



1 2 3



Distance control

There are a number of reasons why your distance control, path and, subsequently, ball-striking might be inconsistent but if you have issues with any of these you'll invariably be striking the ball away from the middle of the clubface.

Here's a quick-fix drill to try next time you're at

the range. It provides instant feedback on club-path and will highlight when you have swung correctly.

Place three balls as below and start with a quarter-swing only.

NB: With this drill you are trying to hit only the middle ball.



For players with toe-strike problems, you're swinging from outside-to-in. You'll hit the ball closest to you on the heel and the middle ball off the toe.



When your path of contact is correct, you're striking the middle ball without touching the two balls on either side.



Players who shank the ball or heel strike, swing from inside-to-out so you will hit the outside ball on the toe and the middle ball off the heel of the club.

Remember to start the drill by hitting chip-swings only, working your way up to a full swing as you begin to consistently strike the middle ball cleanly