



# DISTANCE BLOCKS

## Performance

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This game is a great way to get your distances dialed in and test them to identify accuracy and plan course management strategy. To complete this drill you will need to have a launch monitor.

To begin simply select the distance you wish to test / practice. For simplicity let's use 100 yards as an example. We will hit 10 shots in total at a target that is 100 yards away, after each shot we will measure the distance long or short of the hole, and the distance right or left of the hole. These will combine to give us a score for each shot, and a total score for all 10 shots.

An example of this would be if I hit my 100 yard shot 101 yards (1 yard longer than my target), and it finishes 5 yards right of my target then my total score for that shot is 6.

Complete this for a number of distances and track any progressions / regressions that you may have. You can also take note of any patterns that you may see in terms of dispersion which can later help you manage shot choices better on the golf course.

	DISTANCE LONG / SHORT	DISTANCE RIGHT / LEFT	TOTAL
SHOT 1	+1	5R	6
SHOT 2			
SHOT 3			
SHOT 4			
SHOT 5			
SHOT 6			
SHOT 7			
SHOT 8			
SHOT 9			
SHOT 10			
TOTAL			