

Practice Plan

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

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

Golf Training Schedule Template

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