



Birdie Level Activity for week of May 18, 2020

Pre-Shot Routine

1. I don't have one
2. I have one, but rarely use it
3. I have one and use it sometimes
4. I have one and use I regularly.
5. I have one and both use and practice it regularly.

Activity: Set Your Feet

Materials: Construction Paper (paper bag, felt), shoe, sharpie, scissors, golf shafts or alignment sticks. Using the sharpie, trace your shoe onto your paper or felt. Cut that out and retrace for second foot.

Moving your paper feet around, experiment by putting one foot back further than the other and align your stick or club with the tips of the toes. Get behind the stick and look to see where it is aimed. A small movement in our feet may make a big difference where your ball goes.

Make your Pre-Shot routine purposeful, brief (to maintain Pace of Play), commit to your decision (TRUST YOURSELF), "Stare at the target and glance at the ball". Avoid standing over the ball for an extended amount of time.

- Posture leads to good balance
 - Place a golf club or alignment stick at your heels and another vertically about 6-8 inches from the shaft positioned at your heel line. (Use your cutout feet as a guide.
 - Standing on your cutouts (shoulder width apart) bend from your hip joints until your butt is in contact with shaft.
 - Check to make sure your shoulders are in line with your toes
 - Your weight should be balanced and favoring the balls of your feet
- Good posture begins from the ground up!

What does your Pre-Shot Routine look like? Does it include "Aim", ball position, tempo, balance and thought? What could you do better?

Practice Drills – muscle memory

Using a variety of balls (golf ball, rubber ball, baseball, weighted ball, tennis ball) – Set up in your athletic stance with your FRONT shoulder facing your target. A tree in your yard can make a great target.

Practice throwing the different balls to your target as you would your golf swing. Make sure your back-shoulder points to your target on your finish.

Try ten shots. How many hit your target? How many went to the right of your target? How many went to the left of your target? Do you know why?

If you release the ball early, the ball will fly to the right of your target. If you hold on too long before releasing, the ball will go to the left of your target.

Try this drill again. Now focus on holding your finish on your release. Are you balanced or did you have a hard time holding your finish? On which foot was most your weight? Practice chasing the ball. This means, after you tossed the ball step toward your target by crossing your back foot in front of your front foot. This drill will make sure you are making a complete turn and shifting your weight to your front foot on your follow thru.

Remember, front foot stays still and your back heel comes up.

As you repeat this drill, your muscles should get used to this movement. You should establish and be aware of a steady tempo that allows you to play within yourself. Work on this as much as possible.

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