAR THIS DRILL OUT.

It trains you to do what the typically golfer with yips does (flip their trail hand right before impact).

Chipping Drills

CHIP-A-COIN CHIPPING DRILL

This drill works because it forces you to stay down through the chip and have pin-point accuracy with your wedges.

Set some coins on your living room carpet & try to get clean contact – sending the coin into the air.

I like to set a cup in the middle of the floor and attempt to chip the coins into it.

See how many out of 10 coins you can get into the cup.

*****Warning:** You may want to use an old wedge when practicing this drill.

After a while the coins can start to make small dents in your club face.

PAR 19 CHIPPING GAME

Pick 9 spots (tee boxes) around the green all at varying distances and angles.

Play 1 ball from each spot as a Par 2. Essentially creating a Par 18 golf course.

This game will work on all aspects of your short game including chipping and putting.

It gives you great feedback on the progress you're making with your short game, and is a whole lot quicker than a full round of golf.