

Game 5: Leapfrog Ladder

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This game requires you to alter the trajectory and distance of your golf ball and thus teaches you how to manipulate the delivery of your golf club, a skill that elite performers possess.

Rules of the Game

Set up a hitting station 10 yards from the front of the green. Mark this with a tee or cone.

Select an imaginary hole/target 54ft (18yards) from the front edge of the green. Mark out a 6ft radius around the hole/target using ball markers or tees, or, if you have one, a golf ring.

The objective of this game is to land the first ball as close to the front on the green as possible with the goal of the ball finishing up inside the 6ft radius. The next ball must land further onto the green than the last, while always having to finish within 6ft of the hole. Keep progressively doing this. How many shots can you get between the front of the green and target? If any shot lands outside of the 6ft radius you must start again.

Attempt	Date	Score (How many balls did you land between front edge of green and hole)

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