

Print this off, keep in a safe place as you will use this every day!							
Completed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3: Putting gets serious							
Main Focus: Putting							
Maintenance: Full swing, short game							
Golf Course Practice							
Putting practice							
Are you spacial or linear test							
Made 10 putts in a row 3 feet, straight							
10 putts in a row, left to right							
10 putts in a row, right to left							
Towel drill for speed, 5 in a row on the bath towel							
15 ft							
30 ft							
45 ft							
Full Swing Practice							
15 balls hitting half swing pitch shots							
Feet together drill 15 shots							
10 shots going through set up routine with 7 iron							
10 drivers simulating fairway - score out of 10							
Short Game Practice							
15 shots with impact ball from 25 yards							
5 shots from 5 different distances							
At Home Practice							
What I learned today worksheet							
Full Swing							
Orange whip for tempo							
3 sets of 10 swings							
Heavy club, 3 sec sequences for swing mechanics							
3 sets 10 reps with 5 super sets							
Putting Practice							

3 in a row, 10 foot putt with alignment sticks							
50 reps on putting arc							
Short Game/ Impact Drills							
5 sets of 5 reps door frame rehearsal drill							
20 shots with impact ball and nerf balls							
Reading: Putting out of your mind							