



The BIG BOOK of Golf Drills



How to Use This Guide

Congratulations on purchasing the Big Book of Golf Drills!

This book is designed to use as a reference guide. We do not recommend printing this out as it has over 100 pages of content.

We recommend using the table of contents to identify the issue you most need to work on. This could be anything from fixing a slice to working on your putting skills to learning how to make a better transition in your swing.

Simply go to those drills that deal with that particular issue and print out *only those pages* or bring them up on your smart phone or ipad.

Since your golf game is always changing, you may use a few drills one week to address an issue and use a different set in another month or two.

If you have a tough day on the course, then pull out a simple drill and work it out on the driving range that afternoon or early the next morning.

Each drill is placed in categorized by either its phase of the swing or as it relates to a swing fault. Sometimes it is in

both areas so it is easy to find regardless of where you look.

We look forward to hearing of your progress and using our drills to become the best player you can be.

If you have any suggestions as to how to make this resource more valuable to you, feel free to send us an email and let us know.

Our goal is to make this as user friendly as possible so you can get more enjoyment out of the game while working to get better.

Enjoy your golf drills!

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INSTRUCTIONS

- Balls are placed in a circle around the hole.
- You can alter their distance from 2 to 8 feet.
- Move in a counter clockwise direction as you adjust your alignment for each.



INSTRUCTIONS

- Eliminate the use of the small muscles (hands & elbows) from your putting stroke.
- Make putts isolating each arm to begin learning how to really use the larger muscles (upper back, shoulders).
- Place your left hand behind your back and putt with your right arm only.



INSTRUCTIONS

- Place an extra club on the ground with its end pointing to the breaking point of the hole.
- Helps with alignment and direction



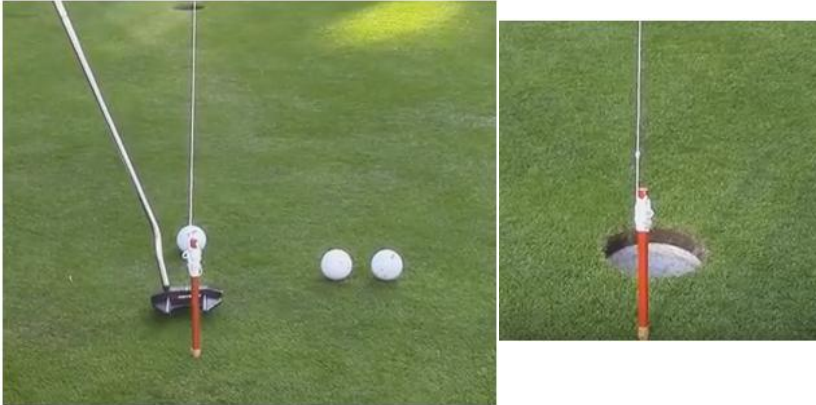
INSTRUCTIONS

- Place one foot up behind you and keep it lifted while putting.
- Forces you to stabilize your body while producing movement.



INSTRUCTIONS

- Place 4 tees on the ground slightly more than putter width
- The tees should give structure and outline the path to the hole.
- Practice hitting putts through the tees for guidance



INSTRUCTIONS

- Place string around the ends of two pencils
- Place the pointed ends in the ground
- Set the opposite string above the hole so you can see the line
- Line up some putts using the string to help you with the line and roll of the ball
- Practice at 8 feet, 10 feet, etc.



INSTRUCTIONS

- The best way to transfer your practice sessions to the course is to simulate real life situations.
- Place 4 balls surrounding the hole from various distances
- Place pressure on yourself by creating a scenario in your mind that you are putting for a birdie or par, etc.
- Practice every putt under pressure



INSTRUCTIONS

- This is a perfect drill to learn lag putting
- Set 3 balls in a row from 40 feet, 50 feet and 60 feet
- The goal is to hit 3 from each spot, then a final putt at 50 feet for a total of 10 putts
- There are only two variables in putting: how far back you take the putter and how much energy you exert moving the ball forward
- Try and keep the energy going forward the same every time so the only thing you need to adjust is the length of your backswing depending on how far away the ball is from the hole
- *This drill is a favorite of Phil Mickelson



INSTRUCTIONS

- Place 4 balls in a row about 20 feet from the green
- Take your time to set up properly and pay close attention to your swing and where the ball goes.
- For the second ball, close your eyes and try to remember the 'feel' of what you saw with the first ball
- For the third ball, open your eyes again and putt while paying attention to your stroke, distance, etc. Close your eyes again for the last ball.



INSTRUCTIONS

- Place a coin on the ground about a foot away from the ball
- Line up with the goal of passing the ball over the coin
- Once you have mastered the distance, then move the ball back a foot and continue
- Keep repeating this drill until you can make consecutive putts from various distances



INSTRUCTIONS

- Place golf balls in a criss cross pattern or a T around the green.
- Each ball will be placed about a foot apart
- Start with 3 balls from each direction
- Start with one set of balls as you work towards the green. Then move to the right for the next set of balls.



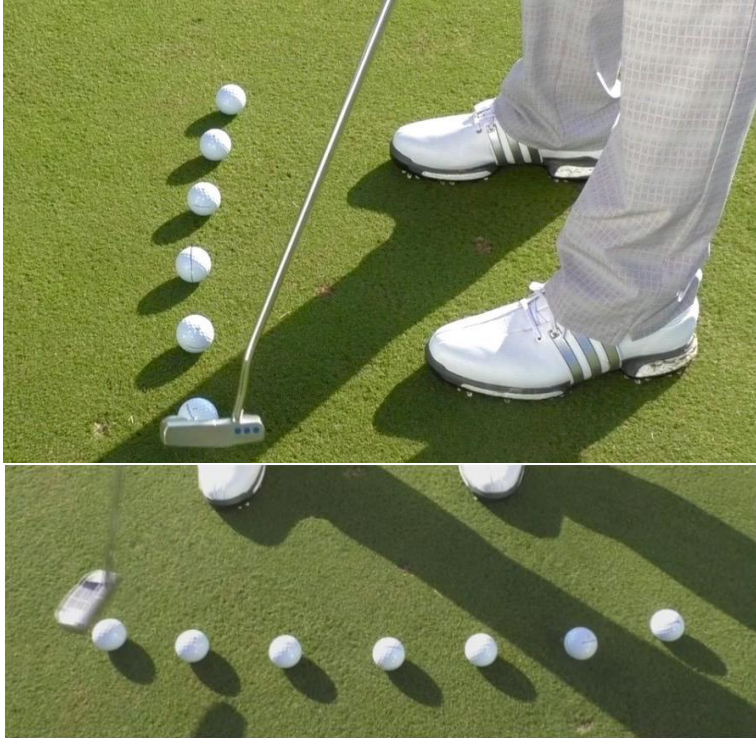
INSTRUCTIONS

- Set your putter on the ground, then place a tee at the toe of the putter and one at the heel
- Practice hitting through those tees without touching or hitting the tees
- If you hit the tees, then it is important feedback to let you know that you are not swinging back and through which is the hallmark of a good putting stroke.



INSTRUCTIONS

- Place two irons on the ground in alignment with the hole
- They should be placed slightly more than your putter width
- Practice putting the ball without touching the other clubs



INSTRUCTIONS

- Set up a handful of balls in an arc which mimics the actual putting stroke path
- Lift your putter above the balls and practice your back and through motion to get a better idea of the path



INSTRUCTIONS

- Place an alignment stick parallel to your target line on the right edge of the hole
- Practice making putts using the alignment stick
- This helps you follow the right arc as well as make sure your putter is square
- *A favorite of Jordan Spieth



INSTRUCTIONS

- To train your hands and wrists not to be too active with your chipping motion
- Place a club head cover between your arms.
- Create a V with your arms and practice swinging back and through



INSTRUCTIONS

- Think of using your chest and arms not your hands and wrists for the perfect pitch shot
- Use your right arm only to swing the club and think about keeping your arm connected to your torso



INSTRUCTIONS

- Grab a tee and break it in half
- Place one piece in front of the ball and one piece in back
- To create a shallow impact zone, you will clip both tees as you hit the ball
- Make sure you are letting your chest turn through to the target



INSTRUCTIONS

- Use a lob wedge (60 degree or similar)
- Begin with 8 balls
- Hit your first ball a few feet in front of you. The next shot should be a few feet in front of that and so on until all 8 balls have been hit.
- Each shot should get you in front of the last hole you hit and closer to the hole



INSTRUCTIONS

- Placed a couple of buckets out in the distance (try one at 50 yards, one at 60 yards)
- You can also place some towels or other objects for target practice
- The drill is to try and hit your target repeatedly from various distances



INSTRUCTIONS

- Place an alignment stick under your left arm between your chest and arm
- Take a normal grip and stance while checking to make sure the alignment stick and normal grip are along the same angle
- As you make your backswing, make sure the two sticks continue to be in alignment
- Both should be mimicking the position of the other

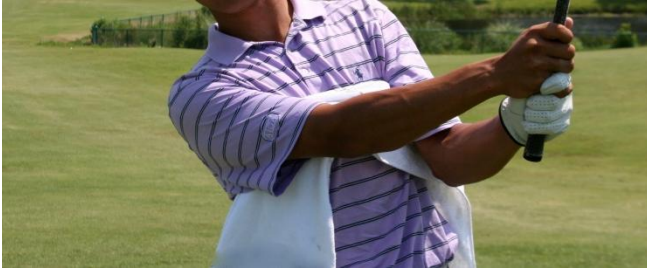


INSTRUCTIONS

- Attach an alignment stick to the end of your club
- Practice chipping and observe feedback
- If you are using too much wrists or flipping your hands, then end of the stick will hit you at your side
- If you have good technique, the stick will come close to your body, but won't hit your side

SHORT
GAME

TOWEL DRILL



INSTRUCTIONS

- Place a golf towel under your right arm.
- This drill will help the arms and body stay connected and work together throughout the swing.

SHORT
GAME

SPLASH OFF A BOARD



INSTRUCTIONS

- Splash off a Board
- This drill involves placing a board under about 1" of sand in the bunker to help you learn bunker technique.
- Make a smooth swing, feeling a shallow divot, and splash the sand off the board.



INSTRUCTIONS

- Practice some pitch shots with your left arm behind your back.
- The right arm swings will help you swing the wedge on plane and control the release with your right side moving through impact.



INSTRUCTIONS

- If you want to hit a crisp iron shot you need the body to work together.
- If you break your wrists too much, you will start 'scooping' the ball and lose that solid contact.
- Make sure you are hitting down on the ball and keeping the club low and towards the target. Let the loft of the club do the work for you. Many golfers try to scoop and lift the club to get it up into the air.
- Your right shoulder should be lower than your left at impact and keep your hands low.
- Place a penny on the ground and try and hit it with your irons.

DRIVE
DISTANCE

DOUBLE TAP



INSTRUCTIONS

- This drill helps with weight distribution.
- 80% of weight should be loaded on the right leg
- Perform your normal set up for a driver
- When you get to the top of your backswing, lift your left foot off the ground and do a 'tap-tap' to make sure your weight is on the right

DRIVE
DISTANCE

LAG POWER DRILL



INSTRUCTIONS

- You want to maintain the wrist hinge on the way down
- Use an iron because it is easier to navigate
- Take a $\frac{3}{4}$ swing and as you bring the club down, think about maintaining the L (shaft stays parallel to the ground)
- Flat left wrist. Right wrist is bent back.
- Stop at the above position and check your lag as it approaches impact. You can also use a mirror for this drill.

DRIVE
DISTANCE

BASEBALL DRILL



INSTRUCTIONS

- Using an iron, make a normal golf swing
- As you take the club to your backswing, lift your left foot off the ground. Think about how a baseball player performs his swing.
- This will force your weight onto your right side.

DRIVE
DISTANCE

FEET TOGETHER



INSTRUCTIONS

- Perfect for golfers with too much arm swing and those with too much body movement.
- If the arms are too “locked up” to the body with insufficient swinging action.
- Put your two feet together (touching each other) and hit some 6 irons or 7 irons. Do it off a low tee until you get a feel for it. You’ll notice that when you overuse the body (swaying, dipping, getting in front of the ball, etc.) you’ll lose your balance.

DRIVE
DISTANCE

RELEASE DRILL



INSTRUCTIONS

- To generate a good feeling for release.
- "Swish the clubhead".
- Grab your club upside down in your right hand.
- Make a couple of large 'swishes' with the club.

DRIVE
DISTANCE

CHAIR DRILL



INSTRUCTIONS

- Keep your lower body still while focusing on upper body movement.
- Swing with your hips touching the top of your back side.

DRIVE
DISTANCE

PROGRESSIVE SPEED



INSTRUCTIONS

- Grab 5 balls to begin with.
- Start at your regular clubhead speed with the first ball.
- Increase clubhead speed for the second ball.
- Continue increasing with each ball until you reach maximum speed with the final ball.
- You should see a big difference between the first shot and the last.

DRIVE
DISTANCE

TEE BACK DRILL



INSTRUCTIONS

- The goal is to get extension in your backswing
- Place a tee behind your ball along the target line.
- Try to hit the tee on the way back
- Take a step back and see if the club on the ground is pointed directly at your target.

DRIVE
DISTANCE

EXTENSION DRILL



INSTRUCTIONS

- Take your address position and put your right hand behind your left hand.
- As you begin to make the movement away, get the sensation that you are pushing and winding away.
- You are actually pushing with your left shoulder and upper arm and pulling with your right arm.

DRIVE
DISTANCE

TWO L'S



INSTRUCTIONS

- Think about forming two L's.
- The first L is made by making a 90 degree angle in your backswing.
- The second L is made by making a 90 degree angle in your follow through.
- The momentum of the club will make your wrists hinge naturally in the finish. Do not try and 'pull' the wrists through to the finish.
- To form your L shape at the top, your arms bend and wrists hinge.



INSTRUCTIONS

BALANCE

- To fix an issue with overswinging, practice with your shoes off. By hitting balls with your bare feet, you have a better sense of balance. You can feel your leverage as you shift your weight to the right foot on your backswing and then over to the left foot on the downswing.
- This is also a great practice idea for golfers who use too much of their hands and arms in the swing as it reminds them how to feel the swing from the ground up. It helps you to get more in tune with proper foot work.



INSTRUCTIONS

BALANCE

- Hold club level to the ground. Swing in a rotary motion.
- You get the feeling of club moving around your body.
- You can try this drill with a golf club and also a baseball bat. Sometimes a baseball bat will get you away from thinking about hitting the ball and into the motion of a good swing.



INSTRUCTIONS

PIVOT

- Place the club in front of your shoulders and cross your arms and assume your set up position
- Make sure your left shoulder is slightly higher than your right
- Feel your left shoulder move down and across, over your right knee
- Your head will move slightly to the right and your weight will shift to your right side
- In the transition feel your left knee, left hip and left shoulder move away from your right side and shift the weight to your left side
- Uncoil the upper body and feel your right shoulder move across over your left knee
- Finish the drill with your weight on your left side and your right shoulder facing the target.



INSTRUCTIONS

PIVOT

- Place your club behind your back and begin the swinging motion
- Follow the same instructions as the 'front pivot' only this time you have changes the leverage point by changing where you pace the club.



INSTRUCTIONS

PIVOT

- Take your address position and put your right hand behind your left hand.
- As you begin to make the movement away, get the sensation that you are pushing and winding away.
- You are actually pushing with your left shoulder and upper arm and pulling with your right arm.



INSTRUCTIONS

PIVOT

- Place your right arm straight down as would be normal in your set up.
- Take the club with your left arm and place it across your chest
- Take a few swings and notice body movement throughout your swing

**BODY
MOTION**

SPLIT HANDED



INSTRUCTIONS

PIVOT

- Grab your club with your left arm on the grip
- Place your right hand a few inches down the shaft
- Take practice swings with your hands split

BODY
MOTION

LAG POWER DRILL



INSTRUCTIONS

SPEED AND POWER

- Take normal backswing.
- Retain angle.
- Shaft stays at right angle right above your knee

**BODY
MOTION**

FEET TOGETHER



INSTRUCTIONS

TIMING, RHYTHM, TEMPO

- Feet together – about an inch apart
- Make normal golf swings.



INSTRUCTIONS

TIMING, RHYTHM, TEMPO

- If you overswing, then you are likely off balance.
- To fix an issue with overswinging, practice with your shoes off. By hitting balls with your bare feet, you have a better sense of balance. You can feel your leverage as you shift your weight to the right foot on your backswing and then over to the left foot on the downswing.
- This is also a great practice idea for golfers who use too much of their hands and arms in the swing as it reminds them how to feel the swing from the ground up. It helps you to get more in tune with proper foot work.



INSTRUCTIONS

SWING PLANE

- This will help you build strength and help you build a solid swing plane.
- It forces you to swing both clubs in balance using your arms, wrists and upper body and allowing the lower body to remain stable.
- Grip two clubs - one in each hand - and make sure you choke up on the clubs and start with both of them off the ground.
- Keep your hands a few inches apart during the drill.



INSTRUCTIONS

SWING PLANE

- This drill will prevent you from swaying off the ball in the backswing and help your body coil into a firm right side.
- Take your normal stance and place your left foot back with the toe in line with the right heel.
- Make a $\frac{3}{4}$ backswing, feeling the resistance in your right leg as you uncoil through the downswing.



INSTRUCTIONS

SWING PLANE

- This will increase resistance in the backswing and give you the feeling of hitting into a firm left side.
- Take your normal stance and put your right foot back with your right toe in line with your left heel.
- Make a $\frac{3}{4}$ backswing keeping the upper body centered. Swing into a firm left side. This drill is for beginners, intermediate and advanced players.



INSTRUCTIONS

SET UP (posture, alignment, grip)

- Start by making sure that the club face is square so the leading edge is straight up and down
- Place the club in your left hand, making sure the palm of the left hand is facing down. The club should run diagonally from the palm to the index finger
- Close the left hand making sure that 2 knuckles are visible
- The left thumb should be on top of the shaft, slightly to the right of center
- The V formation between the thumb and forefinger should point between your right ear and shoulder
- The left hand grip is held in the palm and the fingers.
- The right hand grip is predominantly in the fingers and the club runs along the base of the fingers in a slight diagonal.
- Wrap your hand around the club and fit the left thumb into the center of the right palm.

LEFT HAND GRIP



INSTRUCTIONS

- To feel the grip in the fingers of your left hand and make sure the back of your left hand matches the club face
- Place the club diagonally in front of you across your body
- Grip the club in your fingers, making sure the back of your left hand matches the club face



INSTRUCTIONS

- Place the club in your left hand with your left arm by your side
- Make sure the club face is square and feel the left thumb slightly right of center.



INSTRUCTIONS

- Make sure your stance is shoulder width apart (the shorter the club, the narrower the stance)
- Point toes slightly outwards – approximately 30 degrees – to help transfer weight
- Stand straight and hold the club vertically in front of your body.
- Bend your knees slightly keeping your arms straight in front of your body
- Feel the weight move towards the balls of your feet feeling that you are bending from the hip joints not your waist.
- Set up to the ball keeping your left hip slightly higher than the right which will allow your spine angle to be tilted behind the ball



INSTRUCTIONS

- When setting up make sure that you aim first with the face of your club. Then align your body square to the face.
- One way to practice good alignment is to lay 3 clubs down on the ground.
- The first club on the line of the target which sits directly behind your clubface to keep the clubface square
- The second club should be placed directly between your ball and your toes so you can align your feet, shoulders and hips correctly.
- The third club sits outside the ball to help you maintain your swing path. You can remove the middle club and practice the shot.



8-iron

5-iron

Driver

INSTRUCTIONS

- Setting up with different clubs will effect ball position and width of your stance.
- With a short iron the ball position is off the left eye and the stance is narrower.
- With a 5 iron, the ball position is further forward off the left ear. The stance is also wider.
- Setting up with the driver, the ball will be between the left shoulder and left ear and the stance is widest.



INSTRUCTIONS

BACKSWING

- This will increase resistance in the backswing and give you the feeling of hitting into a firm left side.
- Take your normal stance and put your right foot back with your right toe in line with your left heel.
- Make a $\frac{3}{4}$ backswing keeping the upper body centered. Swing into a firm left side. This drill is for beginners, intermediate and advanced players.



INSTRUCTIONS

BACKSWING

- This drill will prevent you from swaying off the ball in the backswing and help your body coil into a firm right side.
- Take your normal stance and place your left foot back with the toe in line with the right heel.
- Make a $\frac{3}{4}$ backswing, feeling the resistance in your right leg as you uncoil through the downswing.



INSTRUCTIONS

IMPACT

- When great players make contact with the ball, their hands are up by their front leg.
- Their leading wrist is flat
- Their trailing wrist is bent
- The body has turned into the ball which brings the hands from the center of the body to the front leg
- Most average players make contact at impact with their leading wrist bent and their trailing wrist is flat. Their body is also square or facing the ball.



INSTRUCTIONS

FIX A SLICE

- This drill helps you get the feeling of the club dropping to the inside on your downswing.
- Grip the club with your right hand.
- Place your left hand across your chest and on your right shoulder.
- Practice swinging back and as you come forward, think about holding that right shoulder back.



INSTRUCTIONS

- Place the club in front of your shoulders and cross your arms and assume your set up position
- Make sure your left shoulder is slightly higher than your right
- Feel your left shoulder move down and across, over your right knee
- Your head will move slightly to the right and your weight will shift to your right side
- In the transition feel your left knee, left hip and left shoulder move away from your right side and shift the weight to your left side
- Uncoil the upper body and feel your right shoulder move across over your left knee
- Finish the drill with your weight on your left side and your right shoulder facing the target.



INSTRUCTIONS

- Place a golf towel under your right arm.
- This drill will help the arms and body stay connected and work together throughout the swing.



INSTRUCTIONS

- To train your hands and wrists not to be too active with your chipping motion
- Place a club head cover between your arms.
- Create a V with your arms and practice swinging back and through



INSTRUCTIONS

- Think about forming two L's.
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- The momentum of the club will make your wrists hinge naturally in the finish. Do not try and 'pull' the wrists through to the finish.
- To form your L shape at the top, your arms bend and wrists hinge.



INSTRUCTIONS

- Keep your lower body still while focusing on upper body movement.
- Swing sitting in a chair on the edge



INSTRUCTIONS

PIVOT

- Place the club behind your back and shoulders
- Make sure your left shoulder is slightly higher than your right
- Feel your left shoulder move down and across, over your right knee
- In the transition feel your left knee, left hip and left shoulder move away from your right side and shift the weight to your left side
- Uncoil the upper body and feel your right shoulder move across over your left knee
- Finish the drill with your weight on your left side and your right shoulder facing the target.



INSTRUCTIONS

PIVOT

- Place your right arm straight down as would be normal in your set up.
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INSTRUCTIONS

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