

Practice Schedule

Provided by



Name: _____

For the week of: _____

Putting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 - 3' foot putts							
20 - 6' foot putts							
10 - 9' foot putts							
30 - 18' foot lag putts							
30 - 40' foot lag putts							

*Putts do not have to be made in a row. Try to ensure the surface is as flat as possible. Lag puts must end up with 3' of cup.

Chipping	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 - 40' chips to 5'							
20 - 60' chips to 7' (flag stick)							

Full-swing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 - 125 yard shots							
15 - 150 yard shots							
10 - 175 yard shots							
5 - 200 yard shots							
5 - 225 yard shots							
10 - Drives							

To count as a good shot, in real life it must stay on the green if 200 yard or less. If greater than 200 yards, must land in the fairway. That said, you should have a tighter margin the shorter the shot and should be your hardest judge.

Questions for my self	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Did I review my notes?							
Am I rested?							
Am I excited to practice?							
Did I eat prior?							