

# Practice With A Purpose

- Why
- What
- How/Plan



# Why do I need to Practice With a Purpose?

- Promotes confidence
- Improves play ON the course
- Better prepares for situations on the course

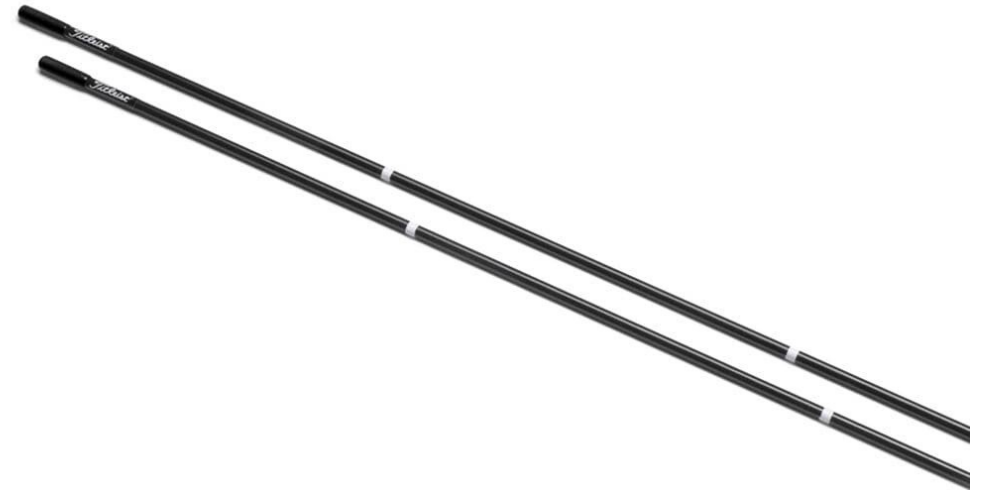
\*Keep in mind - golf is one of the few sports where you don't practice where you play!

# What is Practicing With a Purpose?

- Having a goal for your practice session
- Having something specific you want to work on
- Having a target for every shot
- Having and using a routine

# How do I Practice With a Purpose?

- Set a goal (Get comfortable and confident of my alignment)
- Set a specific skill (Alignment - use a visual like alignment sticks)
- Set a target using the alignment sticks or golf clubs if you don't have alignment sticks
- Use your routine for every shot



# What would Practice With a Purpose plan look like?

- Warm up exercises (Dynamic stretches)



Arms across chest 15-20 reps



Full arm circles  
10 - 15 reps in each direction  
both arms



Shoulder Twists - 10-15 reps on each side



Side Bends - 10 on each side



Hip Rotations  
10-15 in each direction



Lunges - 8-10 on each leg



Leg Swings  
front and back 10-15 times each leg



Leg Swings  
side to side 10-15 times each leg



# What would Practice With a Purpose plan look like?

## Get in the Game Without the Pain

As warmer weather approaches, golfers can't wait to get to the first tee. But twisted postures, the torque of the swing and forgetting to warm-up can cause unnecessary injury.

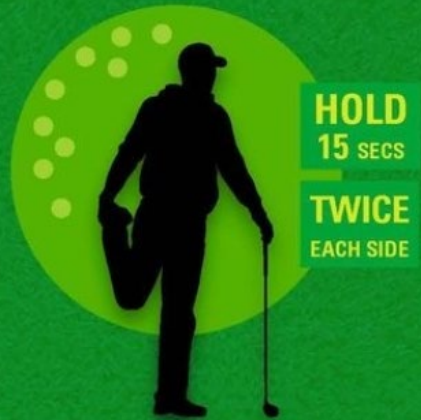
### Simple stretches

Here are a few easy stretching techniques that can help you get in the game without the pain. For help developing a warm-up and stretching routine that's right for you, consult your chiropractor.



#### SIDE BENDING STRETCH

Stand with feet shoulder-width apart. Bend to one side without rotating until you feel a stretch in the side of your back.



#### QUADRICEPS STRETCH

Keep your thighs together, and your knee pointing toward the ground. Pull your abdominal muscles in and maintain a straight back.

**AVOID IF YOU HAVE BACK PROBLEMS**

**HOLD 30 SECS**

**HAMSTRING STRETCH**  
Stand with feet shoulder-width apart. Reach your hands towards the sky. Then, bending at the waist, reach toward your toes.

**KNEE TO CHEST STRETCH**  
Stand with feet shoulder-width apart. Using both hands, pull one knee into your chest. Repeat with the other knee.

**HOLD 15 SECS**

**REPEAT OTHER ARM**

**FOREARM STRETCH**  
With your arm straight out in front of you and palm facing down, gently pull fingers back with other hand. Next, with your arm straight out in front of you and palm facing upwards, gently pull fingers back with other hand. Do not let shoulder rise up.

**HOLD 15 SECS**

**SWITCH HANDS AND REPEAT**

**SHOULDER STRETCH**  
Hold the shaft of a club behind your back. Gently pull the club up with your top hand until you feel a slight stretch in the shoulder of your lower arm. Next, gently pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm.

# What would Practice With a Purpose plan look like?

- Start with a wedge to warm up your swing
- Begin working on skill with a mid-iron at first
  - Pick a target
  - Set up alignment sticks or you can use golf clubs
  - Take away the alignment sticks/golf clubs
  - Pick the same target and hit balls without the aide
  - Pick some different targets
  - Hit some different clubs
- Before you finish the practice session, be sure to mix it up a little
  - Hit different clubs including driver
  - Pick out different targets
- Be sure to be going through your routine on every shot with focus on the skill you just worked on.







# Recap

---

- Why
- What
- How
- Plan