

## DRIVING RANGE PLAN & CHECKLIST



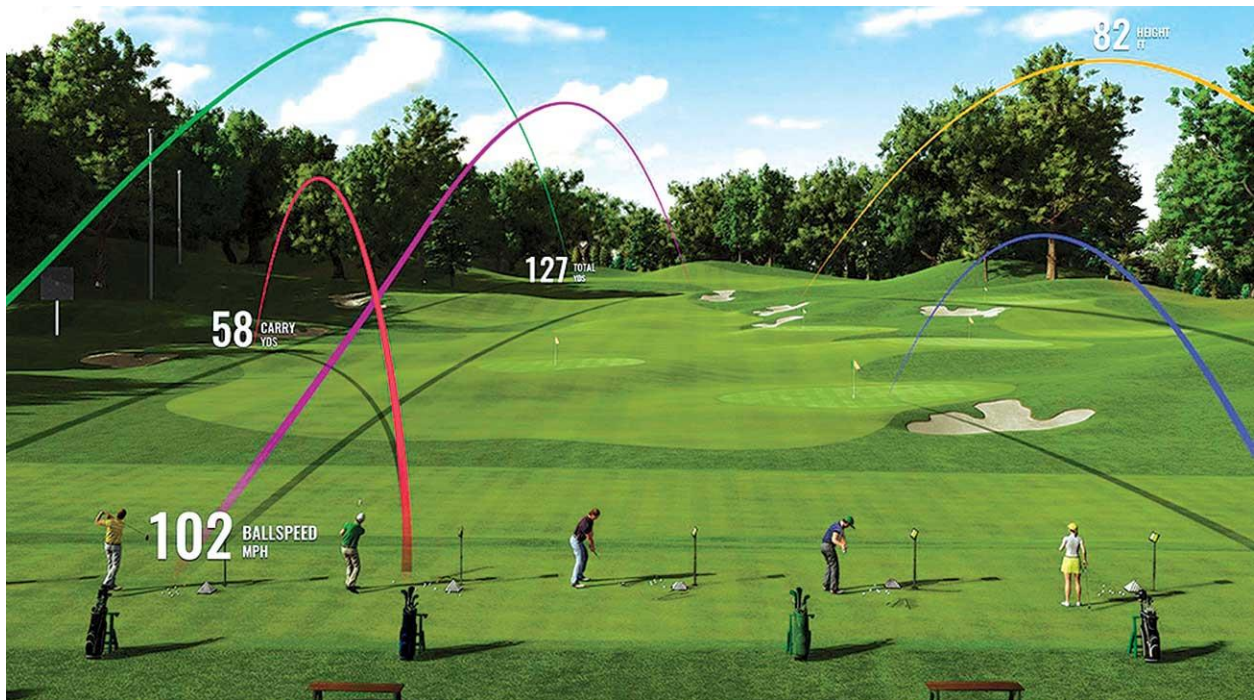
### Set Up Alignment Sticks



Setting up alignment sticks (one at your foot line and one on the opposite side of the ball from you) that are aimed at your target is a great way to ensure that you're lined up straight and your eyes aren't playing tricks on you.

Now you'll know if you miss your target...it's your swing and not your alignment.

## Know The Yardages



You can't have worthwhile practice time without knowing how far your targets are. And most driving ranges get their yardages very, very wrong! Pick up a good golf rangefinder.

## Use A Pre-Shot Routine



Having a consistent routine that you go through before every shot will help your consistency out on the course. But if you don't use it at the range, it will feel unusual and uncomfortable when you get to the course. So develop your pre-swing routine and use it with EVERY shot.

## Vary Your Shots & Clubs

Just hitting the same club the same distance over and over again is usually a waste of time (unless you just want to warm up). Just like you need to incorporate your pre-shot routine into every range shot, you also should be varying your club choice to create more realistic "game" conditions.

## Make It A Game

Either with a friend or by yourself, making it a game will add a little on course pressure. Any game will work as long as you set certain rules and stick to them. Try grabbing a scorecard from a course you play often (or are planning to visit) and "play" each hole. See how many greens

you can hit in regulation by estimating the distance you would need for each shot and then adjusting it based on how well you hit the previous shot.

## **Track Results Over Time**

Tracking how well you do (by whatever metric you decide is important to you) and comparing it to the last range session will tell you a lot about your improvement, consistency, and what you need to work on the most. Make sure you keep track of your improvement with each type of shot (drives, long irons, mid-irons, short irons, and wedges).

## **Establish Goals**

After a handful of range sessions doing all of the above, set some goals for yourself. Then write them down. If you use a notepad to track your results then put your goals right in that same notepad so that you can see them every time you go to the range.

And when you hit those goals...set new ones!

***Helping you get the golf swing and game you've Always Imagined!***

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