



How to Practice Golf the Right Way — And Finally Lower Your Scores

A 4-Step System to Make Your Practice Count

This guide is designed to help serious golfers practice with more purpose, see results quicker, and transfer improvements from the range to the golf course.

Forget endless range sessions without feedback or structure. This system combines the best of modern coaching, launch monitor technology, and performance training to give you a proven pathway to lower scores.

Step 1: Find Time — and Have a Clear Focus

Make Time

You don't need hours of free time to improve — just two or three 30- to 60-minute sessions per week can be enough. The key is to make your practice consistent and intentional.

Define Your Focus

Each session should have ONE clear focus. Trying to work on everything at once is the fastest way to get nowhere.

Examples of focused sessions:

- Dialling in wedge distances (e.g. 40, 60, 80 yards)
- Improving fairway find rate with the driver by refining your pre-shot routine and ball flight pattern.
- Tracking swing path during blocked practice to monitor and correct club path direction — for instance, keeping the path inside-to-out during draws or managing out-to-in for a reliable fade. Use launch monitor data or video feedback to quantify club path in degrees and spot trends over time.

- Measuring clubhead speed in dedicated speed sessions. This can include overspeed training, lightweight clubs, or intent-based drills with the driver. Track progress weekly using a launch monitor, aiming to increase peak speed while maintaining control and balance.
- Staying focused on the process, not the outcome. This means sticking to your technical or mental cues (e.g. “complete my backswing” or “hold balance”) for every shot, regardless of result. Score your success based on routine execution, not where the ball finishes.

Track your session focus in a notebook or app to build awareness of your patterns over time.

Step 2: Start with Blocked Practice — Build Skill with Feedback

Blocked practice means repeating the same shot type or task with consistency and intention, often without the variability or decision-making required in play. This structure is ideal when working on technical development, swing changes, or consolidating a new movement pattern.

It's useful for:

- **Learning new movements:** Repetition builds familiarity and muscle memory when implementing technical swing changes. By isolating one element — like takeaway shape or wrist angles — you give yourself the best chance to internalise it.
- **Improving strike consistency:** Focused repetition helps fine-tune impact quality. Practising from a consistent setup and stance allows you to identify the link between your movement patterns and ball strike.
- **Building rhythm and confidence:** Repeating a motion that's starting to feel reliable builds trust. This is especially useful for players regaining confidence after a poor performance or mechanical struggle.

However, it's important to monitor progress using feedback tools like video or launch monitor data. Blocked practice can reinforce bad habits if you're not measuring what matters.

But blocked practice is only effective with **feedback**.

Examples Using Launch Monitor Data:

Driving Accuracy:

- 10 drives to a 30-yard fairway target
- Track launch angle, spin rate, carry distance, face/path data
- Use video or alignment tools to reinforce setup/swing changes

Wedge Calibration:

- 3 sets of 5 shots at 40, 60, and 80 yards

- Track carry distances and consistency using your launch monitor
- Compare to previous sessions to track progress

Iron Shot Shaping:

- Alternate 10 fades and 10 draws with your 7-iron
- Use launch monitor to monitor club path, face angle, and spin axis

The goal here is **not to simulate pressure** but to build a repeatable, solid baseline of skill.

Step 3: Move to Variable Practice — Simulate the Game

Once a skill is reasonably repeatable, you must learn to adapt it under changing conditions. That's what golf demands.

Variable practice introduces unpredictability and decision-making, just like a round of golf. It's the bridge between technical development and on-course performance.

In this phase, the key is variety and intent. Instead of repeating one task, you'll challenge your brain and body to adjust — just like the course demands.

Ideas:

- Hit 10 shots with 10 different clubs to random targets, changing distance and direction each time.
- Use your launch monitor to play full "virtual holes" — including tee shot, approach, and a scoring wedge — simulating real-game strategy and execution.
- Mix flight windows: alternate low draws, high fades, and neutral trajectories with different clubs to improve shot adaptability.

Always:

- Change clubs and targets each shot
- Perform your full pre-shot routine
- Use one ball — no retries

This type of practice trains:

- Adaptability under pressure
- Clubface and swing awareness
- Mental focus and decision-making speed

Advanced Additions (Exclusive to Indoor Simulator Environments):

TrackMan Performance Centre Tests: Use TrackMan's standardised tests like the Test Centre or Combine to track your performance across distances, shot shapes, and accuracy challenges. These structured variable tests offer real-time benchmarking and highlight weak zones in your game.

On-Course Practice with Data: With indoor simulator technology, you can now “practice the course” using virtual play. Choose a course you’ll play in competition and rehearse specific holes. Track dispersion patterns, club selection, and strategy. Analyse the data to guide your next session focus.

This kind of practice isn't possible on the range — only in a high-quality indoor environment can you collect full data on every shot and replicate competitive demands.

Done right, variable practice turns skills into performance — it gets you ready for the real game.

Step 4: Raise the Challenge Point — Pressure Creates Progress

This final stage is what makes your practice truly game-ready. It's not just about hitting a great shot — it's about doing it when it matters. Challenge-point training introduces pressure, consequences, and mental stakes into your sessions, replicating the demands of competitive golf.

The key idea: Growth happens when you're stretched just beyond your comfort zone. When you raise the stakes, your focus, commitment, and execution all improve.

This type of practice helps:

- Sharpen concentration under pressure
- Build resilience and bounce-back ability
- Strengthen your pre-shot routine for consistency
- Train emotional regulation — staying calm after a bad shot or before a high-pressure swing

Examples:

Fairway Finder Test:

- Hit 5 drives to a fairway target zone (e.g., 30 yards wide). If you miss more than 2, restart the challenge.
- Track fairway hits and side dispersion using your launch monitor
- Score yourself and record the best set each week to track progress

Wedge Ladder:

- Select 4 key yardages (e.g., 50, 60, 70, 80 yards)
- Hit one shot at each target and log your carry distances
- Calculate average deviation from target and repeat the sequence until you improve
- Optional: add a scoring system to create a leaderboard or benchmark

1-Shot Challenges:

- Give yourself just one chance to execute a shot — e.g., carry a 60-yard bunker, shape a 7-iron around a tree, or hit a driver between two flags
- No second chances, just like on the course
- Use launch monitor or simulator data to validate the outcome

These challenge-point drills can be varied each session to prevent predictability. You're not training for repetition — you're training for reliability under pressure.

This type of training builds:

- Commitment to a clear plan
- Trust in your routine and swing
- Confidence that transfers directly to the golf course

Final Word

This system is used by elite coaches, low-handicap amateurs, and dedicated weekend players alike. It's not about how *long* you practice — it's about how well.

Stick to the structure. Use your data. Practice with intention. And enjoy watching your scores drop.

PMG Golf Coaching

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