

# Golf stretches, drills, and exercises on your own

Use this handout to work on stretches, drills and exercises to prepare yourself for when we get back to school. Be consistent in your workouts and make an effort to do the little things because that is what will yield results. You should try to do 15-20 minutes a day, especially the stretches and range of motion exercises. If you have means to do anything with clubs or your putter in your house then that would be great.

Any questions, let me know.

Flexibility, range of motion and swing speed is what all of you can work on and develop to be able to swing the golf club better. Even if you can't get to a driving range, there are still things that you can do.

## **Stretches**

<http://www.sport-fitness-advisor.com/golf-stretching.html>

<https://www.youtube.com/watch?v=MozrkulgSy0>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/golf-stretches/sls-20076248>

## **Golf practice drills at home**

### **Range of motion, shoulder turn and extension**

[Lawshe video- using a towel to simulate the swing.](#)

### **Fitness and resistance band exercises.**

### **Resistance band exercises**

Indoor practice

<http://www.golf-information.info/simple-indoor-golf-drills.html>

<https://www.youtube.com/watch?v=jVMZbBUb4b4>

<http://www.glensgolfgroup.com/indoor-practice-drills-for-winter/>

## **At the driving range or practice green.....**

<http://www.golfdigest.com/gallery/practice-green-range-tips-photos>

<http://www.golf.com/instruction/six-drills-help-you-master-art-deliberate-practice>

<http://golfstateofmind.com/practice-drills-feel-drills-for-the-range/>