

Weekly Practice Plan

Name:

Dates:

What, Why, How:

Short Putting (3-15 Feet)

Practice Focus:

Day:

Block

Random

Game

Long Putting (20-60 Feet)

Practice Focus:

Day:

Block

Random

Game

Chip Shots (5-20 Yards)

Practice Focus:

Day:

Block

Random

Game

Pitch Shots (10-40 Yards)

Practice Focus:

Day:

Block

Random

Game

Bunker Shots (5-20 Yards)

Practice Focus:

Day:

Block

Random

Game

	Distance Wedges (20-100 Yards)		
	Practice Focus:		Day:
	Block	Random	Game
	Short Irons/Medium Irons (100-150 Yards)		
	Practice Focus:		Day:
	Block	Random	Game
	Medium Irons/Long Irons/Hybrids (150-200 Yards)		
	Practice Focus:		Day:
	Block	Random	Game
	Long Irons/Hybrids/Fairway Woods (200-250 Yards)		
	Practice Focus:		Day:
	Block	Random	Game
	Fairway Woods/Driver (250+ Yards)		
	Practice Focus:		Day:
	Block	Random	Game
Practice Notes:			