



SCALES Performance

You will start this drill by making a 3-sided box a little bigger than 1m on each side using either alignment sticks or clubs.

Start the game at the edge of the green using 3 balls. The goal is simply to put one of the 3 balls into the box. If you do so successfully simply move back two steps and repeat the process.

Every time you miss you will move 1 step closer to the green. Set yourself a time limit (Approx. 30 minutes) and see how far away from the edge of the green you can get

Your score will be the total distance that you have moved away from your starting spot