

Better At Golf

Spring Driving Range Training Guide

This simple practice structure is designed to help you build a more effective and engaging spring training routine. Organize your practice with purpose by working through different performance areas that translate directly to the golf course.

1. Perfect Alignment Setup — 10 Balls

Use alignment sticks to ensure your feet, hips, shoulders, and clubface are aimed correctly. Start each range session by reinforcing proper setup fundamentals before moving into full swings. This also trains your eyes to look at the correct target that you are shooting towards.

2. Full Swing Target Practice — 15 Balls

Pick specific targets on the driving range and commit to each shot like you are on the golf course. Avoid rapid-fire practice. Build focus and intention into every swing. Switch between different lengths of targets. I go with 3 balls to one target and then switch clubs.

3. Better At Golf Short Game System — 20 Balls

Use the Better At Golf short game system to randomize your practice. Change clubs, distances, and shot types regularly to simulate real on-course conditions and improve adaptability. Your up and down confidence will grow when playing on the real course.

4. Recovery Shots — 10 Balls

Practice creative recovery shots including low hooks, punch shots, high soft shots, and trouble-shot escapes. Learning how to recover can save multiple strokes during a round.

5. Dial In Yardages — 15 Balls

Work on distance control with wedges and scoring clubs. Focus on carrying the ball precise distances rather than simply hitting shots as far as possible. I work on a 75-yard shot and a 100 yard shot as my foundation.

6. Swing Hard to Build Stamina — 10 Balls

Finish your session by swinging aggressively with good balance and technique. This helps develop golf-specific stamina, speed, and endurance for late-round performance. It doesn't matter where the ball goes, just hit it hard.

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