



LENGTH & TEMPO (INTERMEDIATE)

Skill Development

Start with length of swing. Using a 7 iron try 3 different length of swings. The first swing should be $\frac{1}{2}$, second should be $\frac{3}{4}$ and the last a full swing. After 15 minutes on length repeat this process using a full swing except now we want to alter the power of each shot. You will try to hit one shot at 50% power, one shot at 75% power and one shot at 100% power.

After doing 15 minutes on length and 15 minutes on power, you must then begin to choose multiple targets on the range, and hit a 7 iron to each one using what you have just learned from the previous experiment. These distances should be a wide range from 50 yards up to your full 7 iron distance and even slightly more. The idea is to create a deep understanding of how you control distances in different ways.

Once you have done this with a 7 iron you can attempt it with various clubs in the bag.

No Score - Experimental