

# GOLF'S RE-ENTRY:



## Bringing the Game from the Practice Facility to the Course

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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

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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:**

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 minutes... quality practice vs quantity.

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 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.

Trent Wearner 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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