



STAY UNTIL (LEVEL 3)

Performance

The goal of this drill is to develop your distance control..... And your patience!
Set up the 14 distances below using a launch monitor. Hit the shot within 3 yards of the designated distance and move on. If you are outside of outside of 3 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 5 shots.

<u>DISTANCE</u>	<u>SHOTS</u>	<u>DISTANCE</u>	<u>SHOTS</u>
55 yards		165 yards	
89 yards		181 yards	
123 yards		122 yards	
71 yards		144 yards	
95 yards		150 yards	
60 yards		71 yards	
135 yards		105 yards	