



Early Season Practice

Recently, Tiger Woods came back from knee surgery on his left knee and looks to be in top form heading into this week's Masters Tournament. Throughout his comeback, we've been updated on how his practice sessions have gone. Because of the surgery, his mobility was limited and he was forced to start with short swings with his wedges and short irons. In the process of practicing abbreviated swings, he was able to reinforce the feeling of hitting the center of the clubface. With the arrival of spring, practice facilities are opening and it is very important how you organize your practice sessions in an effort to maximize your potential.

I will detail a wonderful drill to start the season on the right foot.

- Use a pitching wedge or 9-iron
- Tee the ball slightly off the ground
- On your set-up, apply slightly more weight on your left side (right-handed golfers)
- On the takeaway, take the club back so the shaft is waist high and parallel to the ground
- Methodically swing through, strike the ball and hold your finish so the club is waist high on the finish side of your body

Things to check for:

- Are you balanced in your finished position?
- Did you strike the ball, and then take a divot?
- Are your arms fully extended in the finish position?
- Did you strike the center of the face?
- Is your grip pressure light on the club?

I would suggest doing this drill each time you start your practice sessions. It allows you to slowly stretch your muscles, build rhythm into your swing, and maximize the potential to strike the center of the face. There is no better feeling than striking the center of the face time after time before heading to the first tee. Furthermore, this drill will give you instant feedback on things you need to practice.

If you have any questions or comments, please contact me at gplace@golfthebull.com

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