

## Game 1: ABC Distances

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The purpose of this game is to get a basic feel and some evidence for some easy yardages. Your ABC distances. It's an easy game to set-up and the numbers and easy for brain to remember and recall when on the golf course. The benefit of getting good at your ABC's is that every other wedge shot outside of these distances will only take a small adjustment to get right.

### Rules of the Game

Mark 30 balls in three different colours. e.g. 10 red (A), 10 green (B) and 10 blue (C) so they can be clearly identified. Set up 3 stations at 50, 75, and 100 yards from the flag as shown in table below. Hit 10 balls from each station, but alternate between A, B, C. e.g. hit one ball from A, one ball from B, one ball from C and so forth. Once all 30 balls have been hit, work out the average proximity to the hole for each of the A, B and C balls. As it a constant type of practise you should be striving to get close or better than tour average.

Distance Yards	Club Used	Average Proximity to Hole	Feel/Focus you used to hit the shot?
A – 50			
B – 75			
C – 100			

### Constraints

- Vary the trajectory of your flight e.g. low, medium, high
- Change the club, e.g. use a 9 iron
- Vary the lie for each shot

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