



Trent Wearer teaches at the Meridian Golf Learning Center and conducts golf schools at The Broadmoor. Reach him at [TrentWearerGolf.com](http://TrentWearerGolf.com) or 720-234-4653.

**LESSON**

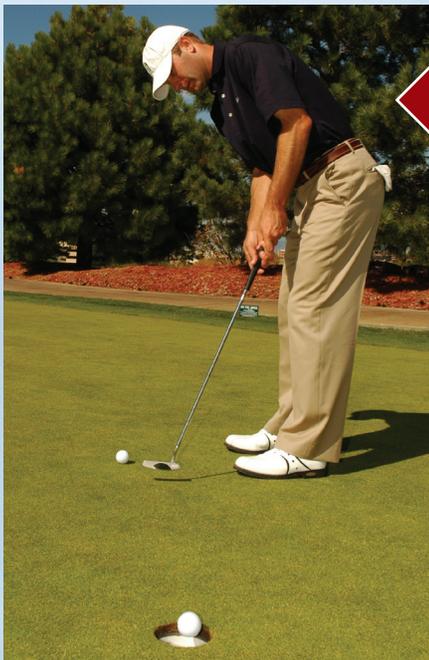
# Best Practices

Practice makes perfect—especially if it's perfect practice. | By Trent Wearer

**W**HILE WHAT YOU WORK ON IS IMPORTANT, HOW YOU WORK ON it can be the difference between just hitting balls and truly improving your game. An effective, efficient practice process will lead to better mechanics and higher confidence, which you can then transfer to the golf course.

**A few things to remember EVERY TIME you practice:**

- Warm up with very short swings
- Tee up the ball if it helps instill confidence
- Incorporate competitive games into every session
- Change targets often



### 1) Putting

Always putt! I recommend that you practice putting for at least 20 minutes before you head to the practice tee.

### 2) Plan

Begin with a clear understanding of what you need to work on and choose appropriate clubs for that task. Separate range balls into four piles of 10 balls each. Go through each pile with one club. I recommend you hit one short iron, one mid-iron, one long iron or fairway wood and your driver.

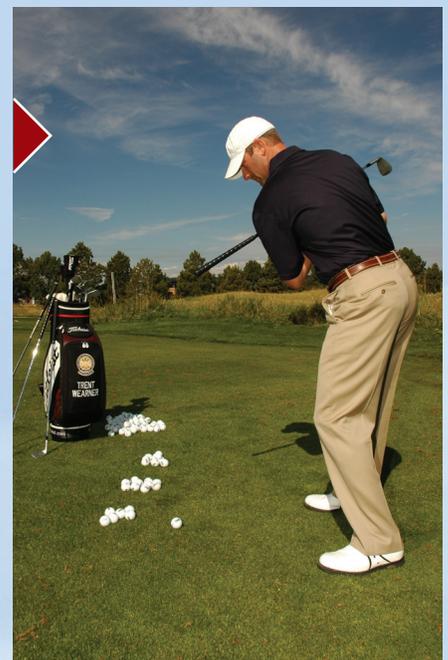


### 3) Routine

Start each swing with your normal pre-shot routine. This is different for everyone, but for me it's standing behind the ball and visualizing the shot, choosing an intermediate target, and finally setting up to the ball while aligning my body and clubface.

### 4) Practice Swing/Drill

Perhaps your instructor gave you a drill to work on during your practice session. Take a step back every few shots and rehearse it. If you're trying to make a change in your swing, do that drill before *every* shot.



PHOTOGRAPH BY: JAKE KUBIE