

Short Game Practice Stations



Invited

Lift the Heel



Equipment Needed

- Golf Ball

How to Practice

- Help the learner to set into a suitable address position
- Depending on the length of the shot and width of stance, get the learner to place a golf ball under their trail heel
- The learner should take an address position and avoid putting excessive force onto the golf ball with the trail foot
- The learner should practice making a swing and avoiding adding pressures to the golf ball
- The learner should produce a follow through and either maintain or reduce the pressure on the golf ball

Technical Link

- This activity will help the learner to understand how pressure should be distributed through the feet at setup
- It will help the learner to understand how pressure moves during the backswing, impact and through swing
- It will help the learner to the understand the fundamentals of a effective follow through

Draw the L Shape



Equipment Needed

- No Equipment Required

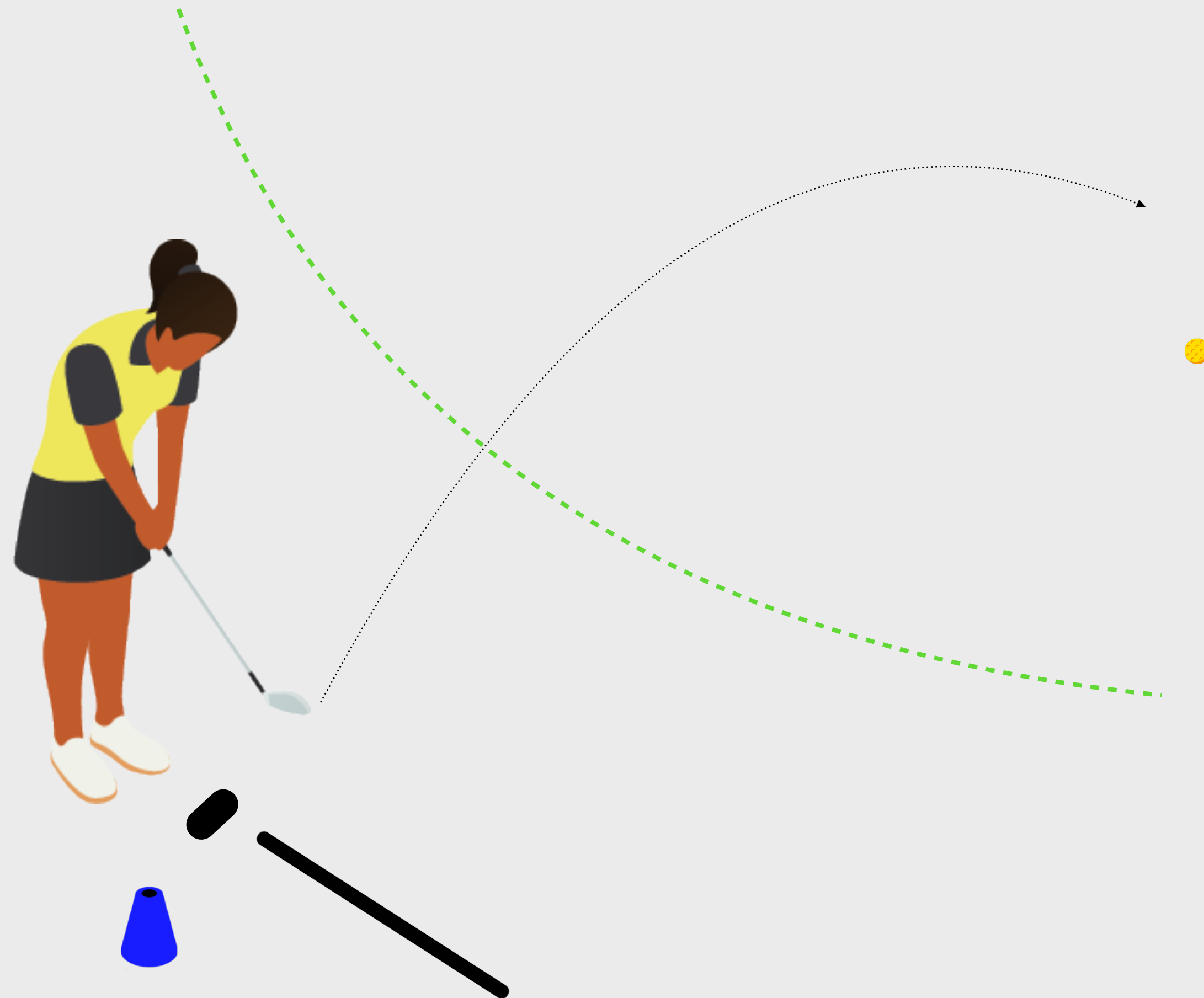
How to Practice

- Depending on the equipment you have available, this station should help the learner explore the shape of the swing when pitching
- They may do this with a partner and mirror the shape of the swing
- A mirror on the ground may also be suitable or an electronic device
- The learner should practice making L Shape swings and then repeat with the golf ball

Technical Link

- This activity will help the learner to understand how a pitch shot begins to differ from a chip shot in regards to the body, arm and club motion
- This activity will be the building block to begin to understand how the motion produces flight and distance

Strike Point



Equipment Needed

- 1 Alignment sticks
- Pitching Wedge or Sand Wedge
- Golf ball

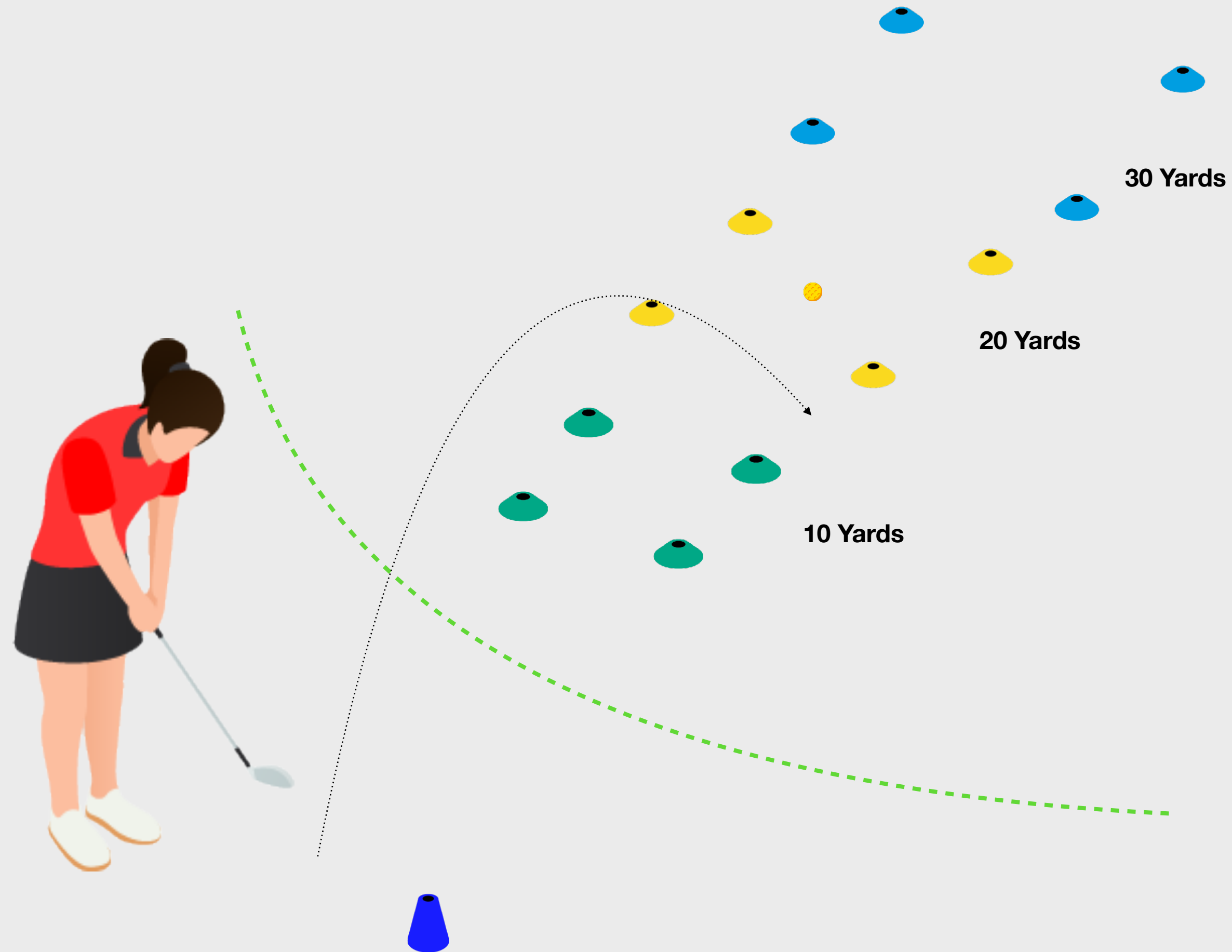
How to Practice

- The alignment stick should be placed opposite the center of the learner's stance to provide some feedback as to where they brush the ground when taking their pitch shot
- The learner should take a couple of practice swings, adjusting their stroke if they do not brush the ground opposite where the alignment stick is placed
- Once they have completed a couple of practice swings, place a ball in the same place and ask them to repeat the action in order to get a good strike
- Do not worry about aiming at a target, encourage them to practice getting as many good contacts in a row as possible and notice how the ball flies and how far it rolls when they do make good contact

Technical Link

- This activity will help the learner to understand how to get a good contact and how to adjust if they are not being successful straight away
- This activity will help the learner to understand the flight of a good pitch shot when struck well

Control Distance



Equipment Needed

- 12 cones
- Golf balls

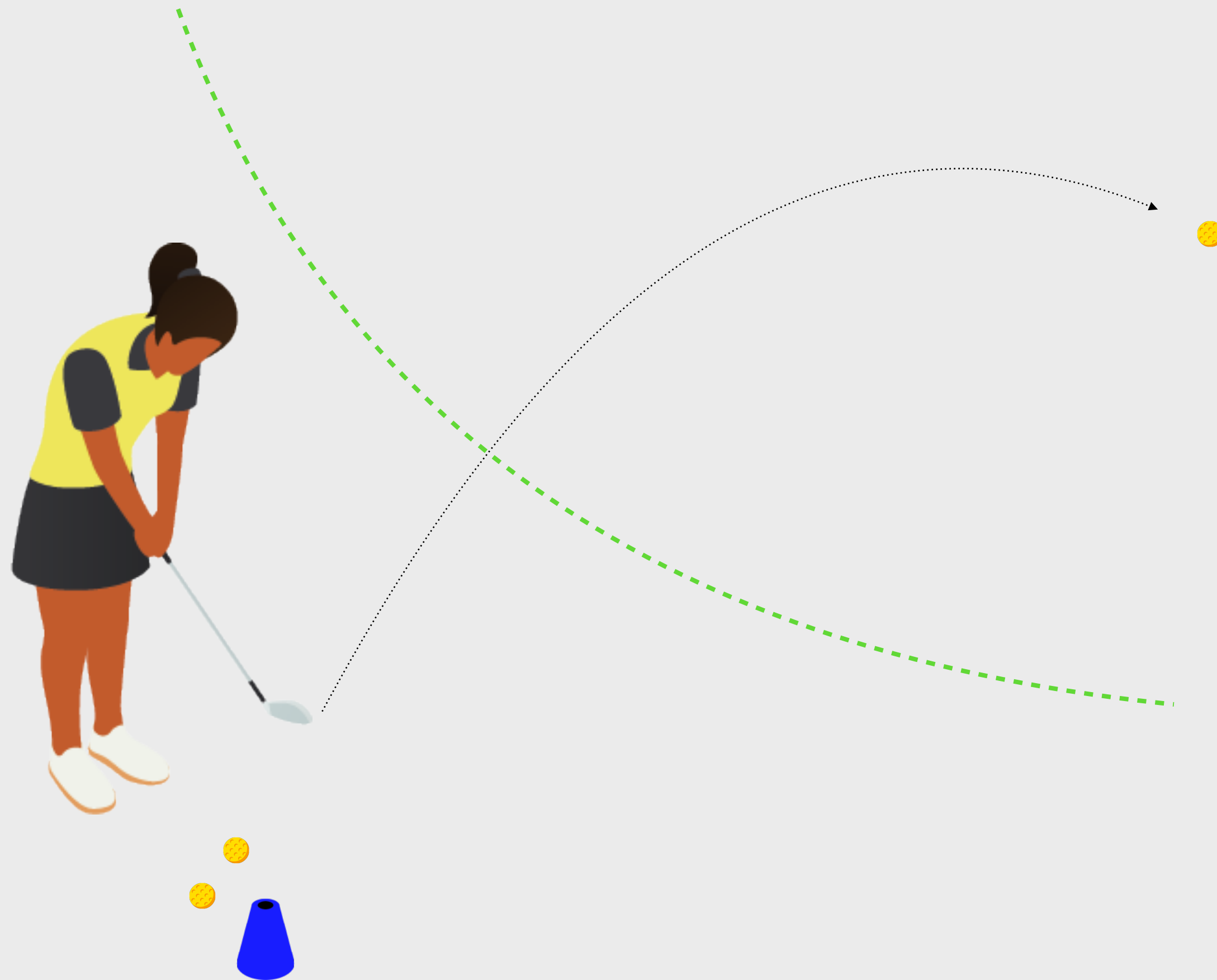
How to Practice

- Set this activity up with 3 different sized boxes at 10 yards, 20 yards and 30 yards from the learner
- The learner should practice pitching the ball different distances using the same club, by varying the length and speed of the swing
- The aim is to get the ball to land in the relevant box that they are aiming for

Technical Link

- This activity will help the learner to understand how to control the distance of a shot based on the length and speed of the stroke
- This activity will help the learner to gain some consistency around the green by becoming more confident using a longer wing for short shots

Ball Position



Equipment Needed

- Pitching Wedge or Sand Wedge
- 3 Golf balls

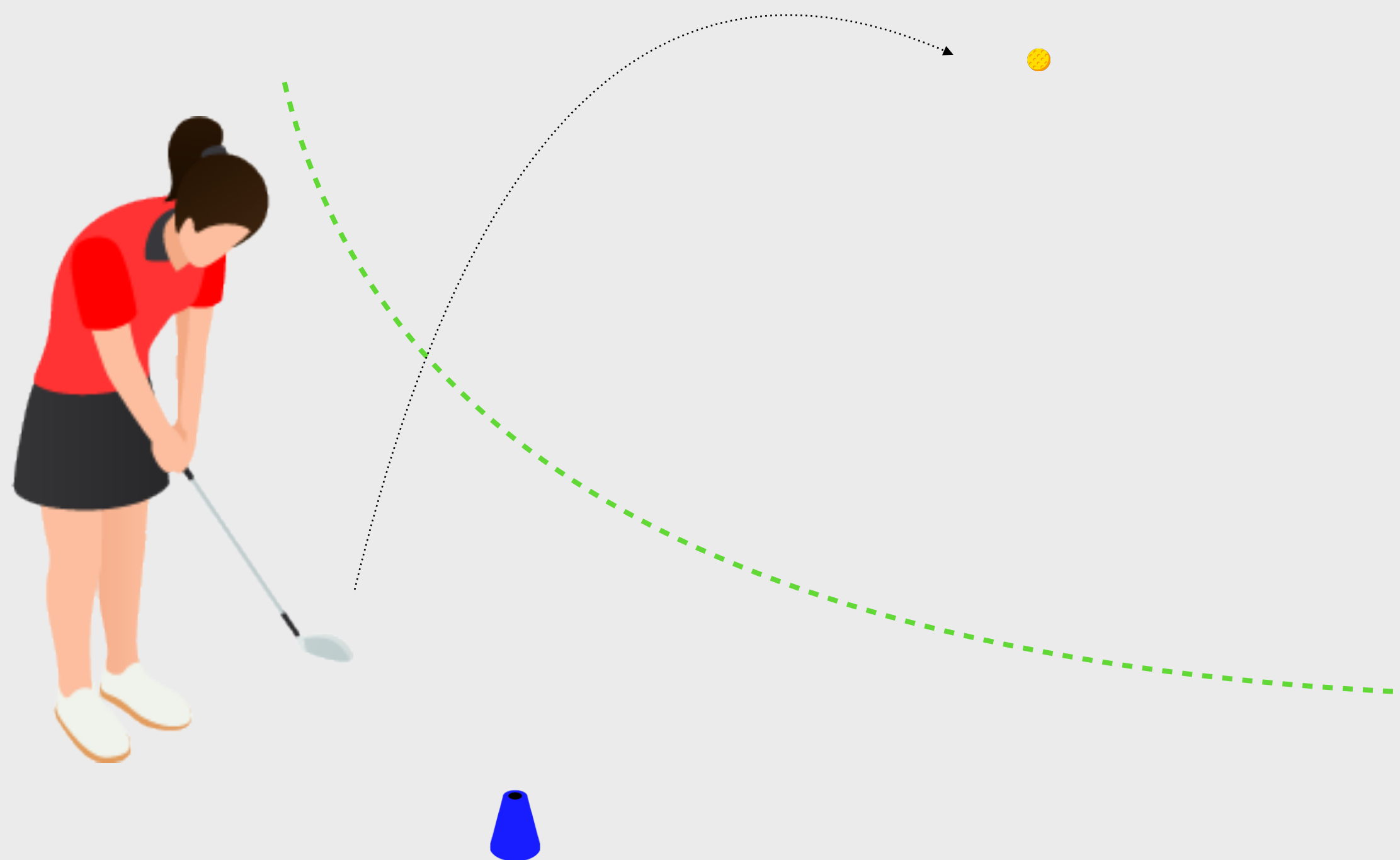
How to Practice

- The learner should attempt to hit the same chip shot three times, but use a different ball position each time
- The learner should play one ball from the center of their stance, one an inch or two forward of center and one an inch or two behind

Technical Link

- This activity will help learners build an awareness of the different ball positions and the impact on strike, flight and roll

Sternum



Equipment Needed

- Alignment Stick
- Golf balls

How to Practice

- Learners should use an alignment stick or their golf club to discover whether their sternum is positioned at address
- Hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether the learner is set up with their sternum before, level with, or in front of the ball

Technical Link

- This activity will help the learner to understand their position at set up and how, when the sternum is positioned behind the ball, they will be more likely to strike the ground first

Entry Point



Equipment Needed

- Sand Wedge
- Golf balls

How to Practice

- The learner should draw a line in the sand, and then attempt to strike the line in order to practice getting the entry point consistent
- The learner should hit two or three practice swings, hitting the line each time, and then place a ball just an inch ahead of the line and repeat their swing in order to hit the ball out of the sand

Technical Link

- This activity will help learners build an awareness of where their club is entering the sand

Depth of Sand



Equipment Needed

- Sand Wedge
- Golf balls

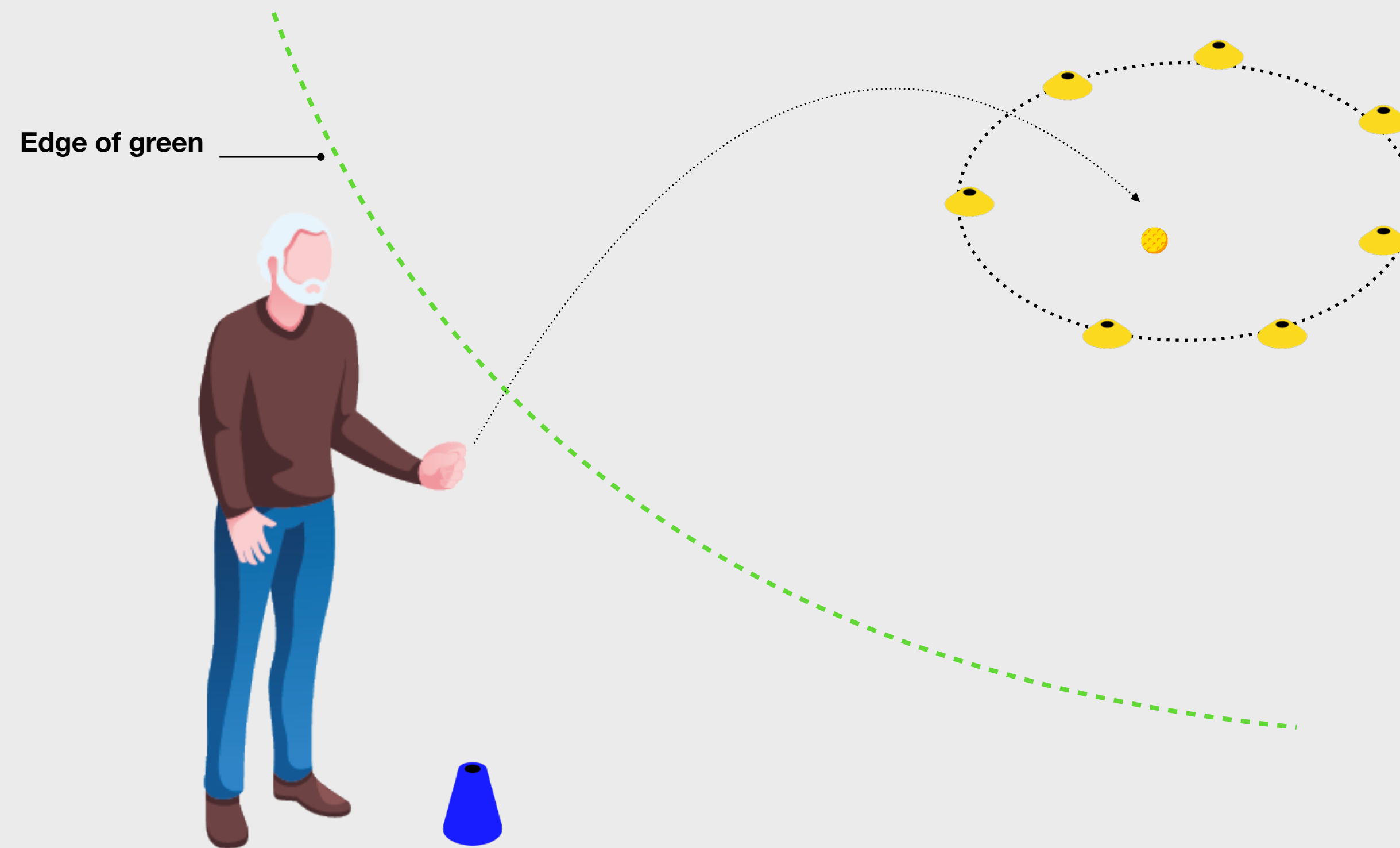
How to Practice

- Learners should deliberately hit shallow and deep divots to enable them to start to build an awareness of how this effects the flight of the ball
- Once a learner has hit a shallow divot, followed by a deep divot they should be able to decide which is more effective at hitting the ball out of the bunker

Technical Link

- This activity will help the learner to understand depth of divot and the effect on ball flight

Land and Roll



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

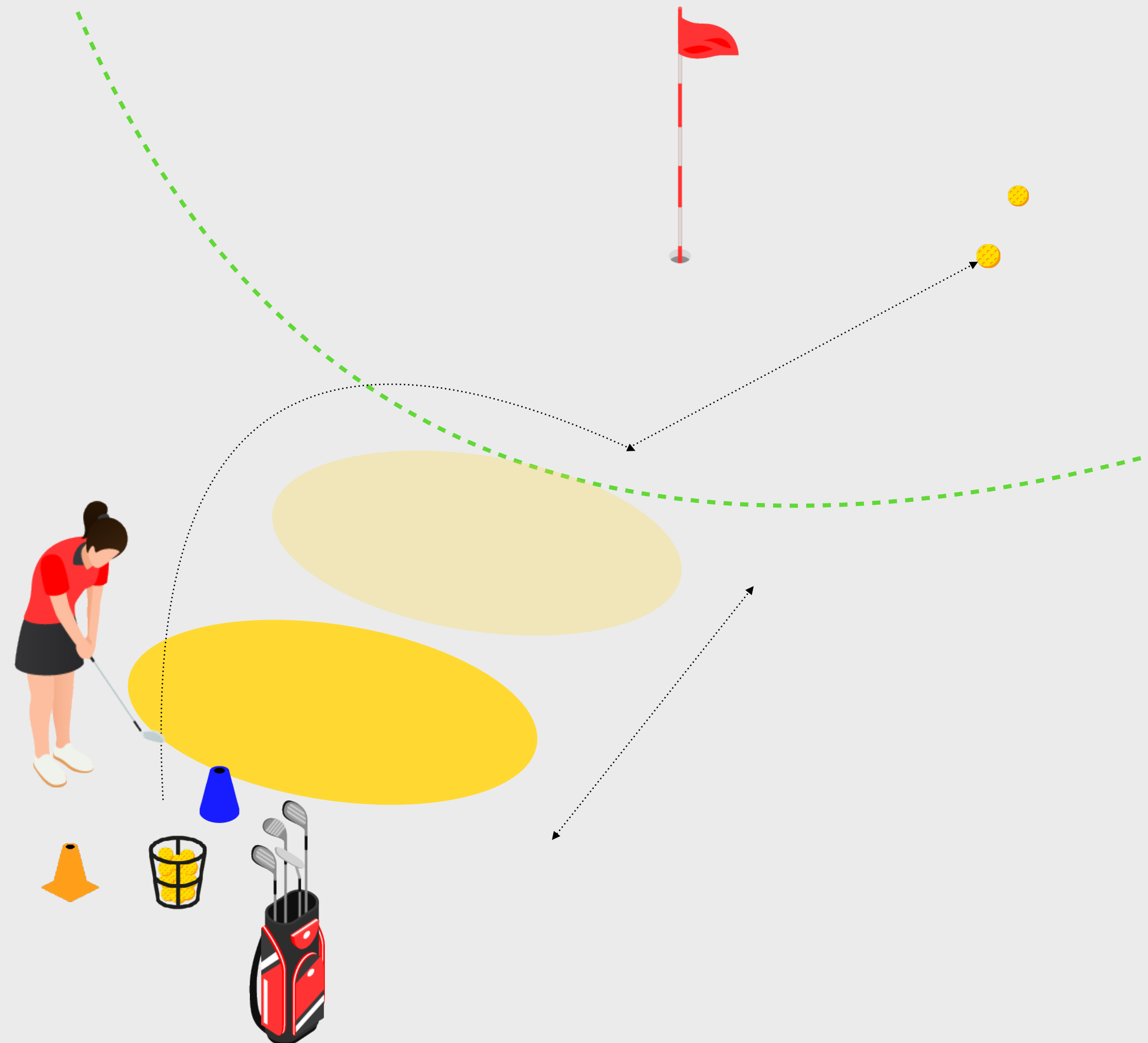
How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in
- Learner should stand sideways on and using right or left hand throw the ball into the air trying to land the ball in the circle
- Maintain the same speed of arm action and try and develop some consistent landing. To see how the trajectory affects the amount of roll throw the ball higher or lower
- Once the learner has achieved the ideal flight and roll by throwing the ball they should try to replicate the flight using a golf club

Technical Link

- This activity is designed to help the learner to understand about length of arm action versus where the ball lands
- It is used to mimic the action of chipping and controlling the trajectory of the flight and where the ball lands
- It will also show the learner that varying trajectory will increase or decrease the roll

Up and Over



Equipment Needed

- Cones for safety
- Pitching Wedge or Sand Wedge
- Golf balls

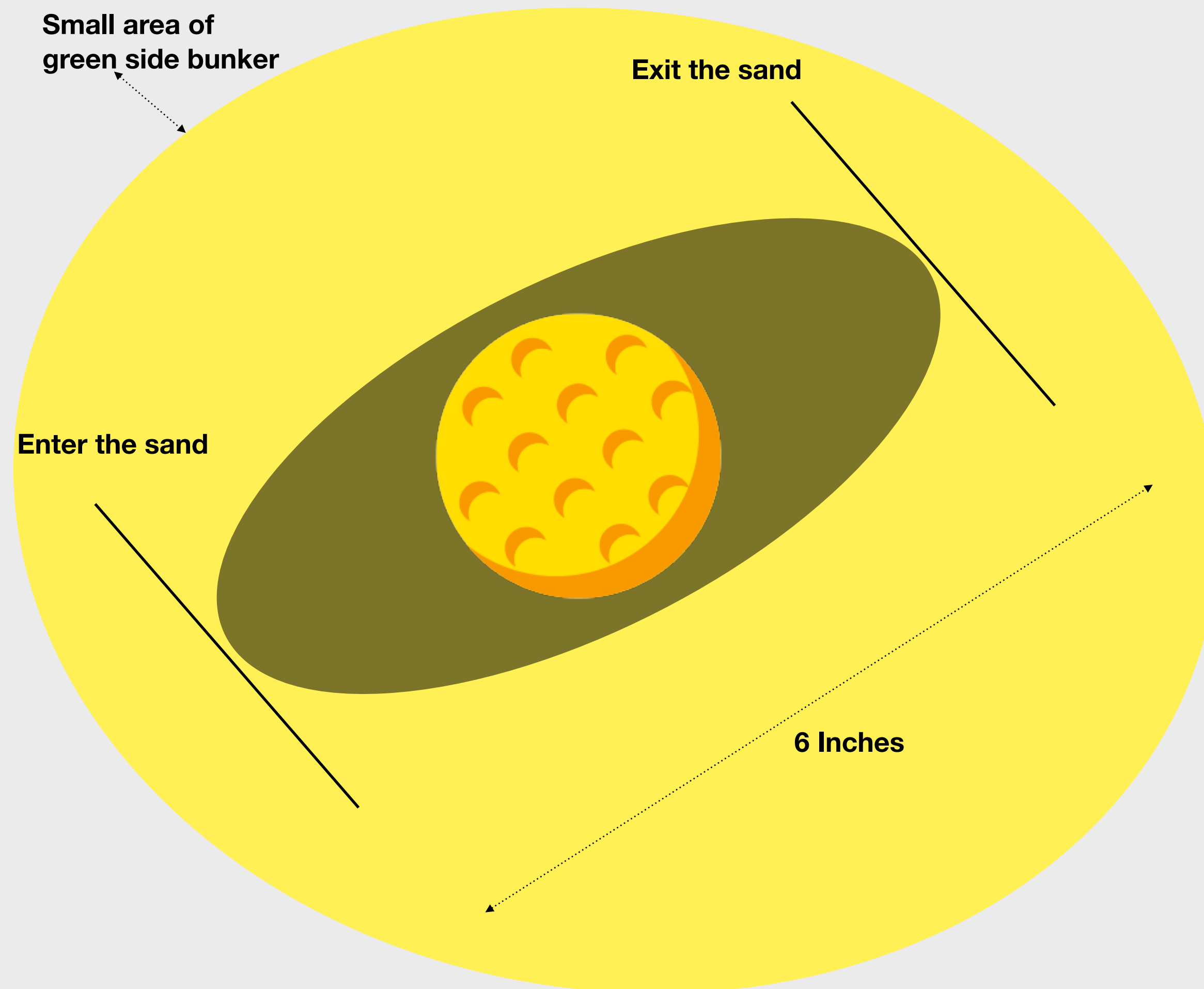
How to Practice

- Position the learner in front of a hazard. For example a bunker or a small water hazard. Allow the learner to experiment with different clubs
- Encourage the learner to walk up to the flag and look back at the shot. This will give them an understanding of the depth of shot and how much green they have to work with
- Move the learner into another position where they have less green to work with and get them to adjust the club selection.

Technical Link

- This activity will demonstrate to the learner how a change of loft will affect the roll and spin on the golf ball
- This activity will also demonstrate the importance of walking around the shot to better understand the depth and space the learner has to play with

Making a Splash



Equipment Needed

- Bunker
- Sand Wedge
- Golf balls

How to Practice

- In the bunker get the learner to mark out the circle around the golf ball approximately 6 inches across
- When the learner is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark
- This will encourage the learner to splash the sand under the golf ball and have the desired contact

Technical Link

- This activity will encourage the learner to splash the sand under the golf ball and have the desired contact
- Encourage the learner to try PW to get a lower flight, less spin and more roll

How's your lie?



Equipment Needed

- Varying grass length
- Green side medium to deep rough, fairway and green fringe
- Golf balls
- Cones for safety

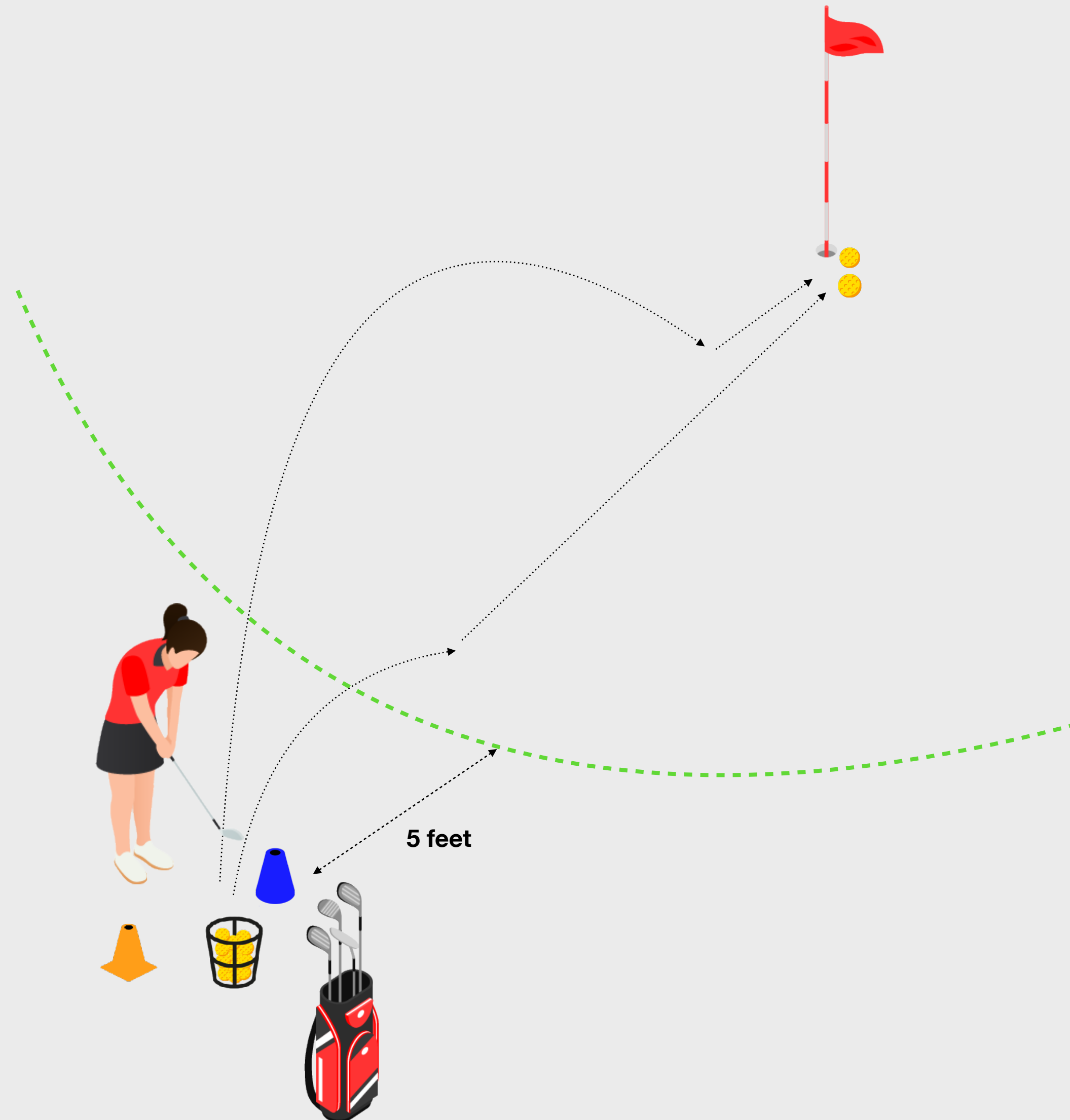
How to Practice

- Position several balls around a green and drop them randomly in different lies
- Allow the learner to move around the green experiencing the effect the different lies have on the golf shot
- Encourage the learner to try different clubs and see what effect that has on the shot

Technical Link

- Explain to the learner how changing the attack angle of the downswing can improve contact in longer grass
- Demonstrate this on fairway and fringe grass and see the effect that a change in attack angle can have on contact and overall shot

High or low?



Equipment Needed

- Cones for safety
- 8 Irons and Sand Wedge
- Golf balls

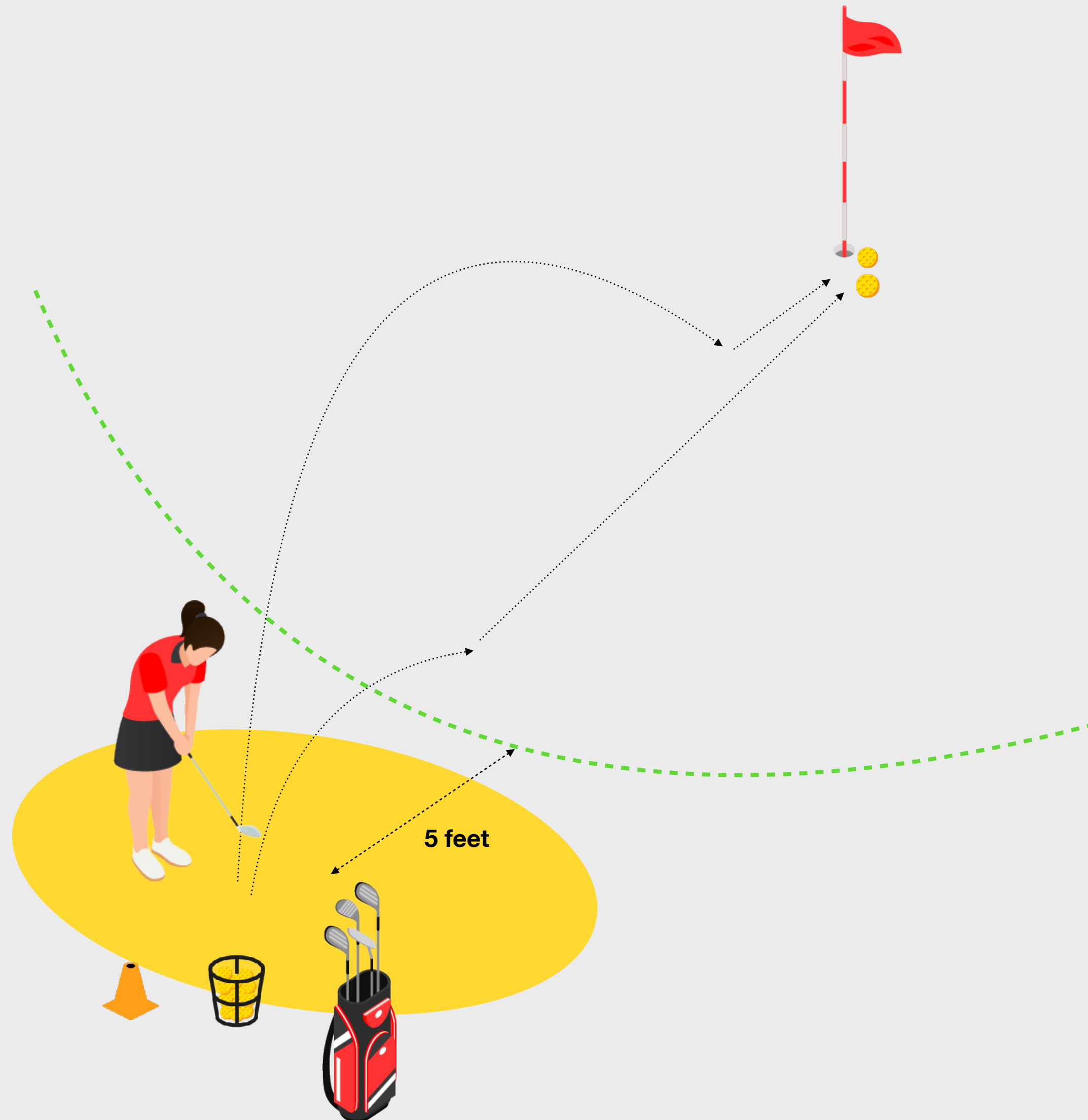
How to Practice

- Position the learner on the edge of the chipping green.
- Pick a shot 5 ft from the edge of the green with lots of green to work with.
- Demonstrate to the learner two different ways to play the shot.
- Shot one will be with a SW with a longer swing with the ball spending 80% of its time in the air 20% of its time rolling.
- Shot two will be played with an 8 iron with a shorter swing with the ball spending 20% of its time in the air 80% of its time rolling.

Technical Link

- Outline to the learners the benefits of both shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot

High or low... Bunker!



Equipment Needed

- Bunker
- PW and SW
- Golf balls

How to Practice

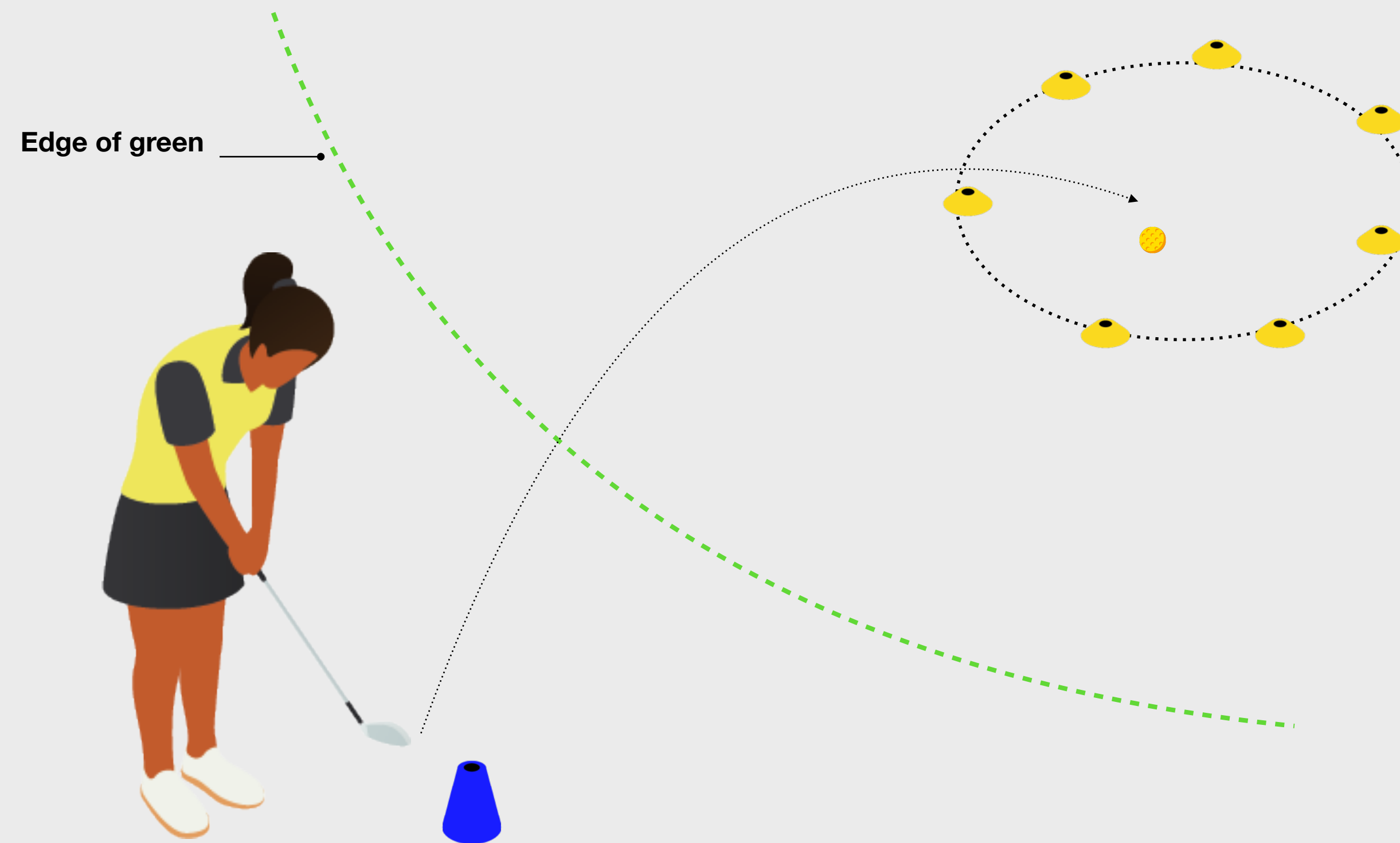
- Position the learner in a bunker on the edge of the chipping green
- Pick a shot on the edge of the green with lots of green to work with
- Demonstrate to the learner two different ways to play the bunker shot
- Shot 1 will be with a PW. Demonstrate how the ball will leave the bunker at a slightly lower trajectory with increased roll
- Shot 2 will be played with a SW. Show how the increased loft on the SW allows the ball to leave the bunker with increased trajectory and have less roll more spin

Technical Link

- Outline to the learners the benefits of both shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot

Invited

Landing Circle



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

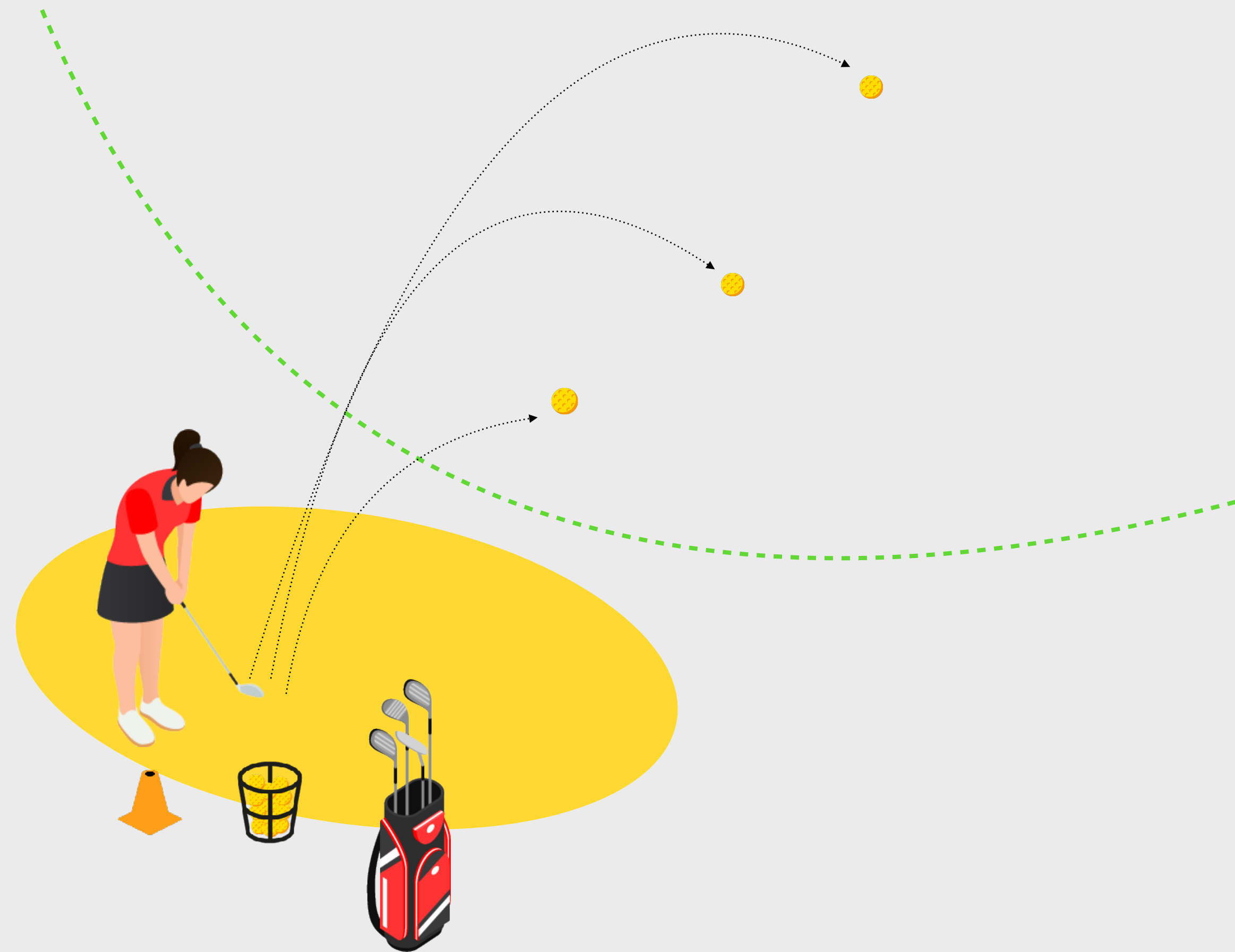
How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in.
- Using the correct set up, swing in a pendulum action and chip the ball and try and land in the circle.
- Adjust the length of back swing and follow through to adjust the distance the ball flies through the air.

Technical Link

- This activity will help the learner to get a feel for which length swing produces which length of shot.
- Encourage the learner to visualise the ball lifting into the air and landing in the circle.
- This activity is designed to focus the learner on where the ball is landing as opposed to where it will finish. If the correct landing spot is chosen the result will take care of itself.

Piggy in the Middle



Equipment Needed

- Bunker
- SW
- Golf balls

How to Practice

- Position the learner in a bunker on the edge of the green
- The learner requires 3 balls because they must attempt to hit the first ball short, the second ball long and then try to land the third ball in between the first two balls.
- As their feel improves they must try to get the balls as close as possible to one another.

Technical Link

- The learners should gain a real feel for distance control in this drill
- It also encourages consistent contact to be good at this game

Ball Position



Equipment Needed

- Sand Wedge
- Golf balls

How to Practice

- Ask the students to hit balls from a green side bunker
- Students should vary the ball position at set up from centre of their stance and move towards the front foot
- Allow the students to see how changing the ball position can affect the initial launch angle of the bunker shot

Technical Link

- This activity will help the students to understand how changing the ball position at address can affect the flight and height of the bunker shot

Alignment and Club Face

Equipment Needed

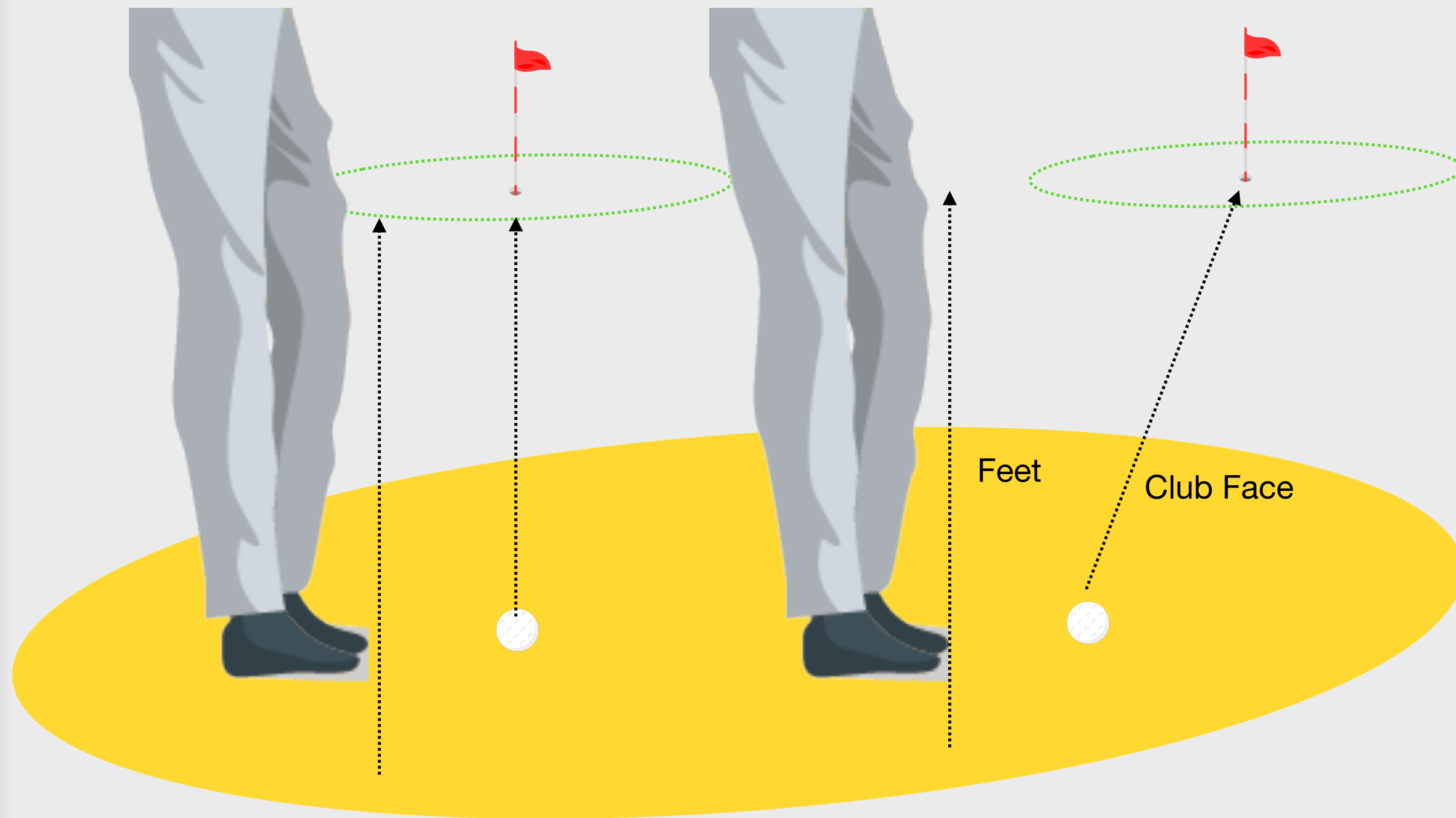
- Bunker
- SW or similar
- Golf balls

How to Practice

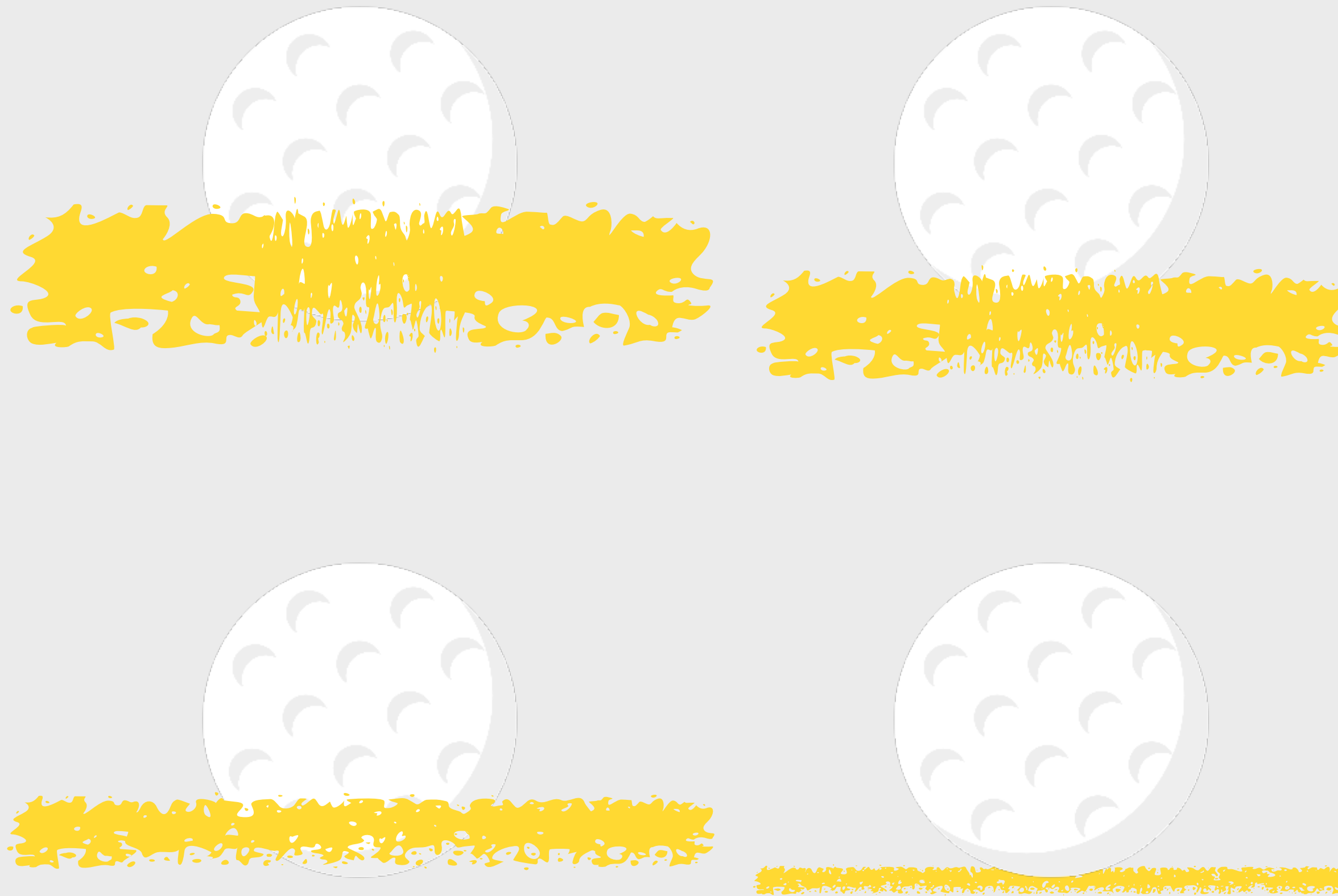
- Ask the students to vary their alignment in relation to the target line
- Explain to the students that opening up their stance and aiming their feet, hips and shoulders to the side of the target will change the club path
- Outline to the learners of the importance of maintaining the club face alignment to the target

Technical Link

- It is keen for the students to understand the relationship between alignment, club face and club path in a bunker shot



How's your Bunker Lie?



Equipment Needed

- Varying sand length
- Green side bunker
- Golf balls
- Cones for safety

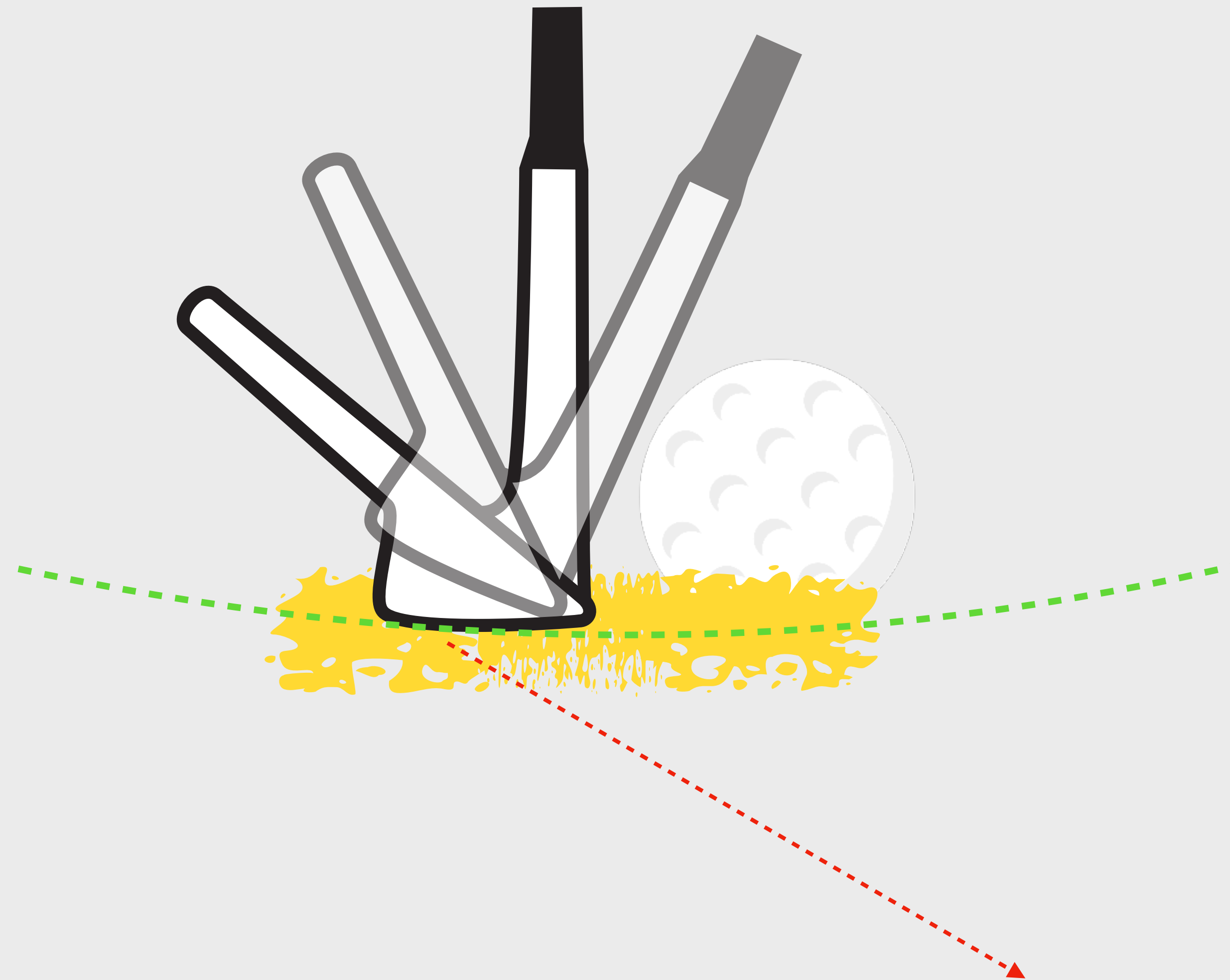
How to Practice

- Position several balls around a bunker and drop them randomly in different lies
- Allow the student to move around the green experiencing the effect the different lies have on the golf shot
- Encourage the student to try different clubs and see what effect that has on the shot

Technical Link

- Explain to the student how changing the attack angle of the downswing can improve contact in deeper sand
- Demonstrate this on fairway and fringe grass and see the effect that a change in attack angle can have on contact and overall shot

Slide or Dig



Equipment Needed

- Cones for safety
- Pitching Wedge or Sand Wedge
- Golf balls

How to Practice

- This exercise is about getting the student to understand the correct depth of sand required on a bunker shot
- The student should be introduced to the leading edge and sole of the club
- The student should experiment with the leading edge travelling steeply down into the sand and the sole of the club skimming the top of the sand
- Encourage the student to listen to the change in sand and the amount of sand taken from the bunker
- Encourage the student to learn to use the sole of the club and shallow amount of sand is preferred

Technical Link

- This activity will demonstrate to the student how they can present the club effectively into the sand
- This activity will demonstrate to the student how using loft of the club and the sole can be effective in bunker play

It's all About That BOUNCE!



Equipment Needed

- Bunker
- Golf Balls
- Selection of wedges, lofts and bounce

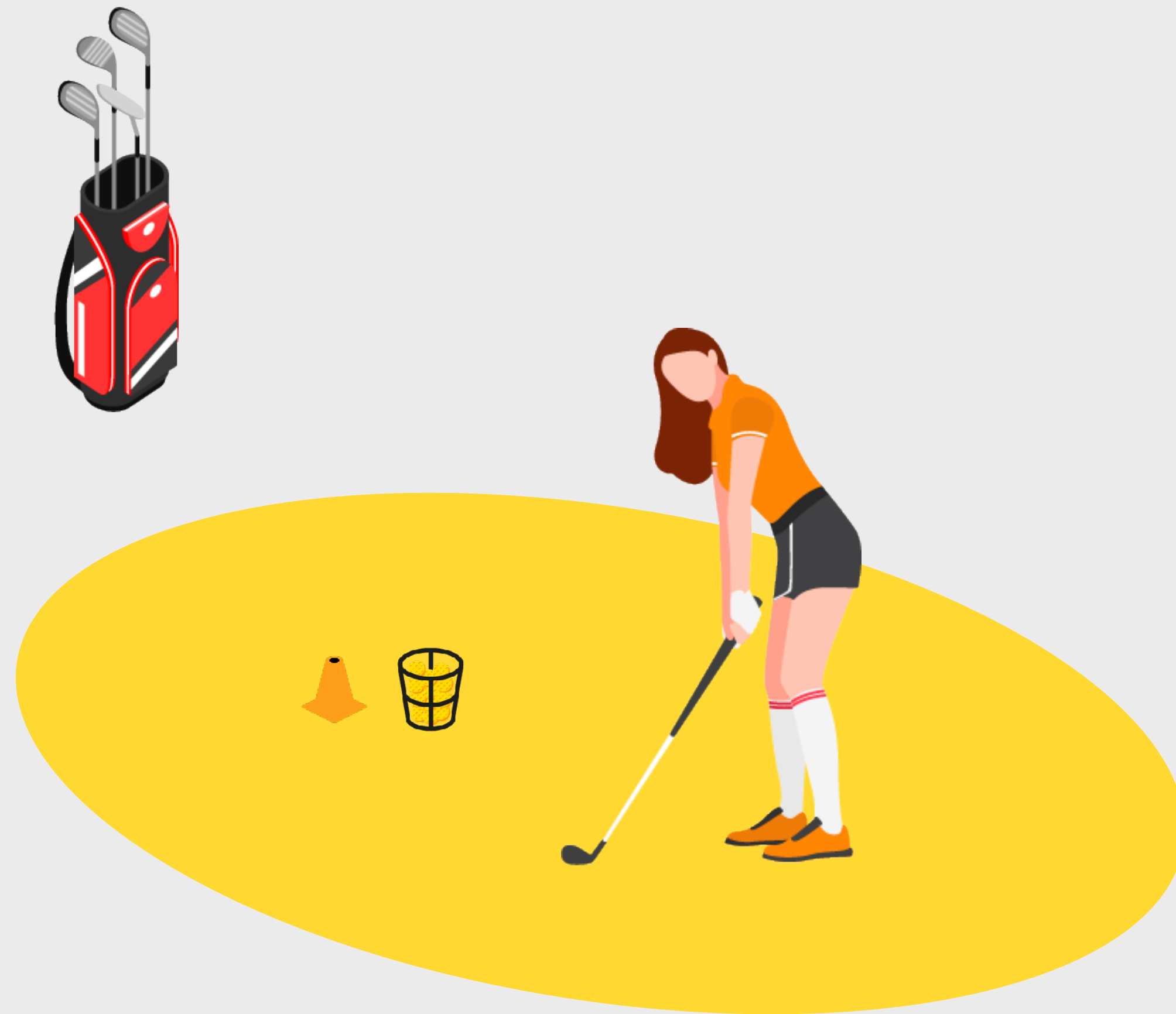
How to Practice

- Provide the student with a selection of different wedges with various bounce and aim to improve launch and contact
- Allow the student to try different wedge in order to improve connection and spin
- The student should experiment with the leading edge travelling steeply down into the sand and the sole of the club skimming the top of the sand
- Encourage the student to list to the change in sand and the amount of sand taken from the bunker
- Encourage the student to learn to use the sole of the club and shallow amount of sand is preferred

Technical Link

- Show the students the impact that different equipment can have on the contact of the golf ball and ultimately the performance of the bunker shot

Lofty Ambitions



Equipment Needed

- Bunker
- Golf Balls
- Selection of wedges, lofts and bounce

How to Practice

- Provide the student with a selection of different lofted wedges and aim to improve launch and contact
- Allow the student to try different wedge in order to improve connection and spin

Technical Link

- Show the students the impact that different equipment can have on the spin rate of the golf ball and ultimately the carry and distance of a driver shot

Short Game Game Stations



Invited

Crossbar Challenge

Equipment Needed

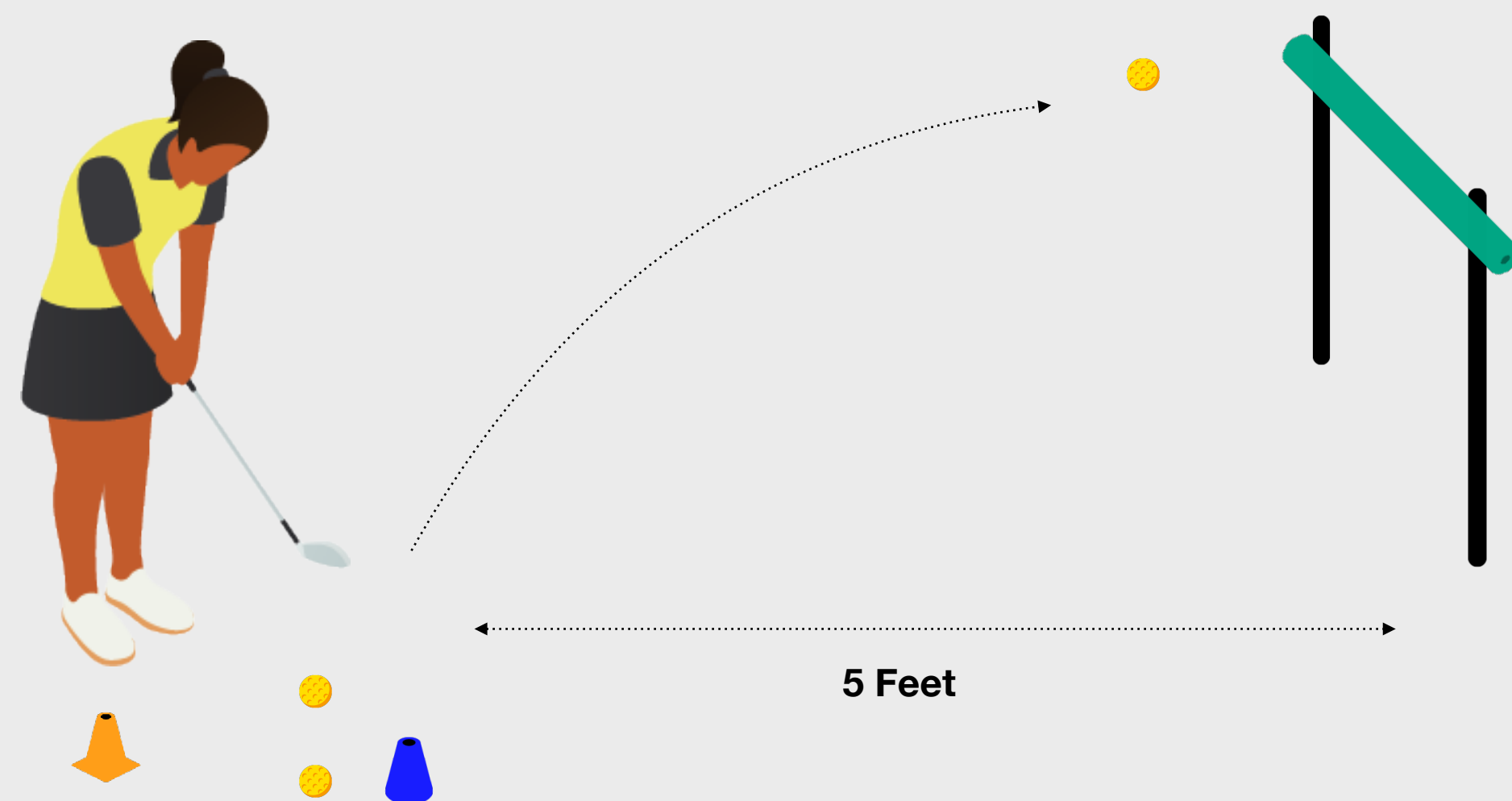
- Alignment sticks and a noodle to create the crossbar
- Golf balls

How to Play

- Place the crossbar just five feet ahead of the learner
- The aim is to pitch the ball over the crossbar from this close proximity
- The learner receives 5 attempts to pitch the ball over the noodle
- If unsuccessful they can move a foot further away, if they are successful they can move a foot closer, and they then attempt the challenge again

Progression Ideas

- Vary the height of the noodle
- Vary the distance from the starting position and the crossbar



Landing Zones

Equipment Needed

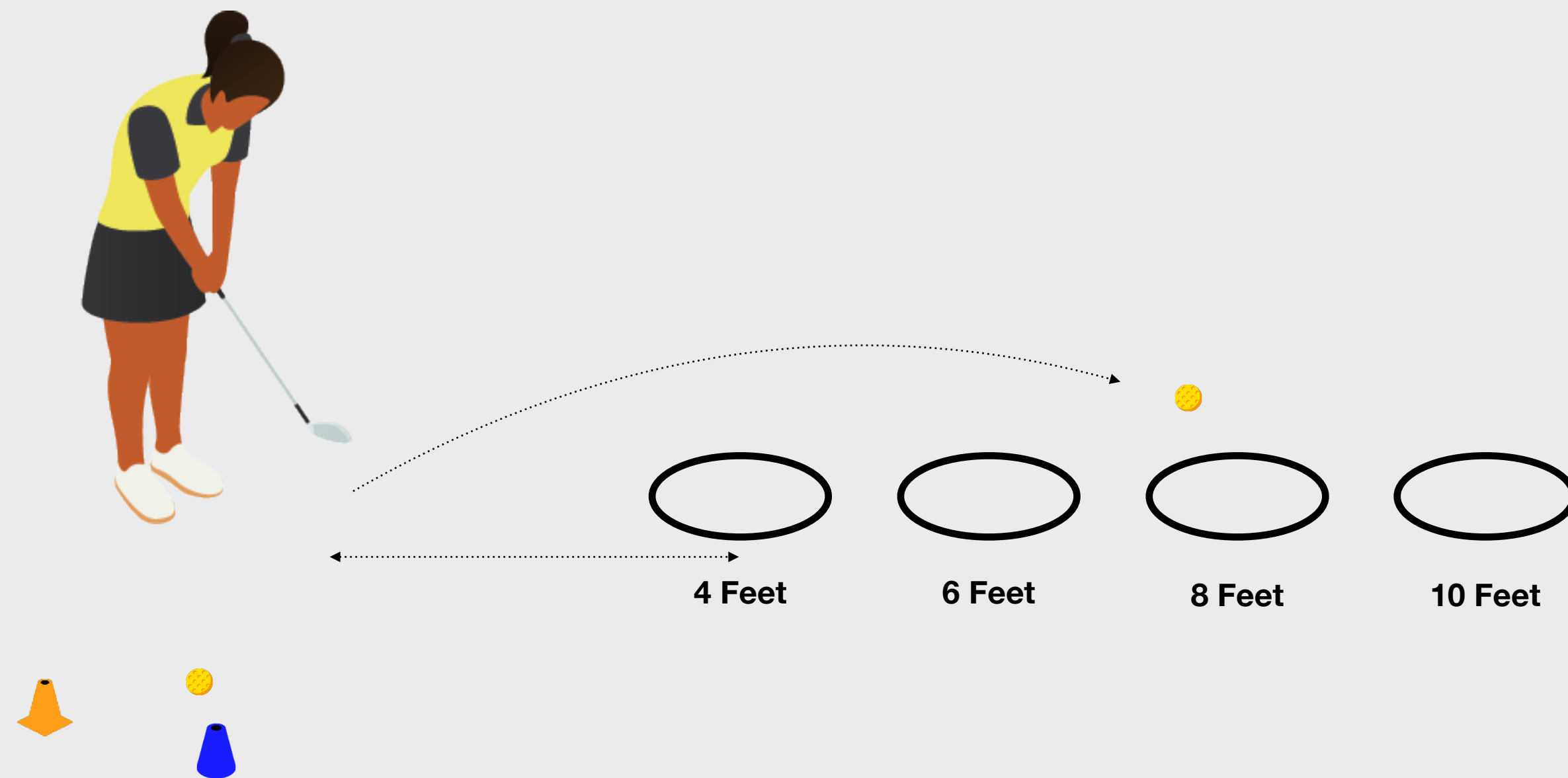
- Hoops
- Golf balls

How to Play

- Place the hoops on the ground from 4 to 10 feet
- The aim is to chip the ball to land in the first hoop, and then each consecutive hoop thereafter
- The learner counts how many shots it takes to chip the ball to land in each hoop

Progression Ideas

- Provide a limit on the number of attempts to complete the challenge
- Extend the challenge by adding more hoops, or asking learners to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again



Hurdles

Equipment Needed

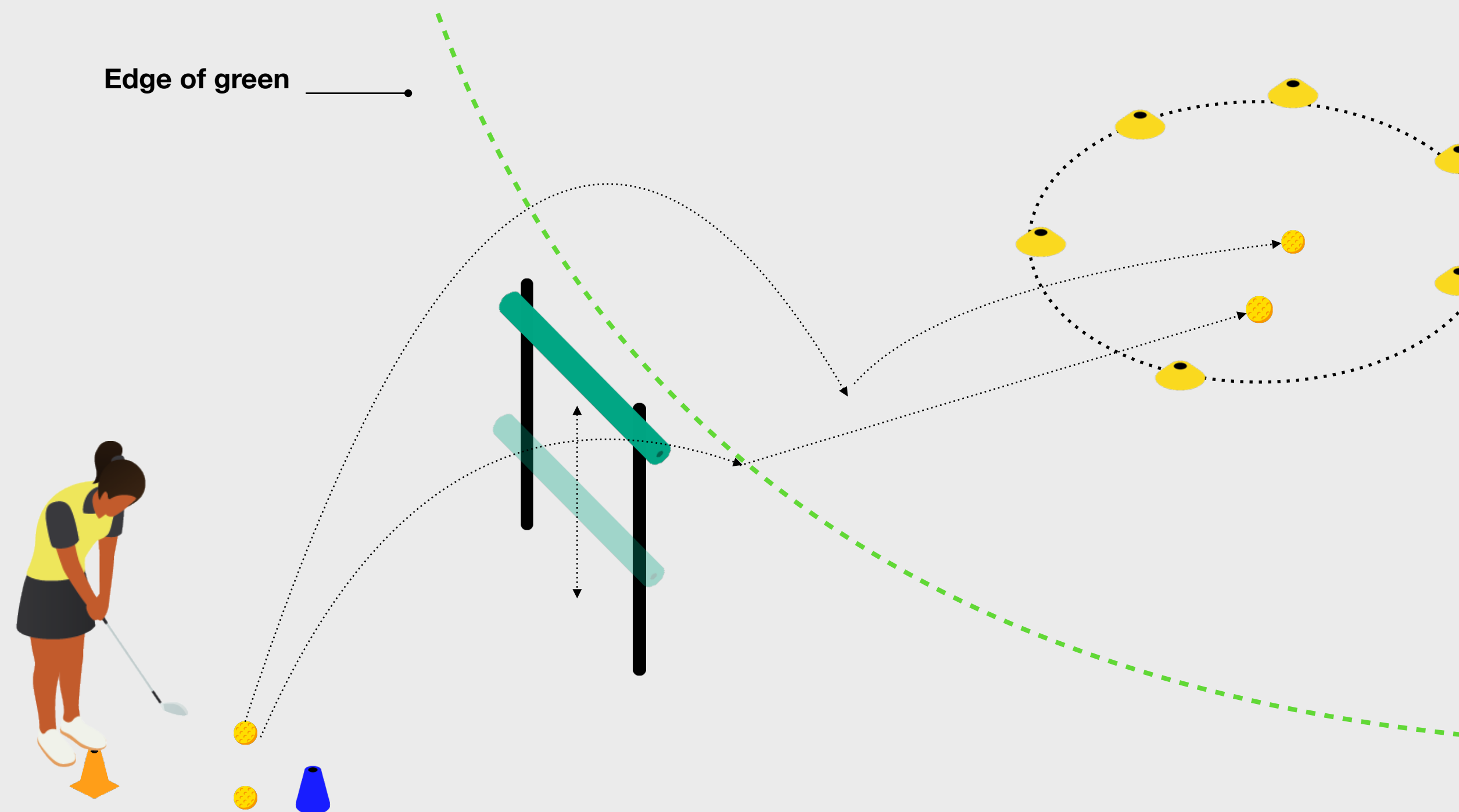
- Alignment sticks and a noodle to create the hurdles
- Golf balls
- 7 Cones to create target

How to Play

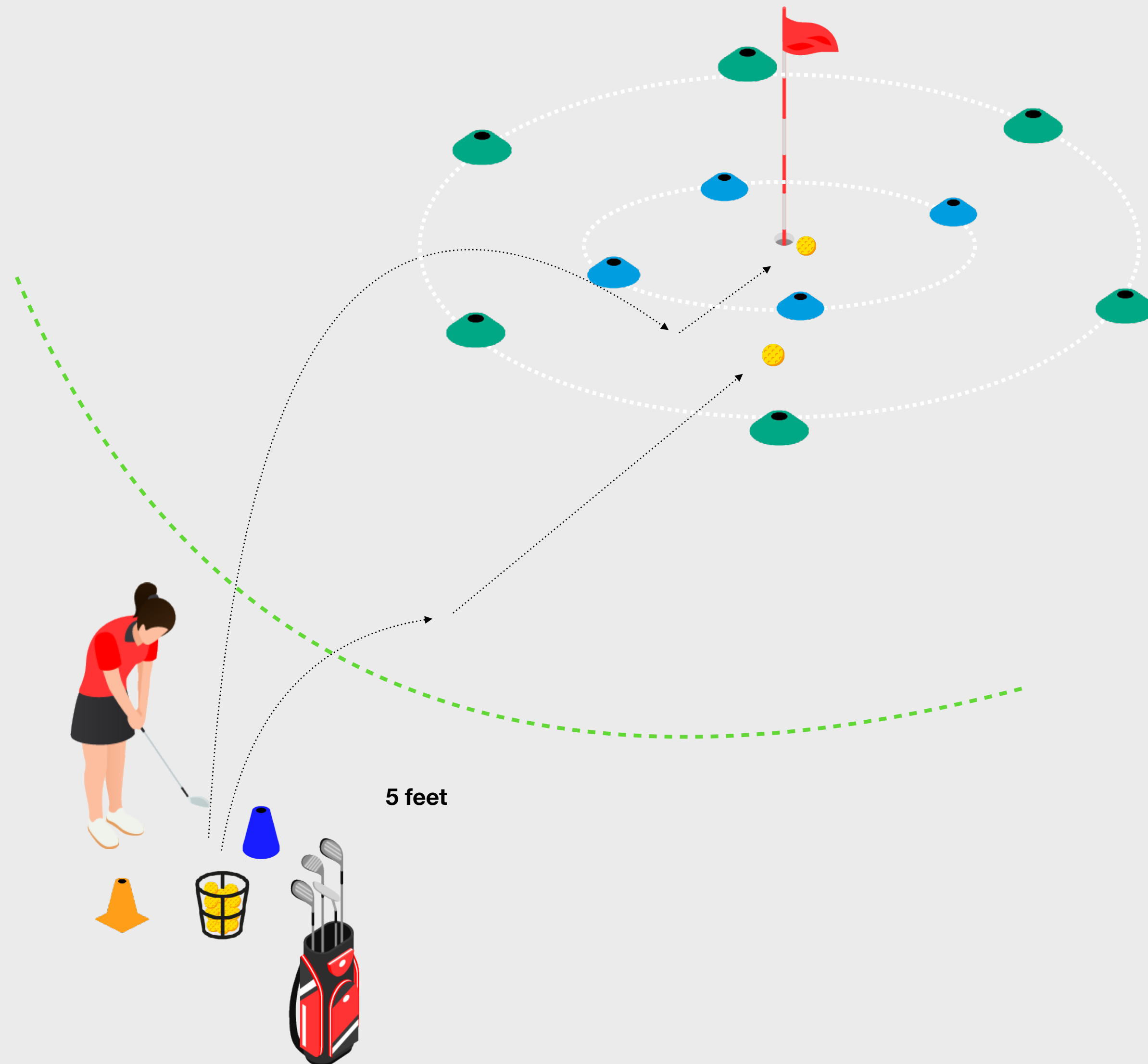
- Place the hurdles 5 feet ahead of the learner
- Aim is to chip the ball over the crossbar and land in the appropriate place for the ball roll into the circle
- The learner receives 10 attempts to chip the ball over the hurdle with 2 different clubs over 2 different hurdle heights
- 5 shots with a 8 iron with 30% through the air and 70% rolling
- 5 shots with a SW with 70% through the air and 30% rolling

Progression Ideas

- Vary the height of the noodle
- Vary the position of the target circle



Bullseye



Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cone to create 2 circles (5ft & 10ft)

How to play

- Challenge the learner to hit 10 shots from the edge of the green. 5 shots should be hit with a 8 iron and 5 shots to be hit with a SW
- If the learner gets the ball in the inner circle they score 10 points
- If the learner gets the ball in the outer circle they score 5 points

Technical Link

- Explain to the learner how changing the club effects the result
- Ask the learner which shot is the most effective and score the most points over 10 shots

Single, Double, Triple



Equipment Needed

- Sand Wedge
- Cones
- Golf balls

How to Play

- Players take it in turns to hit their shots, they can have either 1, 2 or 3 attempts each turn
- The learner receives 1 point if they hit the ball out of the bunker, 2 points if they hit the ball onto the green and 3 points if they hit the ball inside the 10 yard circle of cones
- If the learner chose to have just 1 attempt they get to triple the points scored, if they chose 2 attempts they double the points scored for that round
- The winner is the learner that scores the most points each round

Progression Ideas

- Increase the difficulty of the challenge by asking learners to choose how many attempts their opponent needs to take each round

Splashing Time!



Equipment Needed

- Sand Wedge or similar
- Golf balls
- Cones for target circle

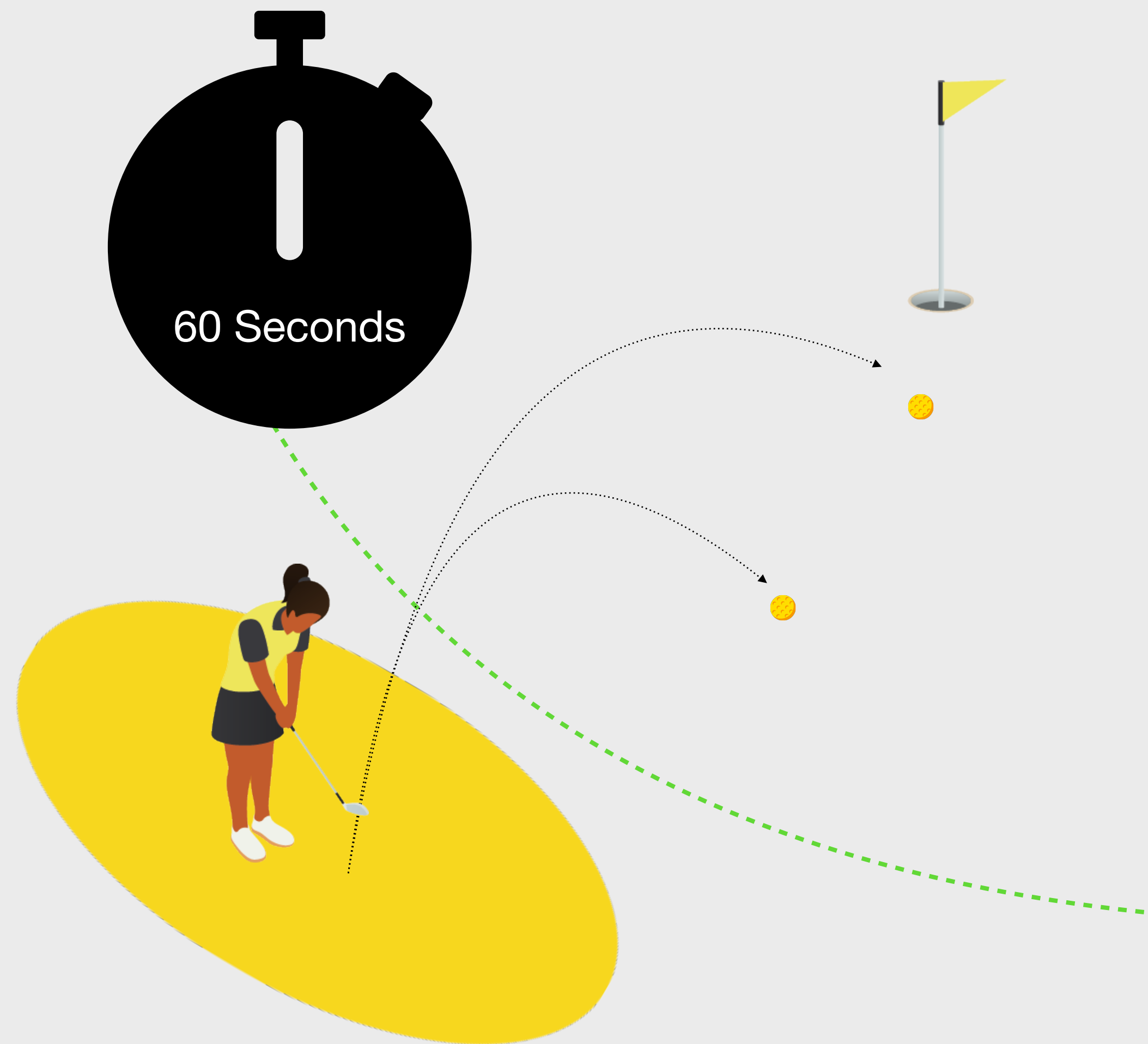
How to Play

- Ask the student to hit 10 shots from the bunker
- The aim is to show the importance of splashing sand out of the bunker making a good contact
- The challenge is to hit the ball onto the green or 10 feet target circle whilst splashing sand out of the bunker onto the green
- Points are awarded as follows:
 - Ball on the green - 1 point
 - Ball in target circle - 5 points
 - Ball on the green with sand splashed out - 6 point
 - Ball in target circle with sand splashed out - 10 points

Progression Ideas

- Move the target circle further away from the learner
- Make the target circle smaller in size

Gone in 60 Seconds



Equipment Needed

- Sand Wedge or similar
- Golf balls
- Timer or similar

How to Play

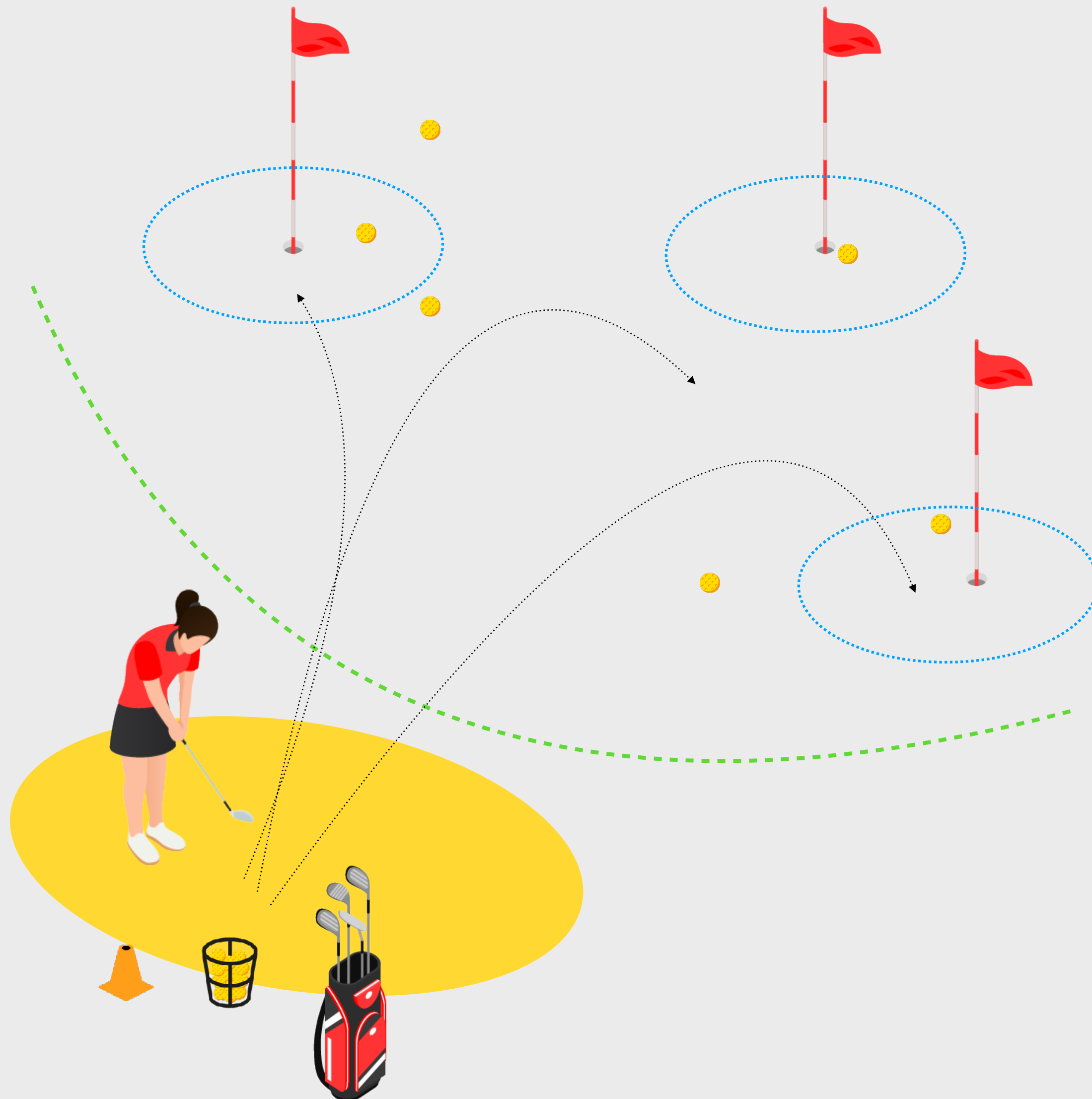
This game is designed for the students to play under pressure whilst creating a fun and competitive atmosphere

- Spread up to 30 balls around the bunker in good lies
- Start a timer for 60 seconds and ask the student to hit as many balls as possible out of the bunker onto the green
- Game can be played individually or against other members of the group
- The winner is the student of the most balls on the green after 60 seconds

Progression Ideas

- Reduce the amount of time allowed
- Place the golf balls in various quality of lies in the bunker

Aim, load and FIRE!



Equipment Needed

- Bunker
- SW or similar
- Golf balls
- Cones or hoops for target circle

How to Play

- Position students in a green side bunker. This game can be played individually, pairs or in groups
- Taking it in turns allow the students to hit shots to 3 targets on the green
- Ask students to call out left, right or middle and the students will need to hit to the corresponding target changing their aim when necessary
- If the student hits the ball onto the green they score 1 point
- If the student hits the ball into one of the target circles which has been called out a score 5 points
- Play 10 rounds and the student with the most points is the winner

Progression Ideas

- Make the target circles smaller and/or further away
- Add more target circles for complexity

Safe or Not Safe?



Equipment Needed

- Bunker
- SW or similar
- Water hazard or cones for hazard
- Golf balls

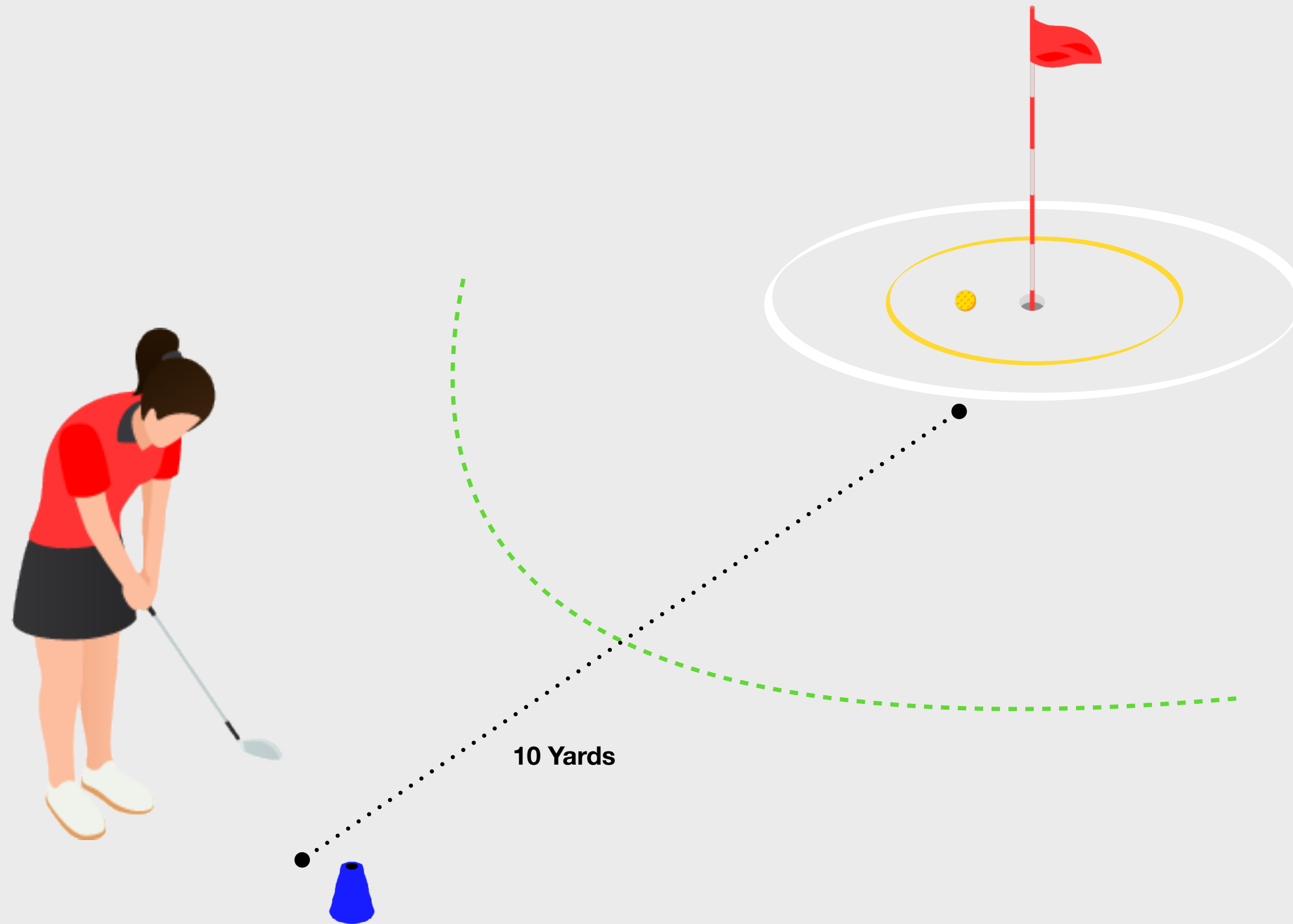
How to Play

- Set up several shot scenarios for the students around the green using target cones and/or flags
- Encourage to students to take on the shots and choose the correct route based on their ability
- Award points to the students based on the decisions they make and get them to putt out to a finish to access the decision they made
- This game can be played as a group, in pairs or individually

Progression Ideas

- Make the challenges harder for the students
- Set up a scorecard to mark scores, track progression and compare with other students

Closest to the Pin Challenge



Equipment Needed

- 6 foot ring
- 10 foot ring
- Golf balls

How to Play

- Play this fun game for the duration of this session
- The learners attempt to chip their ball towards the hole
- They have 10 attempts to chip the ball as close to the hole as possible
- Mark the closest position to the pin by using a tee or ball marker
- The winner is the learner that chips the ball closest at the end of the session

Progression Ideas

- Change the distance to the hole
- Vary the distance from the edge of the green
- Increase or decrease the number of shots
- Play on a sloped surface

Par 27



Equipment Needed

- Golf ball for each player
- Scorecard
- Pencil
- Cones for safety
- Putter and SW

How to Play

- Get the students to choose a starting point for 'Hole 1' in the bunker
- The student should drop their ball rather than placing but this should be tailored to each student
- Each player hits their shot and then proceeds to putt out the ball or if they leave the ball in the bunker continue until they get the ball out
- The score should be recorded on the scorecard
- Students should find a new starting positions for Hole 2 and continue to play up to 9 holes
- Reiterate to students that out in 1 and 2 putts is acceptable from green side bunker play depending on their scoring goals.

Progression Ideas

- Choose a variation of lies and situations in the bunker
- Nominate 3 'Easy', 3 'Medium' and 3 'Hard' shots in the bunker

Naughts and Crosses



Equipment Needed

- Golf ball for each player
- SW or PW
- Pile of Colored Cones for the Crosses
- Pile of Colored Cones in a second Color for the Naughts
- Cones for the Naughts and Crosses Grid

How to Play

- Get the student to choose a pile of colored cones therefore deciding whether they are 'Naughts or 'Crosses'
- Each player nominates a position in the bunker and a target to aim towards
- Both players hit their shots and the closest to the flag wins and gets to play a colored cone on the Naughts and Crosses grid

Progression Ideas

- Choose a variation of lies and situations in the bunker
- Choose a variation of targets