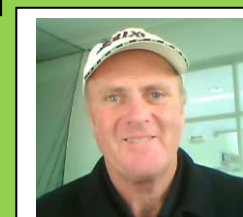




TIPS TO HELP YOUR GOLF

By

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Winter Golf Practice, staying warm and dry - June 2019

Once winter hits in Melbourne, it starts to get hard to get out and do some golf practice. Luckily we can do a fair bit of our practice at home. Following are some practice routines you can do to help retain or even improve your game during winter. Not just the technique, but also to explore the feel

1. **PUTTS ON THE CARPET** – Whether you putt to a design or a spot on your carpet, a coin or another ball, or sometimes just trying to putt your ball in the direction you had planned. Does your contact feel and sound consistent? Does your ball respond consistently.
2. **PLASTIC BALL PITCHING AND CHIPPING** – This is one of the best practice routines you can do. Get your sand iron and play some shots with plastic balls. You may be able to use a spare bit of carpet to play from so you can practice indoors. Does your ball pop up in the air regularly? Does it go pretty straight? If so, then can you play it at different trajectories and different distances on purpose?
3. **SWINGS AT FRESH AIR, IMAGINING CONTACT** – Ideally you do this exercise sometimes with a club and sometimes without a club. Without a club you can be more aware of how your body is moving, how your balance is. Does it feel like you are swinging toward your imagined target? With a club you can start to add the weight of the club to your swing. I practice this way indoors at home with my normal stance, using a small size junior club. This way I can swing without hitting ceiling, floor, light fittings etc. Be sure to imagine contact.
4. **AIMING UP TO HIT THE COUCH** - Holding a normal size club but holding the shaft right near the clubhead, so it looks like you are trying to hit something with the handle part of the club. Wind up as if you are going to hit the couch. Have thoughts of which direction your club is travelling as it gets to the couch. Does it feel like your club would supply force towards your target? Now I don't recommend hitting your couch. Stop your swing before contact. Maybe slowly press your club against the couch. Get the feeling of how to apply a bit of pressure in the direction of your target.

These exercises should have your body and your swing nicely prepared for next time you play.

Good Golfing,

Christopher Moore

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