

Coach's Clipboard

By Christian Hawkins

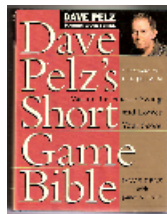
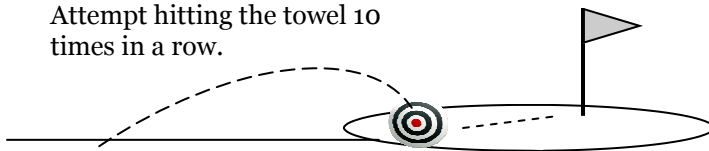
www.golfcoachfc.com

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Wedge Drills

Target practice (10-30 yds)

Place a towel on the green.
Attempt hitting the towel 10
times in a row.



Dave Pelz determined that 60% of our golf shots are within 100 yards of the hole. Since most players use a wedge from within 100 yards, that makes the wedge most used and most valuable club in the bag. I think that would also tells us to dedicated most of our practice time on wedge shots.

This drill will teach you the discipline of making a target suitable for the ball to roll-out to the hole. When you are on the course, you will do the same thing - make a visual target on the green and then shoot for that target.

Try with your pitching, sand and lob wedges. Determine which wedge is more reliable at what distances. Write those distances down in your notebook.

Remember that good wedge players have shorter putts.

Nutrition

Let's say that your buddy calls you at your office at 9:30 in the morning and convinces you to play golf. He already has a tee time (at Mountain Vista Greens, of course) for 12:10. You think about how much fun that would be and say yes. But then reality crashes the party and reminds you of all the work that you will need to do before you leave the office today. You willing get after the tasks like a madman and at 11:40 you are in the car on the way to the course.



You are ready for the tee time, but now realize that you better grab something for lunch from Matt at the pro shop. But what should you get? You want to play at your best and know that your fuel is important. The beer sounds really good, but alcohol and good golf don't mix.

Some good and fast choices:
bar. Grab a bottle of
choice if you have time



My favorite is an apple and some nuts and an energy Gatorade or water. A bean and cheese burrito is a good to microwave it.



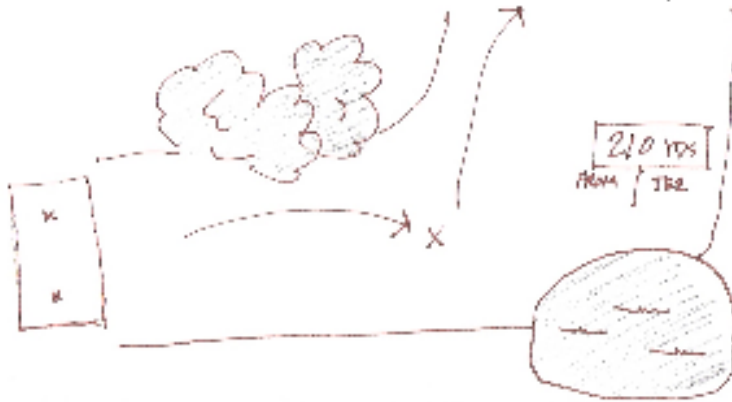
PowerBar image from www.powerBar.com. Other images from www.walgreens.com



Tee Box Strategy

This is your 8th hole of the day. It is a beautiful dog-leg to the left, a pond at the bend of the dog-leg. Trees guarding any shot that might cut the corner.

The only problem - and yes, it is a big problem, is that you haven't anything straight off of the tee box all day. Your high big-curvy slice is *baaacckk*. What are you going to do??



Instead of the macho-man attempt a 210 straight down the middle drive, let's use the head as the first tool. Because if you attempt that shot, you know that you will get to invoke Rule 27 and maybe Rule 26.

Have you noticed that golf architects tend to put trouble right where your ball usually lands? How about if we trick that guy but using a club that will play short of the trouble? Instead of the driver attempting 210 yards, try the 5 or 7 metal for about 170 yards. Your wicked slice will not even up enough steam to be a problem and you could end up in the best position of the entire group. They will be envious of your intellect. You will even have time to help them dig their ball out of the pond. Be gentle in your reminder that they have incurred a 1 stroke penalty and that it is their turn because they are furthest from the hole.

Visit my teaching pages for more information about Rule 26 & 27 as well as proper set-up for wedge play.

The weather is calling us to the course. I would love to help you get a few things squared away in preparation for a great spring of golf.

Call me or email with any questions about technique or even the rules.

Wishing you the fairway,

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