

| Practice Checklist | Date | Name | Handicap |
|--------------------|------|------|----------|
|--------------------|------|------|----------|



|                 |          |  |  |
|-----------------|----------|--|--|
| Gym, Full Swing | 12.18.17 |  |  |
|-----------------|----------|--|--|

| INDOOR/OUTDOOR | FOCUS AREA | DRILL                  | REPS       | SETS | EQUIPMENT         | TRAINING AID     |
|----------------|------------|------------------------|------------|------|-------------------|------------------|
| Indoor         | Full Swing | Rope, 2 hands          | 30 seconds |      | 2 Rope            | Rope             |
|                | Balance    | Body Squats            | 15         |      | 2                 | Bosu Ball        |
|                |            | Kettle Swings          | 15         |      | 1                 |                  |
|                | Full Swing | External Club Turns    | 10         |      | 1 Golf Club       |                  |
|                | Full Swing | Turn In Posture, Saber | 10         |      | 1 Golf Club       | Saber            |
|                | Full Swing | Speed Sticks, Forward  | 10         |      | 1 Alignment Stick | Saber, Light End |
|                |            | Speed Sticks, Opposite | 10         |      | 1                 | Speed Radar      |
|                |            | Speed Sticks, Knees    | 10         |      | 1                 |                  |
|                |            | AK Impact Throws       | 10         |      | 1 10lb Med Ball   |                  |
|                | Putting    | Blast, 15 feet         | 30         |      | 1 Sensor          |                  |
|                | Wedges     | Trackman, 60-120 yards | 15         |      | 1 60 yards        | Trackman         |

| FEEDBACK | Answer questions after practice completed |
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|----------|---|

|                 |          |              |            |
|-----------------|----------|--------------|------------|
| Trackman Wedges | 15 Shots | 60-120 yards | Score 81.3 |
|-----------------|----------|--------------|------------|

|                  |               |                      |
|------------------|---------------|----------------------|
| Blast 15 footers | # of Putts 30 | # of Putts On Line 4 |
|------------------|---------------|----------------------|

|                                      |                  |                  |                |
|--------------------------------------|------------------|------------------|----------------|
| Speed Stick Swings - Top Swing Speed | Forward - 133mph | Opposite - 89mph | Knees - 104mph |
|--------------------------------------|------------------|------------------|----------------|

What went well?

What needs to be improved?

What do you want to remember?