

Score Like a Champion

Wedge Play Game: Up and Down

Rules

Played on the golf course, when the course is quiet and you can play extra shots without interfering with other golfers' play and enjoyment.

- Where the situation allows on the par 4s and par 5s, play an extra ball from within wedge play distance.
- On the first suitable fairway, drop your extra ball at about 30 yards from the pin and play it to the green. Chip and putt it as required until you hole out with that ball.
- On the next suitable fairway, repeat the process, this time from 40 yards. Then on the next hole 50 yards, and so on, in 10 yard increments all the way up to your full pitching wedge distance.
- Record your score, the total number of strokes required to get the ball in the hole, for each distance.

Full pre- and post-shot routine for every shot.

Be Accountable

At the end of every round, think carefully about what you have achieved, and the issues you've faced, and write them down in your practice session log.

