

Aussie Rules Stroke Play Drills



Performance
Enhancement
Systems

Space here for 2 drills – use a different color pen

1		1B		
2		2B		
3		3B		
4		4B		
5		5B		
6		6B		
7		7B		
8		8B		
9		9B		
10		10B		

R
E
S
U
L
T

1		1B		
2		2B		
3		3B		
4		4B		
5		5B		
6		6B		
7		7B		
8		8B		
9		9B		
10		10B		

R
E
S
U
L
T

Fill in the score for each shot 10, 5, -20 Plot where ball landed
Put result for shot/pair in heavy box

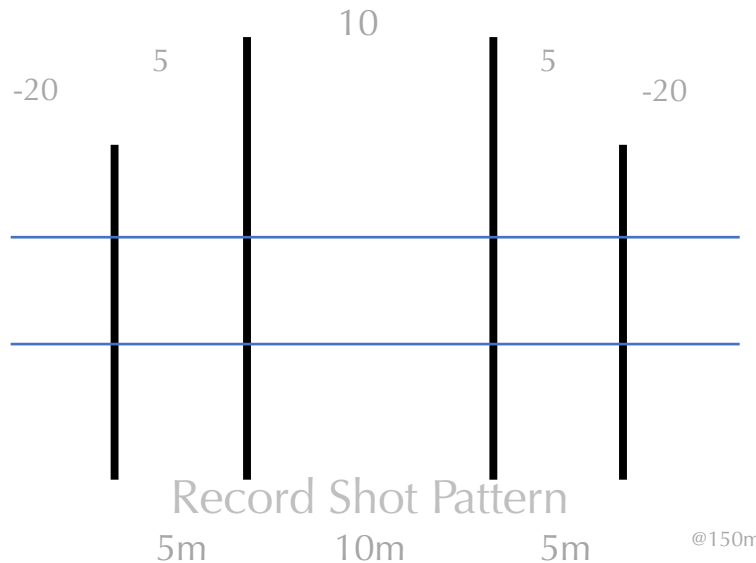
Drill Options (✓)

10 Ball Aussie Rules Test

10 Ball 2 Ball Worst Ball Test (20 shots)

10 Ball 2 Ball Best Ball Test (20 shots)

Club & Shot	Date
Venue & Conditions	



Space for 3 drills to be recorded here
Record where shots LAND by writing the number of the shot:
eg 1, 1B, 2, 2B etc in the AR Zones
In Aussie Rules Golf, on the line is IN

-20s	Come Back 10s	Strings of 10s
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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 stroke play
achievement? How did you achieve it?

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