

Worst Ball Drill

For this drill, you are going to need to have access to a golf course where you can take your time while going around. This is not a drill for a busy Saturday morning when you need to keep up with pace of play rules – this is a drill for a quiet Tuesday afternoon when you are the only person on the course. You will need time and space because you are actually going to hit each shot twice while you make your way around nine or eighteen holes. However, rather than playing best ball as some golfers like to do, you are actually going to play ‘worst ball’.

So, on the first tee, you are going to hit two shots. When you find those shots, you are going to pick the worst of the two and then use that as the spot for your next shots. Again, you play two shots from that spot and play the worst ball again. This process repeats throughout the course of the round (you can decide whether you want to continue the drill while putting or not). The point of this drill is to teach you how to play from tough spots around the course. Most likely, you are going to find yourself in plenty of poor spots when using your worst ball, so there will be plenty of opportunities to develop new skills along the way. Also, this drill will do a good job of teaching you how to keep your patience while dealing with adversity.