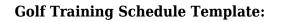
Practice Plan

Session 1	Category	Time	Activity
Pitching	Technique	20mins	Current focus (with your coach) or Match swing length & acceleration to distance
Pitching	Variation	20mins	 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	 Select a pitching drill from the drills sheets and do this drill for 8 weeks.
Full swing	Technique	20mins	Current focus
Full swing	Variation	20mins	 Select targets and use full pre-shot routine. Change clubs after every 2 or 3 shots
Full swing	Competition	20mins	 Select one full shot drill from the drills sheets. Vary the drill over the 8 weeks.

Session 2	Category	Time	Activity
Putting	Technique	20mins	Current focus or Stroke length: through stroke is 1.5 times the length of the backstroke.
Putting	Variation	20mins	Ladder drill (see drills sheets)
Putting	Competition	20mins	 Select a long and short putting drill from the drills sheets and complete for 8 weeks.
Chipping	Technique	20mins	Current focus or hands-free motion
Chipping	Variation	20mins	Chip to a towel (landing) with various clubs

Golf Training Schedule Template

B Lingard



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