

Full Swing Drills

- Gate Drill-** Place 2 tees in the ground with a slightly larger opening than the width of your golf club. Hit balls without hitting either of the tees.
- Aiming Rods** Place 2 aiming rods parallel to your target line, slightly wider than the width of your club. Hit balls from inside the aiming rods without hitting the rods.
- Impact Bag** Using an impact bag or large canvas bag filled with towels, placing the bag in front of your front foot along the target line. Swing the golf club to impact, hitting the bag and feeling how the club face stays square to the target line, not letting the hands flip.
- Swish Drill** Take your driver and turn it upside down, and grip it with your golf grip. Take full swings and create a swish sound with solid arm and body swing. Let your body move with the arm swing.

Full Swing Games

- Football Grid** Select a section of the driving range that represents a “field goal”. Challenge the team mates to select a club and hit a ball that ends inside the field goal. Hit all the clubs in the golf bag with this challenge.
- Call Your Shots** Select a target on the range and hit the target. Challenge the team mates to match the shot. Continue until you miss, then the other team mate get to select the shot.
- Noodle Limbo Challenge** Build a 2 or 3 zone target with some aiming rods and pool noodles. Make openings that are high, medium and low. Challenge your team mates to hit a shot through your selected slot. You can do this from a variety of distances and also using a variety of clubs.