



LENGTH & TEMPO (INTERMEDIATE)

Skill Development

The purpose of this drill is to help you understand how your tempo can influence your ability to control the club face. To complete this game you will need 3 clubs (9 iron, 7 iron and driver), a launch monitor or a piece of paper and a pen, and finally a bucket of balls and some clear targets to use. Let's start this drill with a 9 iron to go through the process and then we can repeat the relevant steps with the other clubs.

If you are using a launch monitor such as a Trackman you should be able to simply tag each percentage and each club that we use and compare the data at the end. However if you do not have a launch monitor we will simply draw a circle with a crosshairs similar to the below. We will use this map to chart the results of each percentage swing. We will test 4 percentages with each club, they will be 60%, 70%, 80% and 90%.

To begin we will hit 10-15 9 iron shots to a target using our 60% swing. After each shot we will chart its distance and its orientation relative to the target. Once you have completed this simply switch to 70% and begin noting each position on a new chart. When you have completed all four percentages compare the results and see what percentage is the most successful. Your decision on this should be based on a number of things such as accuracy, consistency and distance.

Complete this process with all four clubs and use this to inform your decisions when playing the course. You will find that certain percentages produce better results than others.