



STAY UNTIL (LEVEL 1)

Performance

The goal of this drill is to develop your distance control..... And your patience!
Set up the 6 distances below using a launch monitor. Hit the shot within 10 yards of the designated distance and move on. If you are outside of outside of 10 yards then repeat until you achieve this successfully. Count the number of shots it takes you to complete each distance. Limit each distance to a maximum of 10 shots.

<u>DISTANCE</u>	<u>SHOTS</u>	<u>DISTANCE</u>	<u>SHOTS</u>
50 yards		110 yards	
75 yards		125 yards	
100 yards		150 yards	