

Practice Plan

This month's tip is a practice strategy that I have written for an aspiring young mini-tour player. This is in preparation for the 2003 season. This is a golf practice plan only, and is very extensive and could be modified for everyone's needs and time restraints. I will also recommend a healthy diet and other time consuming exercise, such as a full body work out in the gym, mild jogging and a daily stretching routine.

Putting: Count holed putts and record on a spreadsheet.

100 three foot putts in a circle drill and the next day 50 from each side of the hole.

10 putts each from 6,9, and 12 feet with eyes closed and the next day from 15,18, and 21 feet with the eyes closed. Note this drill is to create feel and distance control, not holed putts. Remember to stare at the hole or target before you close your eyes.

The lag putting string drill as noted on a previous tip of the month on the website.

From 30, and 50 feet and the next day from 20, and 40 feet.

Chipping and pitching:

With 11 balls, chip from 5 feet off the green to different holes with a 8 iron, pitching wedge and sand wedge and the next day with 9 iron and gap wedge. You have to pick holes that fit each club selected. Sand wedge 1 part carry 1 part roll. Gap wedge 1 part carry 2 parts roll. Pitching wedge 1 part carry 3 parts roll. 9 iron 1 part carry 4 parts roll. 8 iron 1 part carry 5 parts roll. Hit all 11 balls and throw out the 5 best and the 5 worst and measure the ball that is left, that is your average and record the outcome. 33 chips one day and 22 the next.

With 11 balls, pitch from 10, 15, and 20 feet from the green to different holes with a gap wedge and sand wedge. Find average again as noted in chipping and record. 33 shots with each club.

Bunker:

With 11 balls, hit bunker shots with desired sand wedge to 5 different holes, record average after each 11 shots. 55 bunker shots daily.

Scoring Shots:

From 30, 50, 70, and 90 yards, hit 15 balls to each target and the next day from 40, 60, 80, and 100 yards with 15 balls to each target. These targets can be stakes in the ground on the driving range or orange cones or even towels to mark the distances. I use a laser to measure precisely. This drill is to find out your strongest wedge distances. 60 shots daily.

Full Swing:

Iron shots

Hit 10 balls with half of your iron clubs in the bag. On even days hit the even clubs, 8 iron, 6 iron, 4 iron, and 2 iron. And on odd days hit the odd clubs, 9 iron, 7 iron, 5 iron, and 3 iron. Depending upon your club make-up, some of these longer irons may be woods. 40 shots daily.

Driver and Fairway Wood

Hit 20 balls with each wood daily. 20 shots daily.

Specialty shots

Hit 10 balls of each of the following shot shapes with the 7 iron one day and 5 iron the next. 60 shots daily.

Knockdown straight
Low hook
Low cut
High straight
High hook
High cut