

Golf Smart Practice Plan - Own It

Step 1	Pick games/tests to assess ability to hit shots and identify potential patterns
Step 2	Test different areas of focus for current swing: Target, Images, Feels, Tempos, Swing Triggers, Breath, Tension Levels, Time over the ball, Test Thoughts, etc...
Step 3	Identify shots as safe (<50% competence in any situation/pressure level) or risky (50% in any situation)
Step 4	Discover range of acceptance - <ul style="list-style-type: none"> • fine tuning drills, contact heel/toe, vary heights of lies, distance ladder, tempo ladder set up changes - posture, ball position, width of stance
Step 5	Alternatives to challenge shots <ul style="list-style-type: none"> • 3wd vs driver, only fade/draw, putting from the fairway instead of chipping, hitting mostly go to shots • get comfortable, with the social pressure, of hitting your alternative shot
Step 6	Work on routine - pre shot, execution, post shot, changes in attention or intention

Practice Plan Samples:

All practices should include the 5 minute physical warm up, and optional 5 minute swing warm up.

Option 1

15 minutes - Play 9 holes on the range

15 minutes - 9 Ball Drill with mulligans

15 minutes - Routine practice

15 minutes - Play back 9 on the range or for a longer practice play 4 real holes on the course

Option 2

15 minutes - 1 ball per minute

15 minutes - Full vs go to shot to 9 different targets

15 minutes - Ball flight coin flip with set up changes only

15 minutes - Tempo ladder

Option 3

15 minutes - Driver practice

15 minutes - Distance wedge tempo ladder

15 minutes - 9 holes on the range

15 minutes - Routine practice

Option 4

4-9 holes on the course using zen scoring, miss em all, or another process focussed game.