

A photograph of a golf course at sunset. In the foreground, a white golf bag with several clubs is positioned on a green artificial turf mat. The mat is marked with white lines. To the left of the mat, a blue basket filled with white golf balls is partially visible. In the background, the lush green grass of the golf course is bathed in the warm, golden light of the setting sun. A red and white target is visible in the distance on the right side of the frame.

YOUR GUIDE TO BETTER PRACTICE



GRANT GRIFFITHS, PGA

PGA GOLF PROFESSIONAL



484-250-1798



EYG360.com



ggriffiths@pga.com

Building Confidence, Consistency, and Lower Scores
Empower Your Game. Play Your Best Golf.





**PRACTICE
WITH A
PURPOSE**

Welcome to a Better Way to Practice

Golf practice doesn't have to be boring, frustrating, or random. The truth is, most golfers waste hours on the range without ever really improving. That's where this book comes in.

The drills you'll find here are built to give every swing a purpose. Each one targets a specific skill, challenge, or mindset so you can train smarter, not harder. Whether you're chasing lower scores, building confidence, or just looking to enjoy the game more, these exercises will keep you engaged and moving forward.

Think of this book as your personal practice partner — guiding you through structured, enjoyable sessions that turn effort into progress. With the right drills, every ball you hit gets you closer to the golfer you want to become.

Now grab your clubs, clear your mind, and let's turn practice into progress.

Grant Griffiths, PGA



PRACTICE **DRILLS**

HOW TO USE THIS BOOK

Drills are organized into four categories. Look for the icon to find a drill that matches what you want to accomplish today.

1. WARM-UP DRILLS



2. COURSE MANAGEMENT DRILLS



3. CONTROL DRILLS



4. GAME IMPROVEMENT DRILLS





WARM-UP DRILL 1



Need a quick warm-up? Try this 10-minute drill to get loose.

SW 5 balls — no target, just swing easy

PW 5 balls — hit toward the 100 yd target

8-IRON 5 balls — hit toward the 150 yd target

5-IRON 5 balls — hit toward the 180 yd target

3-WOOD 3 balls — hit toward the 200 yd target

DRIVER 3 balls — hit toward the 250 yard target

Pro Tip: Stretch for More Distance

If you're not hitting the ball as far as you'd like, your body might just need a little more freedom to move.

Try adding a quick stretch routine: rotate your torso with a club across your shoulders to warm up your core, sink into a lunge to loosen your hips, reach overhead with your club to open your shoulders and lats, and stretch your hamstrings by resting one heel on a step and hinging forward. Just a few minutes of mobility work can unlock a smoother swing and extra yards.



WARM-UP DRILL 2



Getting ready for a round? Try this 50-ball drill to groove your swing.

SAND WEDGE

10 balls with half swing

PITCHING WEDGE

10 balls with 3/4 swing

9-IRON

10 balls with smooth swing

7-IRON

5 balls with smooth swing

FAIRWAY/HYBRID

5 balls with full swing

DRIVER

5 balls with full swing

SAND WEDGE - COOL DOWN

5 balls with a half-swing

Pro Tip: Train Like You Play

Instead of mindlessly smashing balls, treat this 50-ball routine like a mini round of golf. Focus on tempo and rhythm with each club, not just distance. Imagine real shots — a wedge into the green, a hybrid off the fairway, a driver on the tee. By simulating course situations on the range, you'll carry confidence and consistency straight to the first tee.



RANGE GAMES



A little competition makes practice more fun. Set up a two-player game and go head- to-head with a friend — or just compete against yourself.

Target Challenge

Pick three targets at different distances — short, mid, and long. Hit 5 balls to each target. Score 2 points for landing near the target, 1 point for being close, and 0 if you miss. Play against a friend or try to beat your own high score each session.

👉 Trains accuracy and distance control.

Par 18 Game

Choose 9 targets on the range (like playing 9 holes). Each shot is scored like golf:

- Green hit = Par
- Inside 10 yards of target = Birdie
- Miss wide = Bogey
- Keep score for all 9 “holes.”
- 👉 Simulates course pressure while sharpening consistency.

Around the World

Pick 5 targets spread across the range. You must hit each one in sequence, moving from shortest to longest. Miss a target? You have to start back at the beginning.

👉 Builds focus, patience, and versatility under pressure.



300

**FIND YOUR
DISTANCE**

GET DIALED IN



Want to shoot lower scores? The secret isn't buying the latest driver — it's knowing exactly how far you hit each club in the bag. If you're guessing, you're gambling. If you know, you're in control.

Men (PGA Tour Averages)

- Driver: 275 yds
- 3-Wood: 243 yds
- 5-Wood: 230 yds
- 3-Iron: 212 yds
- 4-Iron: 203 yds
- 5-Iron: 194 yds
- 6-Iron: 183 yds
- 7-Iron: 172 yds
- 8-Iron: 160 yds
- 9-Iron: 148 yds
- Pitching Wedge: 136 yds
- Sand Wedge: 120 yds
- Lob Wedge: 105 yds

Women (LPGA Tour Averages)

- Driver: 218 yds
- 3-Wood: 195 yds
- 5-Wood: 185 yds
- 3-Hybrid: 178 yds
- 4-Iron: 170 yds
- 5-Iron: 161 yds
- 6-Iron: 152 yds
- 7-Iron: 141 yds
- 8-Iron: 130 yds
- 9-Iron: 119 yds
- Pitching Wedge: 107 yds
- Sand Wedge: 94 yds
- Lob Wedge: 77 yds

Pro Tip:

1. **Track It:** Use a launch monitor (TrackMan, Flightscope, Toptracer) or even GPS apps on the course to log real numbers.
2. **Play the Averages:** Don't use your "perfect shot" distance. Use your stock swing average.
3. **Wind & Weather:** Cold air, wind, and elevation all affect carry distance. Adjust wisely.
4. **Build a Yardage Chart:** Keep a simple card in your bag with your personal numbers. Tour pros do it — so should you.



**9
SHOT
GRID**

SHAPE YOUR SHOTS



Shaping the ball on command is like having extra tools in your toolbox. Whether you're escaping trouble or attacking a tucked pin, these drills help you learn to curve it with confidence.

1. **Beginner: Alignment Stick Fade/Draw**

- Place two alignment sticks: one for your feet (slightly open for fade, slightly closed for draw), and one down the target line.
- Keep your clubface pointing at the target, but swing along your feet line.
- Goal: See a small curve left or right while still finishing near the target.

2. **Intermediate: 9-Shot Grid**

- Inspired by Tiger's famous drill. Try to hit 9 variations: low, medium, and high trajectories with a fade, straight, and draw.
- Use a mid-iron (7 or 8) and cycle through all 9.
- Goal: Learn how ball position and finish height affect both shape and trajectory.

3. **Advanced: "Window" Drill**

- Pick a target (say, a tree in the distance). Visualize three windows: left, center, and right.
- Hit three balls through each "window," curving them back to the target.
- Goal: Train precision — not just curve, but starting line control.



**PERFORM
UNDER
PRESSURE**

PRESSURE PLAY



The ability to perform under pressure — even if the stakes are low — is the mark of a quality player. Nerves will always show up; the best players learn to welcome them and still execute.

Pointers

- Rehearse Nerves: Pressure doesn't come from the crowd, it comes from within. Treat every ball like it counts.
- Routine is Armor: A consistent pre-shot routine calms your mind and body when pressure spikes.
- Breathe Into It: Slow, deep breaths before you swing lower heart rate and clear tension.
- Visualize the Win: Picture the shot you want, not the disaster you fear.

Tips

- Add consequences: push-ups, a dollar bet, or even just bragging rights.
- Play worst-ball scramble with yourself — hit two shots, always play the worst. Pressure doubles.
- Track your performance only on your last 3–5 balls of a bucket. These matter most.
- Remember: pressure is a gift. If you feel it, you're invested.

PRESSURE PLAY



Drills

- 3-Ball Challenge
 - Pick a target. Hit three in a row inside your chosen zone (green, fairway, or circle on the range).
 - If you miss one, start over. Builds consistency under a “must perform” mindset.
- Money Ball Drill
 - Every shot in the bucket is “warm-up.” The last ball is worth everything.
 - Step back, reset, go through full routine. Treat it like the 18th tee shot.
- Up-and-Down Pressure Game
 - Around the green, give yourself 10 different lies. You must get up and down 6/10 times.
 - Miss the quota? Start again.
- Par-or-Bust
 - On the course, play 3–6 holes where you must make par. If you don’t, replay the hole.
 - Forces focus and tournament-style tension.

Pro Tip: Next time you practice, don’t just hit shots — create pressure. Make it uncomfortable, because that’s when real growth happens.



HIT IT LONG



Driver Mastery: Hit It Long, Hit It Straight

The driver sets the tone for your round. Distance is great — but consistency off the tee is what lowers scores. Use these tips and routines to build confidence every time you pull the big stick.

Driver Tips

- **Tee Height Matters:** Ball should sit half above the crown of your driver. Too low = low hooks; too high = pop-ups.
- **Widen Your Stance:** Think athletic and balanced — wider stance gives more stability for power.
- **Smooth Tempo:** Don't swing harder to hit it farther. Swing longer and smoother for speed.
- **Launch, Not Smash:** Focus on hitting up on the ball with a sweeping strike. Imagine launching a rocket, not chopping wood. Sweep the tee helps launch the ball.

Practice Routine: 20-Ball Driver Session

Warm-Up (5 Balls)

Smooth swings, 70% speed. Focus on balance, not distance.

Fairway Finder (6 Balls)

Pick a 20-yard fairway zone on the range. Hit 6 balls trying to keep all in that "fairway."

Shape It (4 Balls)

2 draws, 2 fades. Learn to control the curve.

Pro Tip: Track how many of your 20 land in the fairway. Write it down each practice — then try to beat your number next time.

A full-page photograph of a golfer from behind, standing on a lush green golf course. The golfer is wearing a blue and grey patterned polo shirt, khaki shorts, and a green visor. He is holding a golf club with a red head. In the background, there is a dense line of tall pine trees under a bright blue sky with scattered white clouds. The overall scene is bright and sunny.

BREAK SCORING BARRIERS

SITUATION PRACTICE



Golf isn't always played in perfect conditions. Sometimes you need to thread it under a branch, flight it down into the wind, or just take spin off your shot. This drill helps you practice hitting it low on command.

The Drill: Knock-Down Shot

1. Setup:

- Ball slightly back in stance.
- Hands ahead of the ball at address.
- Weight slightly favoring lead side.

2. Swing Thought:

- Shorten your backswing and follow-through.
- Feel like you're "covering" the ball with your chest.
- Keep wrists firm, avoid flipping.

3. Target Practice:

- On the range, imagine a tree branch 10–15 feet high.
- Pick a flag or target and try to keep the ball under that imaginary branch.

Variations

- Wind Drill: Pretend you're into a stiff breeze. Try to flight 5 balls down with the same club.
- Club Shuffle: Hit the same 100-yard target with a PW, 9-iron, and 8-iron — each one flighted lower by adjusting swing length.
- Pressure Game: Give yourself 10 balls. How many can you keep below your "tree line" while still hitting the target area?

Pro Tip

- Grip down an inch for added control.
- Swing at 80% power — speed creates spin, and spin makes the ball climb.
- Smooth tempo beats a forced punch every time.

An aerial photograph of a golf course, showing a large green fairway with several sand traps (bunkers) scattered throughout. The grass is a vibrant green, and the sand is a light tan color. The layout is organic and flowing. The text "TAKE IT TO THE COURSE" is overlaid on the bottom half of the image.

**TAKE IT
TO THE
COURSE**

ON-COURSE SUCCESS



Take It to the Course: From Range Confidence to On-Course Success

We've all been there — flushing it on the range, only to step on the first tee and feel like we've never swung a club before. The truth? Golf changes when there's a fairway, trees, bunkers, or a scorecard in your hand. The key is learning how to transfer your practice swings into performance swings.

Why It's Different on the Course

- Pressure: Scorecard in play = tension in the body.
- Expectations: Trying too hard to “prove” your practice.
- Routine Change: Players often skip the same routine.
- Distractions: Trees, bunkers, out-of-bounds signs.

Tips to Bridge Range & Course

1. Same Routine, Every Time
 - Build a pre-shot routine on the range and stick to it on the course. Routine is your anchor when nerves hit.
2. Target, Not Mechanics
 - On the range, you think “technique.” On the course, think “target.” Let go of swing thoughts and trust the work.
3. Play Shots, Not Swings
 - On the range, don't just rake-and-hit. Imagine holes: fairway between two flags, a green 150 yards away, rough left, bunker right. Practice with intent.
4. Breathe Out the Tension
 - One deep exhale before the swing lowers tension. Tight muscles = short, quick swings. Relaxed muscles = fluid power.
5. Accept the Miss
 - You won't hit every shot perfect. Tour pros don't. Free yourself from perfection — it's about managing misses.



CONTROL
120
YARDS

THE WEDGE MATRIX



Control 120 Yards: The Wedge Matrix

The fastest way to lower scores? Master your wedges. Inside 120 yards is the scoring zone — and instead of guessing, you can own those yardages with the Pelz 3x3 Wedge System. The Concept

Pelz found that by using 3 wedges and 3 swing lengths, you can create a reliable system of 9–12 stock distances. Instead of guessing how hard to hit it, you pull a wedge, make a repeatable swing, and know your number.

Step 1: Pick Your Wedges

- Pitching Wedge (PW)
- Gap Wedge (GW, ~50–52°)
- Sand Wedge (SW, ~54–56°)
- Lob Wedge (LW, ~58–60°)

(Choose 3 or 4 wedges to build your system.)

Step 2: Define 3 Swing Lengths

- 7:30 Swing → Hands stop waist-high (short backswing, short finish)
- 9:00 Swing → Hands stop chest-high (half swing)
- 10:30 Swing → Hands just past shoulder-high (three-quarter swing)

(Visualize a clock face — 6:00 is the ball, backswing position marks the time.)

THE WEDGE MATRIX



Step 3: Build Your Matrix

Each wedge $\times$ swing length = one stock distance. Example:

Wedge	7:30 Swing	9:00 Swing	10:30 Swing
PW (46°)	75 yds	95 yds	110 yds
GW (52°)	60 yds	80 yds	100 yds
SW (56°)	50 yds	70 yds	85 yds
LW (60°)	40 yds	55 yds	70 yds

(Distances will vary for each golfer — chart your own with a launch monitor or on-course tracking.)

Step 4: Apply to 120 Yards

- Instead of a “guessing” swing with PW, pull the wedge/swing combo that covers 120 (ex: PW 10:30, or GW + smooth).
- Use this system for every wedge shot under 120 — approach shots, par-3s, or even layups.

Wedge Tips

- **Track It:** Write your personal wedge matrix in a notebook or yardage card.
- **Smooth Tempo:** Distance comes from swing length, not speed.
- **Practice with Purpose:** Dedicate a range session weekly to hitting only wedge matrix shots.

Pro Tip: Build your own Wedge Matrix Card this week. Next round, you'll step into wedge shots with confidence instead of doubt.

A yellow circular golf hole marker with the number 100 in red, set against a green grass background. The marker is slightly tilted and has a blue wooden post visible behind it. The background is a lush green lawn with some white golf balls scattered in the distance.

100

**FIND YOUR
FAVORITE
YARDAGE**

ON-COURSE PRACTICE



Every golfer has that one “money yardage” — the distance where you feel unstoppable. Maybe it’s a 100-yard wedge or a smooth 7-iron at 150. The key is to own that number and then use it as a launchpad to sharpen the rest of your bag.

Step 1: Identify Your Comfort Zone

- Go to the range and test different distances.
- Notice which shot feels automatic. That’s your “go-to yardage.”
- Example: You might love 100 yards with a gap wedge.

Step 2: Master Your Money Shot

- Practice it until it feels like second nature.
- Groove your distance control, trajectory, and spin.
- Build trust so that when you can lay up on a par-5, you choose to leave yourself this number.

Step 3: Attack the Weak Spots

- Once your favorite yardage is solid, move toward your “pain zones.”
- For many golfers, that’s a 70-yard wedge (awkward half-swing) or a 220-yard long iron/hybrid (intimidating distance).
- Dedicate specific practice time to those uncomfortable shots.

Step 4: Expand the Arsenal

- Slowly fill in the gaps across your bag: wedges, mid-irons, long irons, fairway woods, driver.
- Build skill by working one area at a time, not trying to master everything at once.



**PRACTICE
YOUR
PUTTING**

PUTTING PRACTICE



“Drive for show, putt for dough.” It’s a cliché because it’s true. The fastest way to shave strokes is on the green — where every putt counts the same. Practice with purpose, not just random strokes.

Fundamentals First

- Setup: Eyes over the ball, shoulders square.
- Stroke: Rock the shoulders, keep wrists quiet.
- Pace Over Line: A good putt always starts with proper speed.

Drills to Sharpen Your Stroke

1. The Gate Drill (Start Line Control)
 - Place two tees just wider than your putter head.
 - Roll putts through the “gate” without hitting the tees.
 - Goal: pure, centered contact = consistent start line.
2. The Ladder Drill (Distance Control)
 - Place tees or coins every 3 feet (3, 6, 9, 12, 15 feet).
 - Putt one ball to each “rung” of the ladder.
 - Goal: control pace and stop the ball within a small zone.
3. Circle of Confidence (Pressure Putting)
 - Set 6–10 balls in a 3-foot circle around the hole.
 - Make every one in a row before moving on.
 - Goal: build short-putt confidence under pressure.
4. 100-Putt Challenge (Consistency)
 - Over the week, log 100 practice putts inside 6 feet.
 - Track how many you make. Try to beat your score each week.

Pro Tip:

- Before a round: roll putts from 3–4 feet for confidence, and 20–30 feet for speed.



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