



Southwold Golf Club

Established 1884

Southwold Rabbit

Spring Edition 2020 Part Two

Wishing You All Good Health

Tips from Professional Richard Smith to keep us in Practice

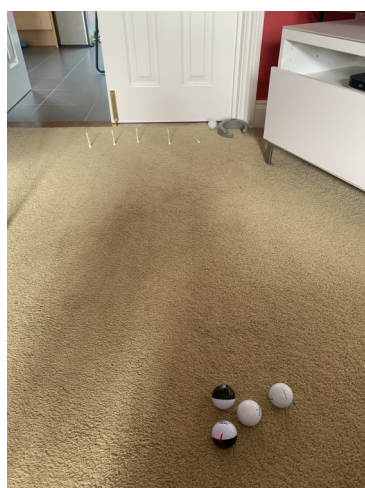
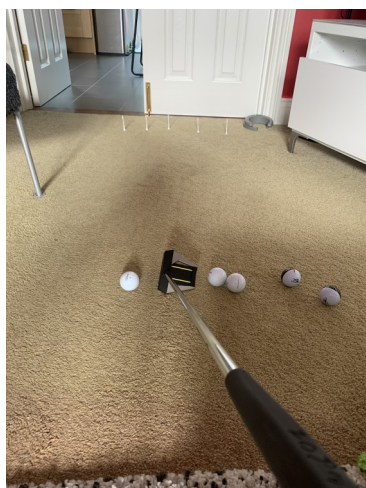
Indoor Golf

These couple of drills can help pass a few hours and hopefully improve your golf. Have fun and let me know how you get on.

Drill One: Putting

You need 5 Tees, 5 balls and your putter. The aim of this drill is to knock all 5 tees down.

You want to start about 2-3 feet away and take aim at each tee and see how many you can knock down in turn. When you can knock all 5 down, move a foot back and see how many you can do from 4 feet.



Drill Two: Distance Control

Place balls 3,4,5,6,7,8 feet from the skirting board. The aim is to roll each ball up to the skirting board and the ball rests against it and doesn't bounce back. This drill is to help you improve your distance control.

Chipping

Now for a bit of chipping. You need some balls, airflow, foam, or real balls, a wedge and a small bucket. You want the bucket to be 5-10 yards away. This little drill is good to see if you can get your chip shots to start online. See how many out of 10 you can get in.

Try with a few different wedge lofts and try not to take divots out of your carpet.....

Now that we are stuck inside, fitness is, and will be, a key for our well being and our mental health over the coming months. So below I have put together a small section of 'golf fitness' exercises to keep you in tip top condition ready to return to golf... hopefully sooner rather than later.

With all exercise only do them if you are fit and well. Don't push yourself too hard and if you have any injuries do not try.

Equipment needed

An ambulance on standby, a golf club, your sofa or a chair.

Balance

One thing that causes people trouble in golf and also in life is poor balance. As we get older poor balance leads to tips and falls.

Balance is very important in the golf swing. You need to be able to hold posture at the start of the swing, hold balance at the top of the back swing, hit the ball and keep balance in the follow through.

Balancing on one leg

This is an exercise which can be started off for a short period and can be built up.. It needs to be done on both legs. I would start off 5 seconds on each leg and try to get to 10 seconds within a week and then build for longer times. (If your balance is poor have something close by to hang on to).



If you get really good at keeping your balance, then to add some spice, try closing your eyes on each leg... see how long you can hold it for. (Don't fall over)



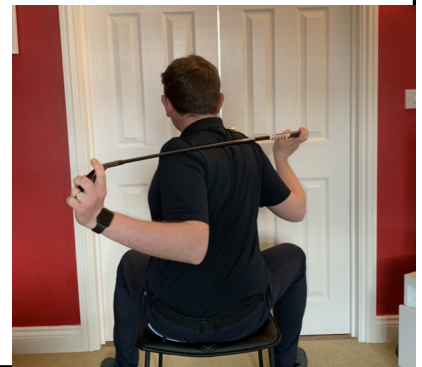
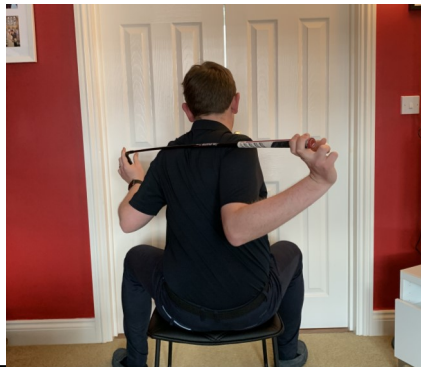
Hold your finish.

Another good exercise is to get a golf club and put yourself into your finishing position. Hands nice and high and get the feeling of finishing in the correct position and feeling where your weight is in your feet. See if you can hold your finish for 20 seconds.

Trunk Rotation

Now with the lack of golf some golf moves will slowly become stiffer. One of them is trunk rotation (trunk is the top half of your body).

Get your golf club and sit on a stool, swiss ball or on a chair with the back facing forward (see pic 1) and place the club just below the top of the shoulders. Don't place it on your neck. And slowly turn to your right, you are looking to get to about 45 degrees. (pic 2). Slowly turn back to centre and then turn to your left (pic 3). Do this 5 times each way. You will find one way easier. Don't push yourself too hard. Do this 3 times a week, you will notice the difference.



Ankles

We need to make sure we keep our ankles in good condition and we need to have a good range of motion with them. Our ankles have to work when we are walking over the uneven ground and also they take the strain when we are hitting shots.

Here are a couple of exercises:

First Sit down on the sofa, and stretch a leg out in front of you, lifting it a few inches off the ground (pic 1&2). Then extend your foot away from you and pull your foot back towards you so you feel a little pull on the back of your leg. (see photos below) Do this 10 times and then repeat on your other leg.



Second Ankle rotations: Stay on the sofa and lift your leg a few inches and then try to draw a circle with your foot and only your ankle can move (don't let your leg do the work). Do this for 5 times clockwise and 5 times anticlockwise and repeat on the other foot. Try and build this up to 10 times on each foot, both directions.

Wrists

Wrists, the same as ankles, take a lot of impact when hitting shots. So it's important that we look after them with a few stretches. Do the same as we did with the ankles. One arm out in front with your palm facing forward and fingers pointing up. With your other hand pull on the fingers a little to feel a slight stretch. Don't pull too hard. Swap hands and do the other side. Do this 3 times on each side.



Then keep one arm out in front of you and do small circles with your hand, keep your arm stable and let your wrist do the work. Do this 5 times clockwise and anticlockwise, do it on both hands.

Now I am no expert when it comes to fitness but hopefully these very basic exercises may help you pass the time in some way. However if you are really interested in golf fitness there is an excellent website. Please visit it: www.mytpi.com. The people who produce this website are the true experts and there is some really useful information and also some excellent exercise drills and videos.

Please stay safe and hopefully see you all at the club soon.

Best wishes

Richard