

GOLF SMART PRACTICE PLAN

OWN IT

- 1** Pick games/tests to assess ability to hit shots and identify potential patterns
- 2** Test different areas of focus for current swing: Target, Images, Feels, Tempos, Swing Triggers, Breath, Tension Level, Time over the ball, Test Thoughts, etc...
- 3** Identify shots as safe (<50% competence in any situation/pressure level) or risky (>50% in any situation)
- 4** Discover range of acceptance - fine tuning drill, contact heel/toe, vary heights of lies, distance ladder, tempo ladder, set up changes - posture, ball position, width of stance
- 5** Alternatives to challenge shots - 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
- 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