

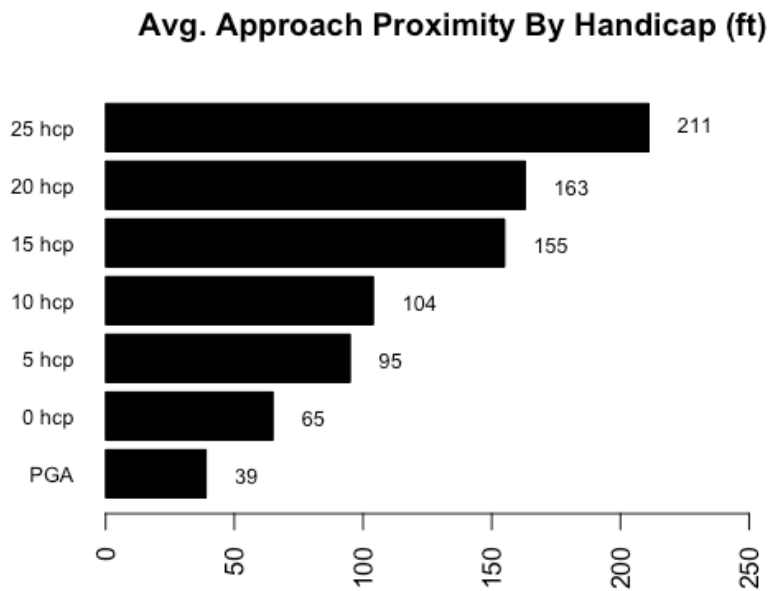


# APPROACH PLAY – DISTANCE CONTROL

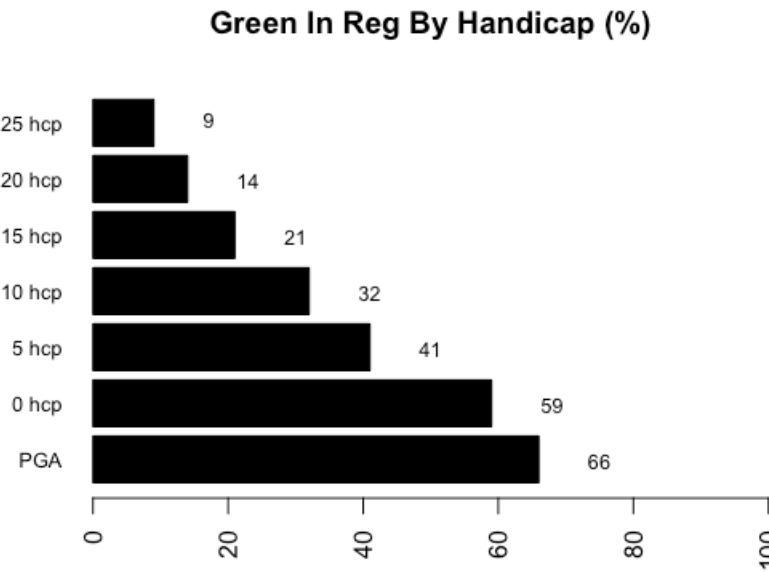
Great approach play is about two things: minimising your proximity to the hole and hitting as many greens as possible. Most golfers focus on improving misses left/right (lateral error), but often improving distance control is an easier win.

## Stats by Handicap

Below are the data for proximity to hole and greens hit by skill level.



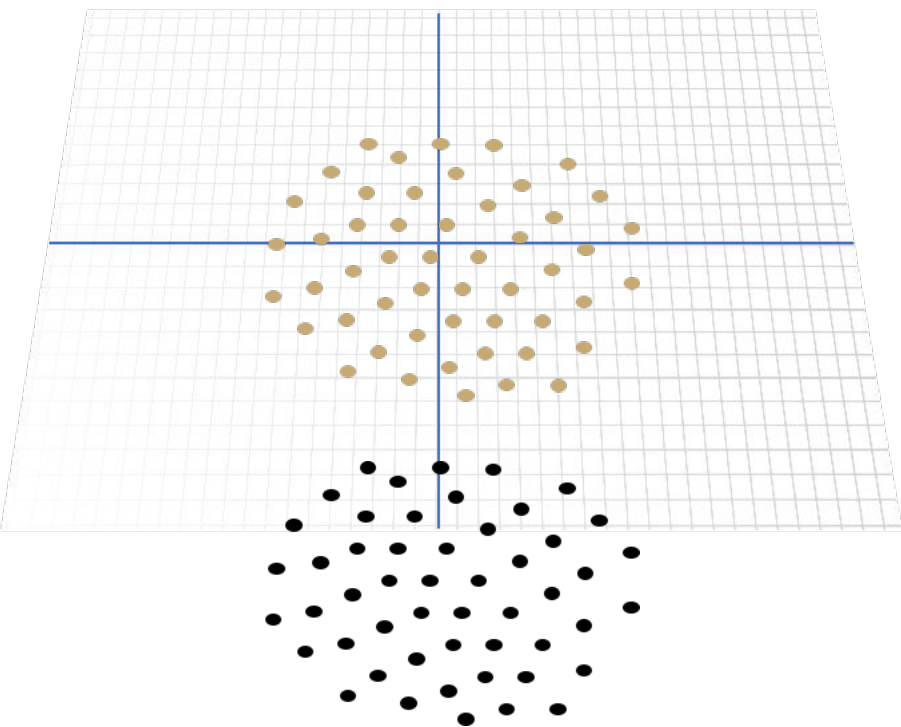
Please note PGA Tour conditions are much harder



Better distance control improves both of these variables.

## Lateral vs Distance Error

Golfers have error due to incorrect distances and lateral (left/right) error.



Most golfers tend to focus on lateral error, however tracking distance error will likely show you are short of your target 80 - 95% of the time.

From 160 yards most golfers are 40 - 100ft short of their target. This equates to 1-2 clubs.

Improving distance control is a simple win for better approach play and shooting lower scores.

## Cause of Distance Error

Poor distance control is a result of:

1. Poor execution.
2. Poor decision making.

## Execution/Technical Errors

If you struggle with distance control below are your top priorities for technical improvements:

1. Work on a consistent strike.
2. Work on consistent dynamic loft\*
3. Work on a more consistent path - club face relationship.

A great tip is to try to strike a point on the ground 2-3” ahead of your golf ball. This encourages a solid strike and controls your dynamic loft

*\*dynamic loft is the loft you have on your golf club at the moment of impact.*

## Decision Making Process

Here are the steps you should take before each shot for great distance control.

1. Measure the distance to flag.
2. Is this a good distance, or should I play long/short of the flag?
3. Account for slope (up/down).
4. Account for wind.
5. Account for lie & ball striking.

You should finish with **one clear number** in your mind that you are trying to hit your golf ball to.

## Skills Game

A simple skills game is to take 20 balls, pick two target distances (130 - 140 yards) and see how many balls can land between these targets.

Reduce the target size or increase the distance once you can score 15 or above.