

LONG GAME EXERCISE

Clip and Count

Skill:
Category:

Long Game
Posture

To encourage the pupil to achieve solid contact and get the ball into the air.

Encourage the pupil to use their hand-eye co-ordination to 'clip' the tee or 'brush' the ground. This encourages the correct contact hitting the bottom of the ball. Pupils should 'count to two' at the end of the swing to monitor balance and control.

