

Practice Station

Purpose:

To build a training area that can be used with out the eyes of an instructor to improve your alignment, swing path, and impact positions.

How to:

1. Place clubs on the ground representing a target line and a bodyline. Then add to the station for the desired benefit you seek.
2. For instance, if you are working on ball position place a club between your feet perpendicular to the clubs already positioned. This club will give you an idea of where the ball is placed in your stance.
3. Or, if you are working on release, position a club down the target line after impact to guide you through the hitting area.
4. The station could have shafts in the ground to your right and left on the same angle as the club you are practicing with to help your path and plane during the swinging motion.
5. Place a full-length mirror to your right to check posture, and hand position during the back swing. Place the mirror in front of you to practice the correct position at address and impact.

Practicing is hard to schedule. The time you have to practice must be quality time. Training your body with the use of a practice station will produce great results on the golf course. You will gain confidence in the knowledge that your practice sessions are focused and demanding.