

As a player and instructor, I am always looking for fun drills to use in practice.

Below are two drills using a regular golf ball and the second using a plastic practice golf ball.

Drill 1 - Using one regular golf ball rather than a croquet ball, practice keeping your head down and making good contact with the ball. Notice that a relaxed swing is all you need to propel the ball. Work on hitting various distances such as from hoop 1 to 2 or 9 to 10, and from hoop 5 to 6.

Variation: Begin at the starting corner and play each hoop in order. Count how many strokes it takes to complete 6 hoops. Challenge yourself to improve your score each round.

Benefit: Hitting a regular golf ball too hard or fast with a croquet mallet will send the ball flying. This drill forces you to slow down your swing and develop a smooth rhythm.

Drill 2 - This drill was suggested to me by legendary player, Leo McBride at a clinic he held in Toronto and is great for roquet practice.

Equipment: One plastic golf ball with holes in it. Tie a length of string, (6-8 inches works well) to the golf ball. On the other end of the string attach a nail. Place the golf ball anywhere on the court or near the hoop, push the nail into the ground and when you hit your target it will spin around and stay in place so that you can repeat again and again.

Benefit: Because the golf ball is a much smaller target than a croquet ball, your accuracy improves. When you switch back to hitting a regular size croquet ball, your target should seem much larger and easier to hit.