

Golf Smart College Practice Plan

54 Shot Challenge

For the entire sheet, evaluate your Shots on a scale 1-5, where 5 is exactly what you intended to do. Enter the ranking number in each related box. Hit each shot to a target.

	9 iron	7 iron	5 iron	Fairway wood	Driver
25% Tempo					
50% Tempo					
75% Tempo					
100% Tempo					

Ball flight

	6 iron	Fairway wood
Extra high curving to the right		
Extra low curving to the left		
Extra low curving to the right		
Extra high curving to the left		
Punch or "knock down" shot		

10 different shots with different clubs to different targets. Take 2-3 minutes break between each shot.

Swing only using your right arm any club

Swing only using your left arm, any club

Swing only standing on your right foot, any club

Swing only standing on your left foot, any club

5 wedges, all with different ball flight that you call out before the swing

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5 drivers, all with different ball flight that you call out before the swing

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Total Score for practice Session (54 - 270)

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Short Game Skills Evaluation

Rules of play: To play, hit the number of balls indicated, every shot counts, use this scoring system

Hole	Type of shot	Balls	Par	Scores				Scoring System
1	8-10 ft. from green	4	6					0= Ball in the hold
2	Pitch from rough (drop ball)	3	6					1=Ball w/in 1 club length
3	Pitch over bunker (20-30 yards)	3	7					2=Ball w/in 3 club length
4	Short bunker shot (good lie)	3	6					3=Ball on the green
5	Long bunker shot (good lie)	3	6					4=Ball on the fringe
6	Long pitch (40-50 yards)	2	5					5=Ball in the rough
								6=Ball in bunker
Total		18	36					

Putting Skills Evaluation

Rules of play: To play, hit the number of balls indicated, every shot counts, use this scoring system

Hole	Type of shot	Balls	Par	Scores				Scoring System
1	3 Feet	4	5					First 3 holes
2	6 feet	3	4					Make = 1 stroke
3	12 feet	3	4					Miss = 2 strokes
4	20 feet	3	6					Holes 4-6
5	30 feet	3	6					Make = 1 stroke
6	45 feet	2	6					Miss within 1 putter length = 2 strokes
								Miss outside of 1 putter length = 3 strokes
Total		18	32					