

Print this off, keep in a safe place as you will use this every day!							
Completed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6: One handed putting							
Main Focus: Putting, dominate hand							
Maintain: Full Swing, short game							
Golf Course Practice							
Short Game Plan							
25 pitch shots with impact ball							
20 shots from bunker from medium distance							
Full Swing Practice							
15 balls with feet together drill							
10 balls with 7 iron going through complete routine							
10 drivers with simulated fairway							
Putting Practice							
Dominate hand putting test							
10 in a row from straight, left break, right break							
9 holes putting for score, 30-60 feet							
At Home Practice							
What I learned today worksheet							
Full Swing							
Heavy club 3 sec sequence 3 sets of 10 swings							
Gabe Swing Trainer, 25 swings							
Putting							
30 putts with alignment sticks, 10 feet with dominate hand							
50 strokes on putting arc, both hands							
10 putts with no aids, both hands from 10 feet							
Short Game Impact							
5 sets of 5 in door frame							
25 shots with impact ball							