

# McCleery Golf Academy

## Effective Practice Block and Random

*Balancing Learning and*

When looking at getting the most out of ones practice in golf it is important to understand which practice modes are relevant and what to expect from each. The practice modes in question go by the labels, "Block Practice" and "Random Practice".

**Block practice is a commonly used form of practice that has the golfer hitting many shots with club attempting to achieve a consistent and particular outcome. The golfer may hit many shots straying from the particular desired achievement outcome and process.**

Random practice on the other hand is a form of practice by which the golfer changes the club for each shot as well as the desired ball flight outcome or target. The golfer will never hit more than one shot with a particular club to the same target consecutively.

**Which form of practice would you consider as more useful? In reflecting upon your own practice which one of these styles better describes your approach to improvement? Or is their a mix?**

Many golfers believe that block practice, through its repetitive nature will lead to a grooved and trusted action and the best results on course. Unfortunately the truth is that block practice, though generally leading to improved performance in practice, does not transfer well to the golf course very well. This is because in golf, one never gets a second chance, or a third to hit a particular shot.

**The challenge in golf is to be prepared to hit the shot that is in front of you and that means a shot every time. Golfers that practice in block style never practice the skill of planning and execute under real conditions and are thus less prepared for real conditions.**

Briefly, random practicers on the other hand are constantly challenged with having to go through a problem solving process that includes visualization of the shot, anticipation of the result both desirable and undesirable and to plan accordingly. Thus instead of hoping they will execute, they are practicing to a much higher standard, more likely to trust in their execution because they have already figured out what to do before they hit the shot. Random practicers do not practice "beating their head against a wall

**Though this varied form of practice seems to exhibit lesser proficiencies in practice, those skills are better transferred into play on the course because they more accurately relate to the actual challenges presented on course. Thus offering a more realistic measure of ones skill level.**

That said, there is a time and a place for making use of Block Practice. Early on in the acquisition of a new skill, block practice may well be required for the golfer to gain an initial sense of accomplishment. Once the new skill has been performed and is understood, it is recommended that the student move to a random practice mode and diminish any block practice. Those that stick to block practice are thus stuck to early stages of skill development. Random practicers show "meaningful" progress.

**To ensure that your practice leads to your best performances on course, see me for a personal game development program that delivers meaningful results.**

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