Pre-Round Warm Up - Start Small (Dynamic warm up before golf warm up)

1. Putting – short (5ft), Mid (15-25ft), long (30-40ft)
2. Short Game – Chip shots, pitch shots, bunker shots, more pitch shots
3. Full Swing – lob wedge, 8 iron, 4 iron, 3-wood, Driver, sand wedge, simulate first tee shot

Goal for warm up is to get loose and gain feel for the day. Do **NOT** work on technique!

JJ Wood, PGA

Mental Game Scorecard

Hole ➡	1	2	3	4	5	6	7	8	9	Front	
Shot ⬇											
1											
2											
3											
4											
5											
6											
7											
8 (Pick up already!)											

Hole ➡	10	11	12	13	14	15	16	17	18	Back	Total
Shot ⬇											
1											
2											
3											
4											
5											
6											
7											
8											