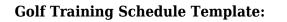
# **Practice Plan**

Session 1	Category	Time	Activity
Pitching	Technique	20mins	Current focus (with your coach) or     Match swing length & acceleration to distance
Pitching	Variation	20mins	<ul> <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> <li>Select a pitching drill from the drills sheets and do this drill for 8 weeks.</li> </ul>
Full swing	Technique	20mins	Current focus
Full swing	Variation	20mins	<ul> <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> <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	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	<ul> <li>Select a long and short putting drill from the drills sheets and complete for 8 weeks.</li> </ul>
Chipping	Technique	20mins	Current focus or hands-free motion
Chipping	Variation	20mins	Chip to a towel (landing) with various clubs

# **Golf Training Schedule Template**

MacDonald, Lynn Couturier, Doan, Robert, Chepko, Stevie



This book delves into Golf Training Schedule Template. Golf Training Schedule Template is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Golf Training Schedule Template, encompassing both the fundamentals and more intricate discussions.

- 1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Golf Training Schedule Template
  - Chapter 2: Essential Elements of Golf Training Schedule Template
  - Chapter 3: Golf Training Schedule Template in Everyday Life
  - Chapter 4: Golf Training Schedule Template in Specific Contexts
  - ∘ Chapter 5: Conclusion
- 2. In chapter 1, the author will provide an overview of Golf Training Schedule Template. This chapter will explore what Golf Training Schedule Template is, why Golf Training Schedule Template is vital, and how to effectively learn about Golf Training Schedule Template.
- 3. In chapter 2, this book will delve into the foundational concepts of Golf Training Schedule Template. The second chapter will elucidate the essential principles that need to be understood to grasp Golf Training Schedule Template in its entirety.
- 4. In chapter 3, this book will examine the practical applications of Golf Training Schedule Template in daily life. The third chapter will showcase real-world examples of how Golf Training Schedule Template can be effectively utilized in everyday scenarios.
- 5. In chapter 4, this book will scrutinize the relevance of Golf Training Schedule Template in specific contexts. The fourth chapter will explore how Golf Training Schedule Template is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, this book will draw a conclusion about Golf Training Schedule Template. This chapter will summarize the key points that have been discussed throughout the book.
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