

## **BASE RANGE**

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Base Range Practice: 100 points

Using 100 yard club hit 10 shots each distance (40 points)

25 yards – 10 points (1 point for each solid shot near 25 yards)

50 yards – 10 points (1 point for each solid shot near 50 yards)

75 yards – 10 points (1 point for each solid shot near 75 yards)

100 yards – 10 points (1 point for each solid shot near 100 yards)

Note: The goal here is to control the golf club with the feeling of the swing either with length or back swing or impact force control; you may also create shots with follow through restriction.

Full Swing Ladder (30 points)

PW – 5 points (1 point for each solid shot)

8 iron – 5 points (1 point for each solid shot)

6 iron – 5 points (1 point for each solid shot)

4 iron / hybrid – 5 points (1 point for each solid shot)

Fairway wood – 5 points (1 point for each solid shot)

Driver – 5 points (1 point for each solid shot)

Notes: This is a very simple exercise designed to make the player aware of transitional set up positions as you move through your set. Make sure to be aware of alignment, ball position, stance spacing and swing thoughts as you work your way up "The Ladder" of the different clubs in the set and the subtle differences between each club.

Full Swing Ladder with pre shot routine (30 points)

PW – 5 points (1 point for each solid shot)

8 iron – 5 points (1 point for each solid shot)

6 iron – 5 points (1 point for each solid shot)

4 iron / hybrid – 5 points (1 point for each solid shot)

Fairway wood – 5 points (1 point for each solid shot)

Driver – 5 points (1 point for each solid shot)

Notes: Same drill as previous with the exception of using a walk behind pre shot routine like you would on the golf course for execution purposes. You should use the same routine and practice swing for all shots. Each routine should be completed in fewer than 10-12 seconds after a slow 3 part in and out breathe to lower heart rate.