3 Golf Tips for Distance Control

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Setup

- Place ball on mat or grass in front of you
- Place milk jugs or other bottle/item at 3 different distances in front of you
- Try to keep items equal distances apart in a straight line

Step #1

- Get set with your feet fairly close together
- Ball should be positioned closer to your back foot
- Hold the club so that your arms create a triangle
- For the closest item, you’re going to swing the club about ankle high
- Repeat this swing and distance five times

**Key takeaway** - Controlling the distance the ball goes depends on how far our swing is

Step #2

- Same setup as Step #1. Get set with your feet fairly close together, ball should be positioned closer to your back foot and arms create a triangle
- For this distance, you’re going to swing the club about knee high
- Repeat this swing and distance five times

**Key takeaway** - It’s not about where the ball ends up but more important where the balls lands. That is the key to distance control

Step #3

- Same setup as Step #1 & #2. Get set with your feet fairly close together, ball should be positioned closer to your back foot and arms create a triangle
- For this distance, you’re going to swing the club about waist high
- Repeat this swing and distance five times

**Key takeaway** - For all three distances remember to swing the club through and finish at the same height as your backswing. I.e. waist high to waist high

Be sure to check out other tip sheets, videos and fun activities posted at cityparksfoundation.org

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