

Warming Up In The Right Order.

By Dr. Debra Pentz

Nevy Health [www.nevyhealth.com](http://www.nevyhealth.com) 480 833-0302

What order do you warm up? Maybe a better question is - do you warm up? Warming up can improve your game and doesn't have to be drudgery or take a long time. In fact, a long warm up can be counter-productive. Here are some tips to get your body and brain ready for golf in 20 minutes.

The optimal order – start with putting and end with driver. Most golfers do the opposite. They go to the driving range to hit balls, and end with putting.

You want to minimize the time between your warm up with the driver and the first tee.

Here is a sample warm up.

Putting – (10 minutes). Start with short putts and work your way back to longer putts. Practice a variety of uphill, downhill and side breaking putts. Finish with a few short uphill putts. It's not always necessary to use a hole to putt to. A coin or a tee works just as well and forces you to focus on a smaller object. We spend the most time warming up with putting because putting is a high percentage of our score. Also, putting greens vary from course to course, day to day and even vary depending on the time of day.

Chipping, pitching, sand – (5 minutes) – Start with short chips and work your way back to longer pitches. Don't forget to hit a few shots out the sand.

Irons, hybrids, fairway woods and driver. (5 minutes)

Start with an iron

At half speed, take a half swing, then  $\frac{3}{4}$  swing, then a full swing.

At  $\frac{3}{4}$  speed take a half swing,  $\frac{3}{4}$  swing and full swing.

At just under full speed take half swing,  $\frac{3}{4}$  swing and full swing.

Repeat this process with a hybrid, fairway wood, and finally driver.

As you do this process, visualize solid contact and the ball flight you desire.

It's not necessary to hit balls as part of the warm up. Warming up is intended to get the muscles and brain ready for golf. Too often "warming up" on the range turns into practice – or worse yet making corrections if you hit a poor shot. If you can resist the temptation to make corrections, or predictions on how your round will go – hit balls. It's important to differentiate warming up versus practice. See Peggy Briggs article on effective practice.

Effective Practice.

By Peggy Briggs, LPGA

[www.peggybriggs.com](http://www.peggybriggs.com) 602 738-0788

Never “practice” immediately before playing – period.

Before playing – warm up (see Dr. Debra Pentz article Warming Up In The Right Order)

Practice requires us to take a look at our golf game objectively. That means keeping at least some basic statistics. In general, most players don’t spend enough time on their short game. A couple of quick statistics to determine where to focus – count the number of shots you take inside 100 yards, count your putts and see how that compares to your total shots taken.

A few other questions you might ask yourself to help shape your practice session - Do I have any weak links? Where do I take more strokes than necessary? Too many OB...too many putts....too many whiffs...too many tops.....too many missed fairways, .... too many mental mistakes?

After you make this assessment a good practice plan will compliment your goals to improve these areas. A good practice will be goal oriented with a purpose. Do you need to improve your direction in shots? Do you need to improve your distance control in shots? Seeking out your teaching professional can help you with a plan of games and drills to accomplish your goals.

Practice games and drills should simulate the on-course experience so we can take the practice to the golf course and feel confident performing the shot. You may need instruction on how to assess your golf game. It is important to assess your game so you don’t keep hitting shots (and clubs) you like and do well, versus hit the shots (and clubs) you need to improve.

If you want to get better, practice with a purpose and a plan.