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Home golf practice

A lot of us are going to be spending more time at home than ever. In an attempt to help many of you keep busy, I created a guide with various ways you can practice golf at home. I'll focus on three main categories - putting, full shots, and wedge play. Not everyone will have the ability to work on all of these due to size constraints, but I hope that you'll get some good ideas with whatever methods you can practice. Also, I've linked to other articles I've written to help explain certain concepts in more detail.Also, if you are interested in building a home golf simulator setup please check out my guide here.PuttingWhile all of you may not be able to do each of the practice methods I'll outline, putting is the one thing that almost anyone can practice at home.There are three critical putting skills:Unfortunately, you can't practice all of them at home. For most of you, your best bet is going to be working on the quality of your stroke.What You Can UseWhen I was a teenager, I used to putt on the carpet in the hallway with a glass cup. There's nothing wrong with going as basic as that. A fun, rather inexpensive product, called PuttOut is also an excellent tool if you do have an existing surface and want to give yourself more of a challenge. You can read my full review here.Many of you already have putting mats at home. If you don't, a premium option that I recently wrote about is the Perfect Practice Putting Mat. I just contacted the owners, and they have a strong supply at the moment still. You can purchase it here for a 10% discount.Alternatively, the SKLZ accelerator is a good choice if you want to keep your cost down.The Distances That Make a DifferencePracticing your putting inside of 10 feet is very important. These are the distances where golfers have a decent chance of making putts.I often bring up these stats to give people perspective on putting and its difficulty:Using these percentages as a guideline can help benchmark your progress. There are plenty of different games you can play to keep yourself engaged and challenge yourself to build your putting skills. Here are a few you can try out:If You've Got Some RoomLet's say you do have a stretch of carpet that is longer than 10-20 feet in your house, perhaps in your basement; you could do some speed drills. While a carpet isn't the perfect surface, it's better than nothing!A great way to work on your speed control is to make small windows to land the ball in. For example, if you're as little as 10 feet away, you can try to keep the ball within a 6-12 inch area (you can use golf balls or coins to mark these out). As you get further away, say to 20 feet, you can expand the window to 18-36 inches based on your skill level. Try to challenge yourself with games where you have to land a certain amount of balls within the target area before you can move backward.Here is another example of a game you can play:[@portabletext/react] Unknown block type "blockframe", specify a component for it in the `components.types` propPracticing Into a NetI realize not everyone has the space in their apartment or house to hit full shots into a net. But if you do, there are plenty of ways to make this practice meaningful. I'll break this section into a few parts, depending on whether or not you have any feedback on your shots from a launch monitor. I'll also link to articles that explore each method in further detail.If you are looking for a quality net, we recommend reading our Spornia SPG-7 review.Impact PracticeAnyone who has read Practical Golf for any amount of time knows that I am a huge proponent of tracking your impact tendencies. This would be my number one recommendation for anyone who is hitting balls into a net at home, especially if they have no way of knowing how the shot turned out.Where you make impact on the face of the club is crucial for the quality of your golf shots. I'd strongly recommend reading these two articles to understand why it's so essential and ideas on how to practice:The Most Underrated Fundamental in GolfGolf Ball Speed: The King of DistanceIf you get yourself a can of Dr. Scholl's Foot Spray, you can start to understand where your tendencies are, and improve them.Tempo PracticeAnother favorite practice method of mine when hitting balls into a net is working on your swing tempo. Most of the readers of this site come back to me with fantastic results when they do it.To understand why the concept is so important, and how to practice effectively, I recommend reading my full breakdown of swing tempo here.Low Point ControlOne of the biggest challenges of practicing on synthetic turf is knowing where your club is bottoming out. A lot of times, mats can give you a false sense of confidence.A critical skill of any ball striker is low point control. Ideally, you want your irons to make contact with the ball first, and then interact with the grass afterward on a downward trajectory. 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I do 95% of my practice on these shots with my 56-degree and 60-degree wedges.Lastly, you should mix up your practice between repetitive and random targets, which I discussed in this post recently. Here are a few examples:TrajectoryHow low or high your wedge shots travel through the air is also very important for scoring. As you have noticed, a shot on a lower trajectory tends to roll out more on the green, whereas a higher-lofted shot will stop a little faster.Without getting too complicated, there are two primary ways to control your trajectory. The first is with club selection. All things being equal, chipping with an 8-iron will get the ball started on a lower trajectory versus a sand wedge. The second way to control trajectory involves how you deliver the club. Some players are more skilled at using their hands and set up to add or decrease loft with the same club.I believe loft control is an area of wedge play where a little experimentation can help most players. What I like to do is pick a target and try to land the ball at the same distance with a low, medium, and high trajectory. You can do this with the same club, and experiment with ball position, opening or closing the face, or altering your technique. Conversely, you could also choose different clubs to achieve those different trajectories. Going through this exercise will give you a better sense of what's required to keep the ball a little lower or higher.My only warning is that you don't need to get too fancy with things. For the most part, you can hit very similar wedge trajectories and get good results on the course. Phil Mickelson flop shots aren't required. But experimentation is a very helpful exercise to build your skills, which will make you more proficient on your "stock wedge shots."Turf InteractionAnother critical wedge skill is reading your lies. Not every ball will be sitting perfectly in the fairway. 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