

# BALLANTYNE®

magazine

## BUN IN THE OVEN

THIS IS NOT YOUR MOTHER'S BABY BUMP

## BURGERS OR BARBECUE?

CHILL AT ELWOOD'S

BOOKMARK IT!

## NEW CLUB OPEN TO ALL

**PLUS**

EYE-CATCHING EMERALD VASES:

## DIY WITH STYLE

## SELLING YOUR HOME?

ACCELERATE IT

## GLOBAL GLEE

IS ELEMENTARY AT ENDAHVEN

## A STAR-KISSED SOUTHERN CITY: 'THE HAM'

## 'TRAIN & TRANSFER' FOR BETTER GOLF

# The Taste of Spring

SAVOR DISHES  
INSPIRED BY  
LOCAL CHEFS

# Transfer Training

Take your Game from the Range to the Course

By Nancy Harvey, LPGA Class A Teaching Professional, Master Instructor, Dana Rader Golf School  
Photos by Ray Sepesy

TO PLAY GOLF SUCCESSFULLY INVOLVES MORE than just knowing what is wrong and how to fix it. Three essentials to good play are ball control, decision-making and self-management. One way to boost all three, particularly your ball control, is to practice specific skills and then transfer them to the golf course.

During such transfer training, players mentally begin attaching a new movement to new feelings they have internalized during a lesson. By attending more to ball flight and strategy, focusing less on technical positions, a player can finally begin to own their golf swing.

The following pictures illustrate two ways to transfer your skills to the golf course. In the full-swing exercise (A), view specific targets and their yardages. Rotate between targets and the correct club selection, assessing your actual skill to hit the targets.

In short-game practice (B), challenge yourself with course-like conditions. Using only one ball, assess your chipping, pitching and putting. Play holes as if you missed every green. Alternate chipping and pitching your ball from different

lies. After you pitch or chip, putt your ball in the hole. See how many total strokes it takes to get the ball in the hole. An up and down is two strokes.

Once you get the feel of your ability through these drills, transfer your skills to the course. From there, you can gauge whether you are making correct decisions and managing your attention and thoughts under playing conditions.

If you want to learn more about this tip or my golf performance program, contact me at [nharvey@danarader.com](mailto:nharvey@danarader.com) or call Dana Rader Golf School at 704-542-7635.

Check out the video version of this tip at [www.ballantynemagazine.com](http://www.ballantynemagazine.com) and [www.danarader.com](http://www.danarader.com).



Nancy Harvey

**SEE THIS TIP  
IN ACTION.**  
Click the icon  
to watch.

