



# KENNEDY ACADEMY

## Performance Games, Etc

### Check out my Putting book!

<http://ryankennedypga.com/wp-content/uploads/2017/10/Putting-Rules-for-Life.pdf>

### Stat Tracking

Check out [www.golfstatlab.com](http://www.golfstatlab.com) from Jordan Speith's coach, Cameron McCormick. This is an absolute MUST for those serious about long term improvement!

### Body Pros

Check out [www.lgperformance.com](http://www.lgperformance.com). They're great PTs specializing in regaining functionality as well as fitness. It's a low cost way to have experts helping your body reach the goals of your golf game. They've done wonders for me and all of my players. All in the comfort of your own home!

## PUTTING DRILLS

### Check out my Putting book!

<http://ryankennedypga.com/wp-content/uploads/2017/10/Putting-Rules-for-Life.pdf>

### 3, 5, 7 Drill

1. Start by finding a putt that is straight uphill.

2. Go through your Pre Shot Routine with every putt you hit
3. Using ONLY 1 ball, make three 3 footers in a row
  - a. Then three 5 footers in a row
  - b. Finish with three 7 footers in a row.
4. If you miss one putt you must start over at the 3 foot mark.
5. You aren't allowed to leave until you have finished the drill.

### Leap Frog 🐸

Speed control putting game where you set 2 tees at 10 and 20 feet. Putt the first ball past the first tee, the next ball has to go further than the first ball. How many balls can you get in between the two tees.

### Putting 4'-10' Spiral

Create a Spiral shape around the hole with 9 balls and keep score. The score for this game is how many total strokes to get all 9 balls into the hole. <https://www.golfrankingstats.com/strokes-gained-calculator/>

### 7,9,11,13

Find a hole where you can hit putts from all 4 lengths from 4 different directions. Work your way around the hole hitting putts from all 4 lengths. Add 2 extra putts at the end to make a total of 18 putts. Keep track of your Strokes Gained results on <https://www.golfrankingstats.com/strokes-gained-calculator/>

### Fringe Hand Roll

This Drill is to practice letting your body and eyes dictate all speed control. Everything gets worse when the Brain gets in the way!

Roll one ball to the edge of the green with your hand and then putt one. Keep mechanics out of everything. Be extremely Visual! Now do this for all putts for the rest of your life! 😊👉

### The Fall Line

With 12:00 being the highest part and 6:00 the lowest, that red line is where the ball will roll straight downhill. It's called the Fall Line.

### Green Reading Process

1. Start at the LOWEST POINT of the section of green you're putting over.
2. Walk to the LOWEST SIDE of your putt as you MUST always and Only read a putt while looking uphill. Our eyes cannot handle looking downhill and easily get tricked.
  - 1-2. During number 1&2 you should be looking for the fall line.
3. Visualize what you think the ball will do in the last 3 feet of the putt when it's slowing down. If it's downhill it will turn Onto the Fall Line. If it's Uphill it will turn Into the Fall Line.
4. Finally visualize and determine how you'll roll the ball onto that last 3 foot section.

## GREENSIDE WEDGES

### **Ladder Drill**

This drill is used to work on your landing point for chipping, pitching or bunker play.

Lay out 6 to 8 alignment rods or golf clubs so that they look like a ladder laying on the ground. Place each 'rung' appx 4' apart. (You may change this distance to make the game more fun or more challenging.... Wider, easier, more narrow for more challenge)

You must LAND the ball between the first 2 rungs so that you can move on to the next rung. If you miss your intended target you will need to move back 1 rung (If you miss the 4th rung then you next shot is back on the 3rd)

**9 Ball Add em Up** - hit 9 wedge shots from various locations and pace off your distance to the hole from each ball. Divide by nine to get your average distance to hole. Look up stats on PGA tour.com to see where you stand.

**21 Scrambling** - throw 9 balls and play them from where they lie into the hole. ie: putt out. A score of 21 is equal to the PGA tour's scrambling average.

Some days it's from the Rough, some days from the fairway, some days from the bunker and sometimes from all different lies!

## **FULLSWING**

**2 Windows** is a Shot Shaping game. Picture a building out on the range with 2 windows up top and you need to hit a fade through the window on the left and a draw through the window on the right.

Stage 1 - keep hitting until you can do it with each club, working up thru the bag.

Stage 2 - count how many balls it take to go from 7i to Driver.

**3 or 9 Windows** is a shot shaping game where you have to hit draws, straight and fades through different windows of a visualized building on the range. 9 windows forces you to hit the shot shapes at different trajectories, low, medium & high.

### **Aussie Rules**



Pick four goalposts on the range (poles, trees, bushes, etc). The center goal is worth six points, the outer goals are worth one point and missing the goals is -2 points.

There's a hundred different versions of this you can play by changing clubs or the size of the gates.

9 balls, and how many points can you score?

If you're scoring more than 40, you need to narrow your goal posts.

# ALL SHOTS!

**3up**  **3down**  - this is a game to help you hit every club in the bag as you're working on a new move. 3 good shot before 3 bad shots and you move up, 3 bad before 3 good and you move down. Start at slower speeds and build up to full speed. Once you get up to Full speed then go from 9i to the 8i, to 7i. If you hit 3 bad shots before 3 good shots you must move back down a club.

## The Physical & Mental Routines

Once you have completed the Decision, Planning & Commitment processes of hitting a shot, you move into the Execution phase. This is the moment that you must put all trust in your pre-shot routine. You cannot be focused on the mechanics of the motion but must trust in your practice so that you can focus on being physically reactive to the target.

You need to establish how many steps there are in your routine, how many looks at the target, how many waggles, feet shuffling, etc, etc. You have to be precise down to the tenth of a second!

Once you have established the Physical portion of the routine, you must create a Mental routine that matches the Physical. I've found it best to attached a Numbered counting system to each and every physical movement. It could also be a string of letters, but it needs to put your absolute focus Mentally & Physically on the present moment so that you can react to your shot shape, starting line and the target.

# ATHLETICISM

## The Jetstick Drills

4 sets of 6, at least 2 times per day

1. Half back & All the way through. #speedoutfront
2. 2 Way Speed
3. Full Swings - Speed Out Front!
4. Half back & All the way through. #speedoutfront

## SpeedBomber to Jetstick Drills

4 sets of 6, at least 2 times per day

1. SpeedBomber - Half back & All the way through. #speedoutfront
2. SpeedBomber - Full Swings - Speed Out Front!
3. JetStick - Half back & All the way through. #speedoutfront
4. JetStick - Full Swings - Speed Out Front!

## The Speed Bomber Drills

4 sets of 6, at least 2 times per day

1. Half back & All the way through. #speedoutfront
2. Full Swings - Speed Out Front!
3. Half back & All the way through. #speedoutfront
4. Full Swings - Speed Out Front!