

Mirror Work

[by Bob Menzies, PGA Professional](#)

No time to practice? Good! Good?! That's right! If finding time to practice is limited, don't sweat it. Sure, it's nice to hit balls when you have the time, but with today's hectic schedules, sometimes finding spare time to practice can be quite difficult. In place of hitting balls, I would highly recommend using the aid of a simple mirror (hopefully one that is wide and tall enough so that you can see your entire body in it) and using it for "instant feedback" to check yourself for a variety of things -- your posture certainly being one of them. So, if time is of the essence, then go ahead and take a look at yourself in a mirror and check to see that your fundamentals are being adhered to! In this case, it's the old saying, **Quality** (mirror work), **not quantity** (feeling compelled to beat a bunch of balls -- with perhaps poorer fundamentals -- and consequently not getting much out of your practice time).

** This is especially a great tip for those of us living in the north during the cold winter months! **