



# THE LADDER DRILL (PRESSURE)

## Performance

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Start by choosing a short range pitch shot that has at least 15 yards of green to work with. There is no flag required for this game.

Using alignment sticks or clubs create 6/7 zones approximately 1 – 2 steps in length between each one. This will create a “Ladder” effect to how they are positioned relative to the bunker.

You will have 3 balls available for each zone. Starting at zone 1 (Or step 1) if you successfully land 1 of 3 balls in that zone you progress to the next zone. If at any point you fail to land a ball successfully into the zone then you move back one zone.

You can make this drill harder in 3 ways:

Make the Zones smaller

Use only 2 balls instead of 3 balls

Complete all of the zones in a brown without missing

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Repeat this process until you finish the ladder. Set a maximum time to complete this task by in order to add pressure.