

Golf Smart Practice Plan - Balance It

Step 1	Identify key issue for improvement (What do I want to work on?) <ul style="list-style-type: none"> Identify issue - Use video/contact/trouble clubs/more power/more consistency etc Simplify to one or two key issues Pick drills for next practice to TEST 		
Step 2	Test Drills on the range - narrow to key drills w/ CLEAR FEEDBACK of good vs bad Focus on 1 thing at a time: <ul style="list-style-type: none"> Can be general like downswing or specific like motorcycling every time during transition or to end the backswing Turn drills into a feeling		
Step 3	Put in reps (100, 500, 1000 depending on how big a change) of varying difficulty and focus <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> Mechanics Blocked (stations) Random Clear Feedback Tai chi swings Indoor with nets Training Stations vs playing stations Broken Swings </td> <td style="width: 50%; vertical-align: top;"> Performance Games/Tests Vague Feedback Experiential Routines Variance of movements </td> </tr> </table>	Mechanics Blocked (stations) Random Clear Feedback Tai chi swings Indoor with nets Training Stations vs playing stations Broken Swings	Performance Games/Tests Vague Feedback Experiential Routines Variance of movements
Mechanics Blocked (stations) Random Clear Feedback Tai chi swings Indoor with nets Training Stations vs playing stations Broken Swings	Performance Games/Tests Vague Feedback Experiential Routines Variance of movements		
Step 4	BREAKING POINT - Identify sticking points - shots you struggle with, common misses etc when doing the thought CORRECTLY		
Step 5	Either accept new miss pattern or add Supplementary/focussed drills to routine until you have a routine that gives you the shot pattern you are looking for		

Practice Plan Samples:

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

Option 1

15 minutes - Blocked Stations - such as 4 square

15 minutes - Random Targets

15 minutes - Blocked Startions

15 minutes - Play 9 on the range testing the thought, or test it on the course

Option 2

30 minutes - Drill Circuit/Full Swing

15 minutes - Random Alternating Clubs

15 minutes - Play 3 holes on the course to test "swing thought"

Option 3

15 minutes - Drill Circuit - Piece 1, add focus

15 minutes - Broken Swings/Tai Chi

15 minutes - Video Swings

15 minutes - Varied Lies

Option 4

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