

Game 6: 9 Shot Window:

Game 6: 9 Shot Window:

The ultimate skills test. It's not for the faint-hearted. It requires patience and practise. You must attempt this exercise. The act of even trying this task will improve your skill, shot making, learning, awareness and, ultimately, your golf. It also gives you the chance to vary your practise, which is linked to long term learning. The task is to attempt 9 shots, characterised in the table below. One point per shot achieved. Maximum 9 points

Rules of the Game Pick an intended target line in the distance, a range target or something on the horizon. You can choose to do in any order, but your intention must be made clear before you hit the shot, for example, select 'low trajectory draw'. You only receive a 1 point if the shot type you hit matches your intended shot in the table. Start with a 7 or 6 iron.

<p style="text-align: center;">High Trajectory Fade</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>	<p style="text-align: center;">High Trajectory Straight</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>	<p style="text-align: center;">High Trajectory Draw</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>
<p style="text-align: center;">Medium Trajectory Fade</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>	<p style="text-align: center;">Medium Trajectory Straight</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>	<p style="text-align: center;">Medium Trajectory Draw</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>
<p style="text-align: center;">Low Trajectory Fade</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>	<p style="text-align: center;">Low Trajectory Straight</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>	<p style="text-align: center;">Low Trajectory Draw</p> <p>Position at Set-up:</p> <p>Feel/Image in Swing:</p>

Constraints

- Use a different club e.g. a driver.
- Use a different club for each shot type. A total of 9 clubs will be used.
- Play in sequential order.
- Clearly define the range and zone of your shots. e.g. 5 or 10yard draw zone.