

Aussie Rules Match Play Drills



Performance
Enhancement
Systems

| | Player A | | | Player B | |
|-----|----------|--|---|----------|--|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | R | R | |
| 4 | | | E | E | |
| 5 | | | S | S | |
| 6 | | | U | U | |
| 7 | | | L | L | |
| 8 | | | T | T | |
| 9 | | | | | |
| 10 | | | | | |
| 11 | | | | | |
| 12 | | | | | |
| 13 | | | | | |
| 14 | | | | | |
| 15 | | | | | |
| 16 | | | | | |
| 17 | | | | | |
| 18 | | | | | |
| Ext | | | | | |
| Ext | | | | | |
| Ext | | | | | |
| Fin | | | | | |

Fill in the score for each shot 10, 5, -20 Plot where ball landed by writing the number 1A, 1B etc in the AR Zones
Put match result (+, -, □) for "hole"/pair in middle box
In Aussie Rules golf, on the line is IN

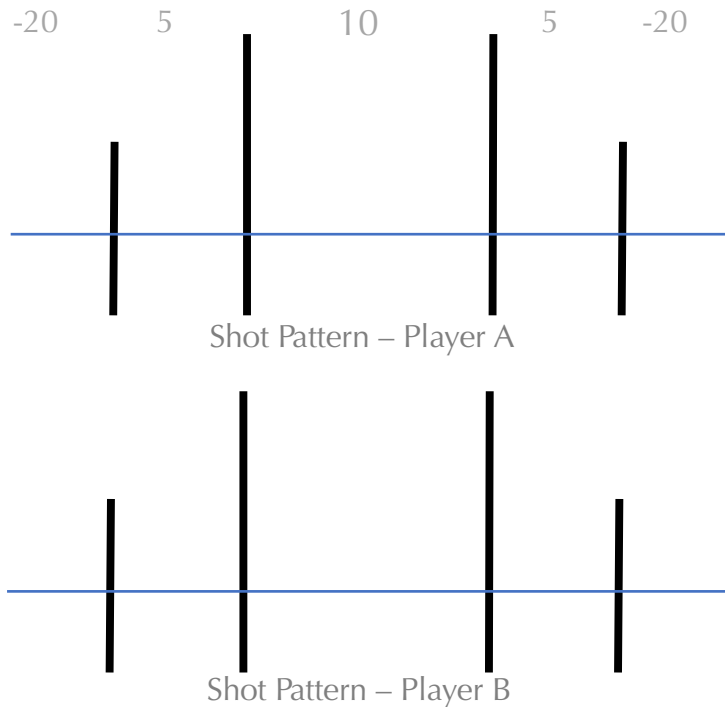
Drill Options (✓)

9/18 Hole Match Play

9/18 Hole 2 Ball Worst Ball Match Play

9/18 Hole 2 Ball Best Ball Match Play

| |
|----------------------------------|
| Venue & Conditions |
| Player A – Initials, Club & Shot |
| Player B – Initials, Club & Shot |



| | | |
|------|---------------|----------------|
| -20s | Come Back 10s | Strings of 10s |
|------|---------------|----------------|

| | | | | |
|---|--|--|--|--|
| A | | | | |
| B | | | | |

Overall / Separate Drill Shot Distribution as %

Drill Review

Rate your swing speed control

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

Pre-shot routine consistency

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

How good was your eye control?

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

Set-up rhythm control

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

Shot visualization/feelization

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

Eye sequence consistency / rhythm

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

Diary Questions

What did you do/think/feel after a bad shot?
After a good shot?

What strategies worked best?

When you had to step back and regroup, what kind of technical options were you using/considering?

Which was your best shot/swing? What was the rhythm like? What were your swing thoughts/feels?

What was your biggest match play achievement? How did you achieve it?

What worked? What didn't work? Is there anything you have added to your system?