

# Train Like A Pro: How To Practice Golf In The Offseason

Unless you live in a place that is pleasant and sunny all year round such as Florida or Portugal, then you probably will not be able to play golf in the winter due to rain, snow, and wind.

However, in some places like Canada, the offseason can start in the early autumn and end in the late spring.

Even though the off-season means you can't hit up the golf course, you shouldn't let it ruin your fun and development. There are plenty of ways to keep your golfing skills up to scratch in the offseason. The guide below offers some advice on how to continue golf training during the winter months so you can be in top form when hitting up the golf course.

Picture 1 of Train Like A Pro: How To Practice Golf In The Offseason

## Use a Simulator

One option for practicing golf in the comfort of your own home or a golf course clubhouse is using a golf simulator. Due to rapid technological advances over recent decades golf simulators have improved markedly. Simulator software allows you to practice a range of skills and you can read more here about the variety of shots and scenarios you can set up. The golf simulator then provides you with a report on the quality of your shot.

Using a simulator to hone your skills will also take you less time as walking or cart time is cut out of the game. Typically, playing 18 holes on a simulator will take you around an hour. Most golf simulators will also allow you to play famous courses that you wouldn't usually have a chance to visit, for example, Muirfield Village and St. Andrews.

## Review Your Game and Set Goals

Before setting about making a practice schedule or investing in offseason practice equipment, you should take some time to evaluate your recent performance on the golf course and in training. Here it is a good idea to look back and make a list of the weaknesses in your game whether it be misdirected tee shots, ineffective wedge shots, or taking too many attempts at putting.

After writing down the areas of your game you would like to improve, you can go about making a list of goals, creating a practice schedule, and getting together equipment that focuses on improving your weaknesses.

## Flexibility Exercises

Oftentimes people think of strength training first when planning to improve their swing, despite this, it is important not to overlook the impact that improved flexibility can have on the quality of your swing. Although strength is vital to a good swing, so is flexibility as a range of motion is required to pull off a swing with more power.

There are several recommended exercises you can do during the golf offseason to increase flexibility, these include:

1. Hamstrings. Take up a position with your feet no further than shoulder-width apart, and with a straight back bend forward to stretch the backs of your legs.
2. Torso. Stand straight looking away from the wall, then turn left and put your right hand on the wall forcing your torso to twist. This exercise will improve the torso motion needed to lead up and follow through a swing.
3. Shoulders. Stand facing a wall and put your hands on it at the same height as your eyes then bend over forcing your chest and head to the bottom of the wall. The point of this stretch is to improve the shoulder joint motion so there are fewer limitations in the swing.

Picture 2 of Train Like A Pro: How To Practice Golf In The Offseason

## Go on a Golfing Trip

Since the weather is the main obstacle to playing in the off-season, one solution is to go on a golfing holiday to a country or US state with a more temperate climate. Some popular locations to escape to in winter for some rounds of golf are California, Las Vegas, Hawaii, and Australia. Although golfing holidays can be expensive it is possible to get group packages so you can enjoy the course and clubhouse with your golfing buddies.

## Increase Your Distance

Getting to the point where you can hit the ball 300 yards from tee-off with a driver without much effort takes years of practice. There are however some factors that can affect distance including your accuracy of impact, stance, grip, the width of the swing, and the extent of shoulder turn. Oftentimes hitting a ball hard looks natural for experienced golfers, however, it takes a lot of practice to hit the ball in the sweet spot with a high clubhead speed.

The cold and miserable weather during the golfing offseason can disrupt a year of improvements made on the golf course, however, there is no reason to pack away your golf clubs as there are plenty of things you can do in the offseason to continue practicing your golf techniques.

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