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INSIDE:

Golf Tips & Advice
From Six North Carolina
Golf Pros

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GOLF JOKES & HUMOR

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Bringing the Game from the Practice Facility to the Course

By Nicole Weller, LPGA/PGA Golf Teaching Professional

One of the more common comments I receive as a teaching professional with a sport psychology background is that golfers often aren't able to bring the successful skill at the practice green or range out onto the course when needed, does that sound familiar to you as well? I have an answer!

The key to having a skill manifest on the course is being able to practice more appropriately, more specifically how to practice with Entering, Exiting and Re-Entry moments. Golfers *tend to* over-practice through a form called Block Practice in which a golfer putts, chips, pitches or hits balls over and over again in a repetitive format, often not even leaving the same stance or grip. Sometimes one can putt or hit 10 balls in a minute from the same spot! Golfers *need to* insert more Transfer Practice (scrimmaging) into their practice time.

Think about it this way... in playing golf, there can often be 2-5 minutes between shots as we wait for other golfers, walk, drive, wait or even hunt for golf balls. We actually exit the flow of the game and rhythm after a shot and then have to re-enter into it at the next shot. If a golfer practices one ball after another without a pre-shot routine or leaving the hitting spot and coming back into the arena, the golfer won't be able to transfer the skill as needed in that environment since he or she is just used to hitting one after the other and getting onto a 'roll'.

One of my students now calls it 'icing the golfer' in which I have him practice and then take a break and see if he can pick up again after being on a roll before having to stop. Learn to Exit and Enter back and forth into the game during practice so you'll be Go for Re-Entry at the next shot!

Explore These Practice Tips for Successful Transfer onto the Course:

1. Research shows practicing in 10-15 minute chunks is ideal and then leaving it and coming back after a rest. When we work out in the gym on a piece of equipment (like leg extension, pull downs or bench press), we don't do it for 30-45 minutes straight, we do it in sets and reps. Our bodies and minds need breaks in golf too. I have my students practice in either a set of 5 or 10 shots with two rehearsal swings or movements between each shot in their Block Practice. I like how Pia and Lynn from Vision54 give their students 30 balls but they have to make them last for all 30.

2. After Block Practice, spend 5 minutes testing the skill in a Transfer Drill. Test it on different lies, with different clubs, with variable time (1/3/5 minutes between shots), simulate some 'perceived pressure'. Being able to hit 10 balls in a row is great but we don't play that way, I'm more

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Bringing The Game From The Practice Facility To The Course

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impressed if a golfer can hit 3 good to great shots when things are mixed up like real golf, that's more of an indicator that it'll transfer.

minutes... quality practice vs quantity.

3. Trent Wearer has a great book just for this type of practice called Golf Scrimmages: Realistic Practice Games under Pressure, pick up a copy today! Also check out Short Game Challenge Practice Cards by Kelly Mitchum at Pinehurst Academy or Every Shot Must Have a Purpose by Vision54 Creators Pia Nilsson and Lynn Marriott.

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The Importance of PGA

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feet, hips, and shoulders are secretly plotting a different adventure. A simple rule: club face first, body second. Aim the club face directly at the target, then align your feet, knees, hips, and shoulders parallel to that line. Think railroad tracks: the ball-to-target line is one rail; your body is the other. Proper alignment allows your swing to work naturally. Poor alignment forces compensation, turning even a good swing into a guessing game.

PGA: THE BIG PICTURE

Here's the fun part: when your grip, posture, and alignment are solid, you don't need a "perfect" swing. The body organizes itself better, the club returns to the ball more consistently, and golf becomes—dare we say—enjoyable.

So next time things go sideways, resist the urge to reinvent your swing. Step back. Reset your setup. Because in golf, greatness doesn't start at the top of the backswing—it starts with PGA.

Pamela Rogers is a noted and well respected golf instructor in North Carolina. You can contact Pamela by phone (919-426-9553) or by email (prlpga@aol.com). To learn more about Pamela Rogers [CLICK HERE](#).

Why You Slice The Golf Ball

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throughout the swing. Two effective feels here are the motorcycle drill and the Spider Man drill. The drill helps flex the lead wrist into a bowed position, while the Spider Man feel encourages extension of the trail wrist. These wrist actions close the face at the top of the swing and give it a chance to stay square on the way down.

Step 3: Learn Where the Clubface Should Point

Face awareness is the final piece most golfers never develop. In the backswing, the clubface should feel like it rotates toward the ground at hip height, then toward the sky at the top, and back toward the ground at hip height on the way down. This rotation helps the face square naturally rather than staying passive. One of the simplest drills for this is the phone drill. Hold your phone in your lead hand like a club, with the screen facing the target at address. As you swing back, the screen should rotate toward the ground at hip height, then toward the sky at the top. If you are taking a selfie of your face at the top of the backswing, your clubface is wide open. Seeing the phone's lenses at the top and again through impact gives immediate feedback that the clubface would be closed relative to the path, helping golfers finally understand face control. Only Then Do You Fix the Path. Once the face is under control, the swing path can be addressed effectively.

Golfers who have sliced their entire lives instinctively swing left. With a stronger, more closed clubface, that over the top move will produce pulls instead of slices. When golfers finally see the ball go left for the first time, they naturally begin to adjust. Without forcing it, they start to fix the path and swing more from the inside out. Now the ball can draw, carry farther, and stay in play.

Why This System Works ... This three step approach works because it follows the correct sequence. Grip, wrists, clubface, then path. Each step builds on the previous one, eliminating compensation and guesswork. When golfers commit to controlling the clubface first, the slice does not just improve. It disappears. Distance increases, accuracy improves, and confidence returns quickly.

Fix the clubface first, and everything else starts to fall into place. That is how slices disappear and better golf begins.

For readers who prefer to see these concepts demonstrated visually, the instructional videos referenced in this article can be found on Andrew Kiger's YouTube channel:

<https://www.youtube.com/@AndrewKigerGolf>

Learn more about Andrew Kiger and Andrew Kiger Golf on page 17

A Word About Our Contributors

A big “Thank you” goes out to the following North Carolina golf professionals who have contributed articles to this issue of *Golfing The Carolinas Online Magazine*.



Pamela Rogers: LPGA/PGA Golf Professional (Page 3)

Pamela is a golf instructor with The Golf Academy at Wildwood Green, 3000 Ballybunion Way, Raleigh, NC 27613. She achieved a remarkable feat by securing both her LPGA and PGA cards. At the time of this achievement, she was among a select group of only 100 women nationwide to hold both LPGA and PGA cards. Pamela's stature as a proficient and respected Golf Professional has paved the way for her extensive teaching career, spanning all skill levels since 1990. Reach out to Pamela by email at prlpga@aol.com or through call/text at (919) 426-9553. To learn more about Pamela please [CLICK HERE](#).



Nicole Weller: LPGA/PGA Golf Professional (Page 5)

Founder: Nicole Weller Golf Enterprises, LLC and Teaching Professional at Compass Pointe Golf Club, 2405 The Pointe Club Drive, Leland, NC 28451 (Near Wilmington). Nicole is the only person ever to win the LPGA/PGA National Youth Golf Leader Award in the same year (2013). In 2024, she received multiple nominations for Carolinas PGA Teacher of the Year Award, and was the recipient of the LPGA Professional Southeast Section Mentor Award. She was an LPGA Top 50 Teacher in 2017, 19, 21, 23 & 25, and Golf Digest's Best in State Teacher in 2022-23, and #3 in NC in 2023-24. You can reach Nicole via email at nicolewellergolf@gmail.com, by phone at (912) 695-5211. To learn more [CLICK HERE](#).



Nick Jacobi: PGA Master Professional (Page 7)

Nick Jacobi is the General Manager / PGA Master Professional at Stonebridge Golf Club located in Monroe, NC. He is currently one of only 20 PGA Certified Golf Instructors in North Carolina, and as of 2012, became the 10th PGA Master Golf Instructor in the state. Nick was recently a Finalist for 2017 and 2019 Carolina's PGA Teacher of the Year as well as a Finalist for 2019 Youth Development Award for Carolina's PGA. Over the past 10 years as a member of the Carolina's PGA, Nick has consistently ranked in the Top 20 players annually, won several Pro Am events and finished high in many Carolina's PGA Majors. You can contact Nick by email at njacobi@stonebridgegolfclub.com, or by phone at (704) 516-7710. Please visit him online at www.JacobiGolf.com.



Andrew Kiger: PGA Golf Professional (Page 11)

Andrew Kiger is the founder of Andrew Kiger Golf in the Raleigh, NC area. He has spent his career helping golfers enhance their skills. He firmly believes in the importance of strong fundamentals and employs a fact-driven approach to teaching. Recognized as a Golf Digest Best Young Teacher in America and ranked as a Top 5 instructor in North Carolina, Andrew's exceptional work with elite junior golfers has been rewarded with the 2024 Youth Player Development award from the Carolinas PGA. Whether you're a seasoned golfer or just beginning, Andrew's dedication and expertise will guide you to the next level of your golf game and help you achieve your golfing goals. can contact Andrew by email at akiger@pga.com or by phone at (919) 449-4274. Please visit him at www.AndrewKigerGolf.com.