

Short Game Training

Baseline "Known Numbers" Plan

1. This training plan is used to help you develop your short game yardages. By short game yardages, I mean distances that are not full swings.
2. In this baseline I don't want you to think that "I need to hit this shot 'x' yards" let's work on controlling the length of swing, and the club we use and let the yardages happen.
3. WARM UP - Even though this is not very intense I would still like you to go through a physical warm up to make your body is ready and doesn't have any stiffness.

I have a video talking about this plan as well. [You can click here to check it out!](#)
Check out this video to see me do it in person at my practice green, [Click here](#)

Tools required:

- 20 Golf balls
- Alignment rod
- Towel / brush for cleaning grooves
- Tripod and phone for recording

The chart below might look a little intimidating with all the numbers but as you start to work through it, you will find that once you start to get a few numbers in place, the rest takes shape.

1. Start by using a wedge that isn't your most lofted (no 58° or 60°) it should be a 54° or 56°
2. Decide on a length of swing you want to make, it doesn't matter to me what you call it, I just need you to be able to describe and also be able to check in video to know if you are going back and through the length you think you are. Arm positions, club positions, clock type system, all can work. Remember I just need you to be able to describe it and be able to check it
3. Make some dry swings (no golf ball) with video running to check the length of your swing to see if it matches up with what you think it should be
4. Hit 5 balls with sole purpose of checking the length again (video required)
5. Set up alignment rod (in between you and the ball for direction), and hit 20 balls, contact is important
6. Take out the worst 5 (15 remaining), find your average carry, and you have your first known number
7. Do the same length of swing with all other wedges, same process and you will have your first 4 numbers

Below is an example that I have created, along the top I have my four wedges, and along the left I have the lengths of swing that I use. You can use the lengths of swing whatever you want, they are for you!

	PW	50*	54*	58*
K to K	32	25	17	10
C to C	56	39	25	18
AP to AP	91	75	60	35

For Reference

K to K = Knee high to Knee High

C to C = Club Parralel with the ground to club parallel with the ground

AP to AP = Arm Parralel to the ground to Arm Parralel to the ground
