

STROKESAVERS WITH STEVEN GIULIANO

THE SCORING ZONE

Designed to put you in a competitive mode of practice, the Median Ball Drill will challenge you to improve your overall proximity to the hole

In this month's issue, I'm going to show you another great way to target your practice to get you into the scoring zone. This article will focus on a competitive short-game drill which can be used for a variety of shots around the

green. Designed for the novice to tour level players, the Median Ball Drill will put you in a competitive mode of practice the moment you step onto the training ground.

The purpose of this drill is to challenge

you to improve your overall proximity to the hole. It can be played when working on any short-game shot from chipping, pitching, bunker play, lob shots and trouble shots around the green.



BRING THIS PAGE TO LIFE! SCAN TO WATCH THE VIDEO



LOB SHOT



TROUBLE SHOT



Australian PGA AAA-rated professional **Steven Giuliano** is based at the Impact Elite Golf Academy at The Mines Resort & Golf Club as the Director of Player Development & Education. He is regarded as one of the top instructors for developing amateurs and professionals in the Asia Pacific region. For more information, log on to www.sggc.com.au or email steven@sggc.com.au



REQUIRED

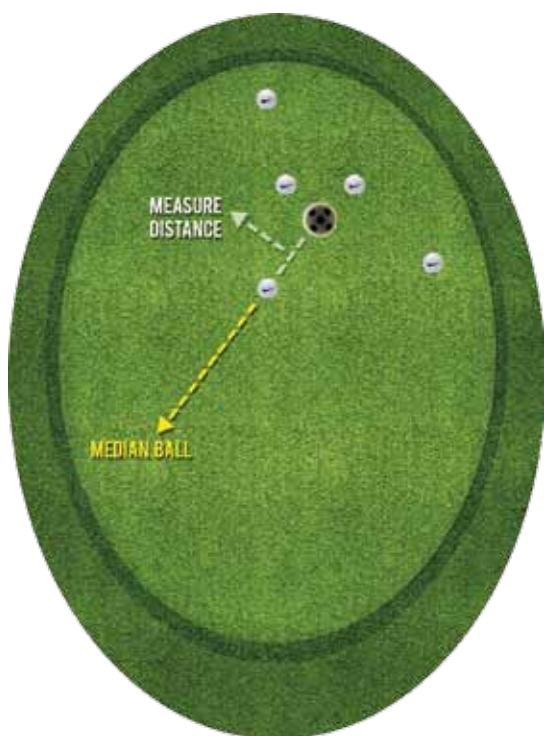
- 3 or 5 balls
- Measuring device such as a 6-iron or putter
- Chipping green and short-game areas – enough space for a large variety of shots

SET-UP & SCORE

- Choose 9 separate positions for a particular shot around the green. Remember, you can choose any short-game shot from around the green as long as the shot is consistent for the 9 separate positions.
- Take an odd number of balls (either 3 or 5) and choose a starting point.

COMPLETION

- Using 5 balls as an example, hit all shots from the same spot.
- Once all shots have been hit, take away the best two and worst two shots and you're left with the median ball distance.
- Measure the median ball distance from the hole and work on improving the proximity to the hole each time.
- Record your progress by measuring the median ball over 9 holes on the scoring sheet (as shown here) and you'll have your average proximity to the hole for that particular shot.



| MEDIAN BALL DRILL - SCORINGSHEET | | | | | | | | | | | | |
|----------------------------------|----------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|---------|--|
| DATE | SHOT SELECTION | HOLE #1 | HOLE #2 | HOLE #3 | HOLE #4 | HOLE #5 | HOLE #6 | HOLE #7 | HOLE #8 | HOLE #9 | AVERAGE | |
| | | MEDIAN BALL DISTANCE | MEDIAN BALL DISTANCE | MEDIAN BALL DISTANCE | MEDIAN BALL DISTANCE | MEDIAN BALL DISTANCE | MEDIAN BALL DISTANCE | MEDIAN BALL DISTANCE | MEDIAN BALL DISTANCE | MEDIAN BALL DISTANCE | | |
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Good luck, and I look forward to sharing another competitive scoring drill with you in the next issue!