

1 week practice plan

Strength - Irons

Weakness - Short game

60% practice time on short game

40% on everything else

Monday - Practice day

330 get to the golf course

330-430 - Short Game

1. Basic pitch shots - 15 yards from the green, 30 yards - Block practice
 - a. Fundamentals
 - i. Set up
 - ii. Ball position
 - iii. Alignment
 - iv. Solid contact
 - v. Landing spot
 - b. Training aid
 - i. Impact ball
 - c. 30 shots
 - d. 10 minutes
2. Chip shots - 2 steps off the green, 30 feet from the hole
 - a. Fundamentals
 - b. 30 shots
 - c. 10 minutes
3. Bunkers
 - a. Same process as first 2
 - b. 10 minutes
4. 30 minutes of Random practice
5. Play 9 holes up/down game
 - a. 20 minutes
6. Finish the 9 hole game
 - a. Write feedback
 - i. What you did
 - ii. What you didn't do well
7. Work on your weakness 9 hole game
 - a. 10 minutes

430-5pm Putting

1. 4 footers -
 - a. 10 in a row with alignment stick
 - b. Focused on fundamentals
2. 2 coin drill

- a. One ball
 - b. Different spot each time
- 3. Play 9 holes
 - a. 20 feet and in
 - b. One ball
 - c. Keep score
- 4. Write down
 - a. What went well
 - b. What didn't
- 5. 10 min on weakness

5-530 Full Swing

- 1. 30 shots doing set up awareness
 - a. Alignment stick
 - b. Ball position
 - c. Grip
 - d. Tempo
 - e. 10 min
- 2. Block practice - 8 iron, only one swing thought each shot
 - a. Work on mechanics
 - b. Take away - 10 balls
 - c. Position at the top - 10 balls
 - d. Ball outside left foot - 10 balls
 - e. 10 min
- 3. Play 3 holes on the range of your upcoming tournament
 - a. Pre shot routine each time
 - b. Switching clubs
 - c. Switching
 - d. Simulating golf course
- 4. Writing down feedback

Make one week plan similar to the structure outlined on Day 1