



Four Ways to Enhance Your Range Practice



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I've been around golf for a long time and I tell you **nothing beats hitting a real golf ball**. However, **to get better at golf you need to do other things than just hit a golf balls.**

The best golfers know how to focus on the right things and in the right order. What I mean is they focus on the things that create the ball flight rather than just watching ball flight and then try to react to each shot.

So, what are the right things?

Focusing on what creates the ball flight.
Which are your body and the club movements.

And, what is the right order?

Pre-Swing
Back-Swing
Downswing
Finish

Sounds pretty simple, right? Then why are so many golfers trying to fix something in their motion when one of their fundamentals is out of whack? To be honest, golf is not as complicated as we make it if we have things working in the proper order/sequence.

Everyone knows you should focus on fundamentals. However, when I ask this questions in my lessons very few answer correctly what the fundamentals are. So take a second... what are the fundamentals in golf?

Don't skip ahead.... go ahead, guess three things...

Better
Body
Awareness
Leads
to
Better Play!



DO YOU FOCUS ON YOUR GOLF GPA?

The answer is

Grip, Posture, and Alignment

(you can always remember the acronym GPA)

The better your "Golf GPA" fundamentals,
the better golfer you are.

Why?

- Because your **POSTURE** dictates how you will be able to move.
- Your **GRIP** determines how well you will be able to hinge your wrists,
- Your **ALIGNMENT** determines if you can just swing down your target line or if you will have to make a compensation.

Now that we have knocked out the things that you should already know to some extent. ***How do you enhance your range practice?*** There are four ways listed on the next page. They are sure to make your practice more beneficial. But please make sure to work on your fundamental in conjunction with these other practice habits to really improve your play.



1) Practice in front of your mirror a lot! When we set up to hit a golf ball, all we can see is the golf ball, the clubhead, and our feet. Once we start moving, we can't see ourselves. You should practice in front of a mirror because you won't let yourself get in an awkward or contorted position. You will see what looks balanced and comfortable and from what position it looks like you have the best chance for center contact.

2) Touch your golf clubs every day even if you can't get to the driving range. Keep an extra club in your living room or office and make sure you take 10-50 swings a day. This will help keep your tempo and feels. And make sure to make at least 15 swings a day from your non-dominant side. This may feel weird at first, however it will help your coordination and will also keep you from getting muscle imbalance.

3) Work on Your Balance! Again, this seems obvious. Better players swing in balance. And they work on their balance. To improve your balance, make it a habit to stand on one foot each day. Even if you can only do it for a few seconds. Build yourself up to where you can stand on one foot for at least one minute (make sure to do this on one leg.) The best time to do this is when you are waiting on the microwave or a cup of coffee. Another reason they swing in balance is that they are in tune with their body and club throughout the swing – the tip below will help you improve that skill.

4) Swing with your eyes closed – When you swing with your eyes closed your other senses are heightened. This will help you get a better sense of what your body and club are doing through the swing. Try this on the range but make sure to try this with a ball that is teed up a smidge. And only try this with a pitching wedge or 9-iron. Many people will be too nervous to try this because they will fear they will hit the ground. This is a legitimate fear because the majority of golfers on the planet are hitting behind the golf ball unless they are a low single digit handicap player.

Ways to Enhance your Range Practice



So, if you are too fearful to build your body and club awareness by practicing with your eyes closed, how are you going to do it?

The answer: **Remove ball flight while focusing on contact.**

(Remember: The ball flight is created by what the body and club are doing.)

Sounds crazy, how will I learn anything if there is no ball flight?

And if there is no ball flight how will there be contact?

Simple, use the Impact Improver.

The Impact Improver is a shield that fits on top of one of your irons and allows you to swing at a provided ball that sticks to the shield. **This way you get to focus on your body/club feels and contact without being distracted by ball flight.** You will be surprised at how much sensory information you will get from your body and the club when you practice with the Impact Improver.

Since you will be using it indoors, I challenge you to swing at different speeds and see if you can still hit the ball in the center of the face. This will work on your body control and sequencing. This will also help your half wedge shots because you need to learn to move your body at different rates of speed to create different distance shots.

All of the suggestions mentioned above can easily be done at home. Take advantage of enhancing your range practice with those very actionable items. **Good luck and Happy Hitting! – Here's to Practice that Sticks!**

Focus on Feels!



**WISHING YOU
SOLID STRIKES!**

&

**GOOD LUCK WITH
YOUR GAME!**

To find more tips from Tiffany go to FightingGolf.com

