

EFFICIENT PRACTICE



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6 KEYS TO BETTER PRACTICE!

#1 PREP YOUR BODY!

Whether you practice in the morning or after work, commit to proper hydration, your best eating day and a good physical warm-up! Don't have a warmup? [Click here for a 3-minute warm-up that I like!](#)

#2 WHAT ARE YOU WORKING ON?

Is it full swing? Short Game? What are the drills you are going to use? Make these decisions before you get to the range!

#3 SET UP YOUR WORK STATION

Before you hit a single golf shot, set up your alignment rods, set up your camera, divide up your golf balls in 5 ball packs!

#4 WHAT IS YOUR FEEDBACK SYSTEM?

Are you watching the ball flight? Are you looking for launch monitor data? Are you checking specific points on your swing on video? Know the answer to this question!

#5 QUALITY OVER QUANTITY

An effective practice session can have fewer balls hit! Take your time, make your rehearsal swings, and record your golf swing to send to your coach. Quality leads to improvement!

#6 USE A 5 MINUTE TIMER!

I recommend to a lot of students to set a 5 minute timer on their phone. stay on task for 5 minutes, when it goes off, take a 1-2 minute, then get back at it for another 5 minutes!