

ULTIMATE PRACTICE PLAN

60 MINUTE SESSION

LONG GAME

TARGET PRACTICE

- Pick a specific target on the range
- Hit 10 shots, focusing on accuracy rather than distance
- Record how many shots land within 20 yards of your target

TEMPO DRILL

- Using a 7-iron hit 5 shots at 50% effort
- Then hit 5 shots at 75% effort
- Hit 5 shots at 100% effort
- Focus on maintaining smooth tempo at each speed

LOW POINT

- Place a folded golf towel 2 club heads length behind the ball
- Hit 15 shots focusing on striking the ball first, then the ground
- Goal: Clean contact without hitting the towel

SHORT GAME

CHIP & RUN

- Set up 3 targets at 10, 20, and 30 yards
- Hit 5 shots to each target, using different clubs
- Aim to land the ball 6 feet onto the green and let it roll out to the hole

BUNKER PLAY

- Place three targets in the green at 10, 20, and 30 feet from bunker
- Hit 5 shots to each target, focusing on distance control
- Adjust your backswing length for each distance

PITCH SHOTS

- Set up a target at 50 yards
- Hit 10 pitch shots, aiming to land within a 10-foot radius
- Vary the trajectory (low, medium, high) for each shot

PUTTING

DISTANCE CONTROL

- Place tees at 10, 20, 30, and 40 feet
- Putt 3 balls from each distance
- Focus on getting each putt within 3 feet of the hole

GREEN READING

- Choose a breaking putt around 15 feet
- Place 5 balls in a semi-circle around the hole
- Putt each ball, focusing on reading the break correctly

PRESSURE PUTTS

- Set up a 4-foot putt
- Attempt to make 10 putts in a row
- If you miss, start over until you complete the set or time runs out

