Practice Fundamentals: How to Improve with Purpose

Key Concepts Covered

- Begin each practice session with 5 minutes of stretching and light movement to prevent injury.
- Revisit your grip and stance-these are the foundation of every solid shot.
- Ensure your alignment is aimed properly at the target before each swing.
- Start your full swing practice with short clubs (wedge) and build up to longer clubs (driver).
- Focus on one swing element at a time-like takeaway, follow-through, or weight transfer.
- Don't neglect your short game-practice putting, chipping, and distance control with intention.
- Use training aids or apps to get feedback and track progress over time.
- Filming your swing can help you identify patterns or flaws and improve more efficiently.
- Bring your practice to the course-consistency is built through repetition and application.

Pro Tips

- Warm up and stretch before every session-it helps performance and prevents injury.
- Short game is where strokes are saved-prioritize putting and chipping as much as full swing.
- Build consistency by practicing with structure-not just by hitting balls randomly.

Next Step: Watch the 'Practice Fundamentals' video in your Golf4Biz Learning Center