

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 BALLS 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

