

## Practice Plan

Session 1	Category	Time	Activity
Pitching	Technique	20mins	<ul style="list-style-type: none"> <li>Current focus (with your coach) or</li> <li>Match swing length &amp; acceleration to distance</li> </ul>
Pitching	Variation	20mins	<ul style="list-style-type: none"> <li>Set targets at 20-60m (min 5 targets) and hit to each one alternating the wedge you are using and the target.</li> </ul>
Pitching	Competition	20mins	<ul style="list-style-type: none"> <li>Select a pitching drill from the drills sheets and do this drill for 8 weeks.</li> </ul>
Full swing	Technique	20mins	<ul style="list-style-type: none"> <li>Current focus</li> </ul>
Full swing	Variation	20mins	<ul style="list-style-type: none"> <li>Select targets and use full pre-shot routine.</li> <li>Change clubs after every 2 or 3 shots</li> </ul>
Full swing	Competition	20mins	<ul style="list-style-type: none"> <li>Select one full shot drill from the drills sheets.</li> <li>Vary the drill over the 8 weeks.</li> </ul>

Session 2	Category	Time	Activity
Putting	Technique	20mins	<ul style="list-style-type: none"> <li>Current focus or</li> <li>Stroke length: through stroke is 1.5 times the length of the backstroke.</li> </ul>
Putting	Variation	20mins	<ul style="list-style-type: none"> <li>Ladder drill (see drills sheets)</li> </ul>
Putting	Competition	20mins	<ul style="list-style-type: none"> <li>Select a long and short putting drill from the drills sheets and complete for 8 weeks.</li> </ul>
Chipping	Technique	20mins	<ul style="list-style-type: none"> <li>Current focus or hands-free motion</li> </ul>
Chipping	Variation	20mins	<ul style="list-style-type: none"> <li>Chip to a towel (landing) with various clubs</li> </ul>

# Golf Training Schedule Template

**SJ Ball**



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