



Practice Plan for Sheila Dhandha

If one wants to groove their swing, many swings must be put into that groove. The swings can be on the course, at the range, in your home or in your mind, but they have to be made and they have to be made correctly. Some swings are mechanically complex, others more efficient, but all swings can be changed. It's not easy - it will take repetition and practice.

'Nobody - but nobody - has ever become really proficient at golf without practice'

Jack Nicklaus

Identified Swing Faults:

1. You are losing your spine angle on the backswing!
2. You are casting the club on the downswing.
3. You are not extending on the follow-through properly.
4. Your release needs some work.

Recommended Swing Drills:

1. Good Spine Angle - this will help with straightening up your back on the backswing.
2. Extension Drill - this will help with the chicken wing extension problem.
3. Split Grip Drill - this will give you a good feel for the proper release action.
4. Keep the L Drill - this will give you a feel for maintaining the angle in your wrist.

Recommended Practice:

- Practice recommended drills at home (if possible) for 20 minutes, At least 3 days a week.
- Two (1) hour practice sessions at the range per week. (Minimum)

10 minutes: Stretch your back shoulders, arms, and legs.

45 minutes: Work on full swing, giving equal balance to hitting with irons and woods. Practice the swing three or four times in between hitting the ball. Pay special attention to your tendencies. Continual improvement is your goal during practice time - so you can take it to the course. Measure your progress with the Practice Log.

5 minutes: Stretch and take a few minutes to assess what went well during your practice session and which parts still need work. Record any practice thoughts in your log for later review.

'Never practice without a thought in mind.'

Nancy Lopez