

Golf Improvement Practice Plan

Created and Designed by JB Coaching – Salford Golf Club

Technique – Movement or feeling based to make a change to the way you move your body and/or the club.

Varied – Activities which incorporate changing club or target to get you away from technique.

Competitive - Helps transition range technique and varied practice onto the golf course through a range of drills.

| Session 1 | Category | Time | Activity |
|------------|----------------------|------------|--|
| Pitching | Technique | 20 Minutes | <ul style="list-style-type: none"> Focus on current lesson points (As identified / given by your PGA coach) |
| Pitching | Varied Practice | 20 Minutes | <ul style="list-style-type: none"> Use a 50 yard target and hit to the target alternating the wedge you are using, so you have to adjust swing length |
| Pitching | Competitive Practice | 20 Minutes | <ul style="list-style-type: none"> Select a pitching drill from the below drill sheet and continue with this drill for 8 weeks |
| Full Swing | Technique | 20 Minutes | <ul style="list-style-type: none"> Focus on current lesson points (As identified / given by your PGA coach) |
| Full Swing | Varied Practice | 20 Minutes | <ul style="list-style-type: none"> Select targets and use a full pre-shot routine. Change clubs after every 2 or 3 shots |
| Full Swing | Competitive Practice | 20 Minutes | <ul style="list-style-type: none"> Select one full shot drill from the drills sheets and vary the drill over the 8 week period. |

| Session 2 | Category | Time | Activity |
|-----------|----------------------|------------|---|
| Putting | Technique | 20 Minutes | <ul style="list-style-type: none"> Focus on current lesson points (As identified / given by your PGA coach) |
| Putting | Varied Practice | 20 Minutes | <ul style="list-style-type: none"> Hit random long putts with eyes closed and guess the finish position. Try all types of sloped and flat putts to achieve a feel for distance. |
| Putting | Competitive Practice | 20 Minutes | <ul style="list-style-type: none"> Select a long and short putting drill from the drills sheets complete for 8 weeks |
| Chipping | Technique | 20 Minutes | <ul style="list-style-type: none"> Focus on current lesson points (As identified / given by your PGA coach) |
| Chipping | Varied Practice | 20 Minutes | <ul style="list-style-type: none"> Chip onto a towel (landing) with various clubs. Start to understand landing zones of each wedge. Move the towel distance and start to test yourself |
| Chipping | Competitive Practice | 20 Minutes | <ul style="list-style-type: none"> Select a chipping drill from the drill sheets and do it for 8 weeks. |

| Session 3 | Category | Time | Activity |
|------------------|----------------------|-------------|---|
| Full Swing | Technique | 20 Minutes | <ul style="list-style-type: none"> Focus on current lesson points (As identified / given by your PGA coach) |
| Full Swing | Varied Practice | 20 Minutes | <ul style="list-style-type: none"> Driving Accuracy Drill. Use the table in the drill sheet to log your fairway finder progress. Use woods for this variety drill and change your woods. |
| Full Swing | Competitive Practice | 20 Minutes | <ul style="list-style-type: none"> Select a full swing drill from the below drill sheet and continue with this drill for 8 weeks |
| Putting | Technique | 20 Minutes | <ul style="list-style-type: none"> Focus on current lesson points (As identified / given by your PGA coach) |
| Putting | Varied Practice | 20 Minutes | <ul style="list-style-type: none"> Spider Putting Drill (see drill sheet) |
| Putting | Competitive Practice | 20 Minutes | <ul style="list-style-type: none"> Select one putting drill from the drills sheets and vary the drill over the 8 week period. |

| Session 4 | Category | Time | Activity |
|---------------------|----------------------|-------------|--|
| Bunker Play | Technique | 20 Minutes | <ul style="list-style-type: none"> Focus on current lesson points (As identified / given by your PGA coach) If no points have been covered, make sure you are taking enough sand and applying enough speed through your shots. |
| Bunker Play | Varied Practice | 20 Minutes | <ul style="list-style-type: none"> High and Low bunker play. Use different wedges (loft), different speed of swing and different levels of sand to see the ball go higher and lower. |
| Bunker Play | Competitive Practice | 20 Minutes | <ul style="list-style-type: none"> Use the bunker drill from the below drill sheet and continue with this drill for 8 weeks and log progress. |
| Chipping / Pitching | Technique | 20 Minutes | <ul style="list-style-type: none"> Focus on current lesson points (As identified / given by your PGA coach) |
| Chipping / Pitching | Varied Practice | 20 Minutes | <ul style="list-style-type: none"> Mix it up. Get creative with choosing up to 6 shots but hitting this shot with the 6 most lofted clubs in your bag (use scoresheet on drills page) |
| Chipping / Pitching | Competitive Practice | 20 Minutes | <ul style="list-style-type: none"> Select one chipping or pitching drill from the drills sheets and vary the drill over the 8 week period. |

Golf Improvement Practice Drills Sheet (Chipping)

5 CLUBS/ 5 STATIONS SHORT GAME CHALLENGE

Take your 5 most lofted clubs or chipping clubs. From each of the 5 stations, set up between 1 and 9 yards from the fringe of the chipping greens. Play **ONE** shot with each club at **each station** i.e. *SIX balls at each station.*

SCORING :

Hole It = 4 pts

Within 3 ft = 3 pts

Within 6 ft = 2 pts

Within 9 ft = 1 pt

| CLUB SELECTED | | | | | | | Points |
|---------------|--|--|--|--|--|--|--------|
| Station 1 | | | | | | | |
| Station 2 | | | | | | | |
| Station 3 | | | | | | | |
| Station 4 | | | | | | | |
| Station 5 | | | | | | | |

Short Game Skills Testing (Random Shots)

Hit 5 shots on each of the below shots in the table. Score yourself with the points scoring system below. Play each Shot as you would on the course, take your time and reset after every ball.

SCORING :

Hole It = 4 pts | Within 3 ft = 3 pts | Within 6 ft = 2 pts | Within 9 ft = 1 pt

| TEST | SHOT | POINTS |
|------|-------------------------------|--------|
| 1 | 10 Yard Chip and Run | |
| 2 | 30 Yard Chip and Run | |
| 3 | 10 Yard Greenside Bunker Shot | |
| 4 | 20 Yard Greenside Bunker Shot | |
| 5 | Flop Shot over Bunker | |
| | Total Points: | |

Short Game Skills Testing (One & Dones)

Choose **6 shots** around the green. Your goal is to complete each shot by getting 5 consecutive balls into a 6ft circle. If you miss the circle, you start over again. Holed shots count as 2 balls.

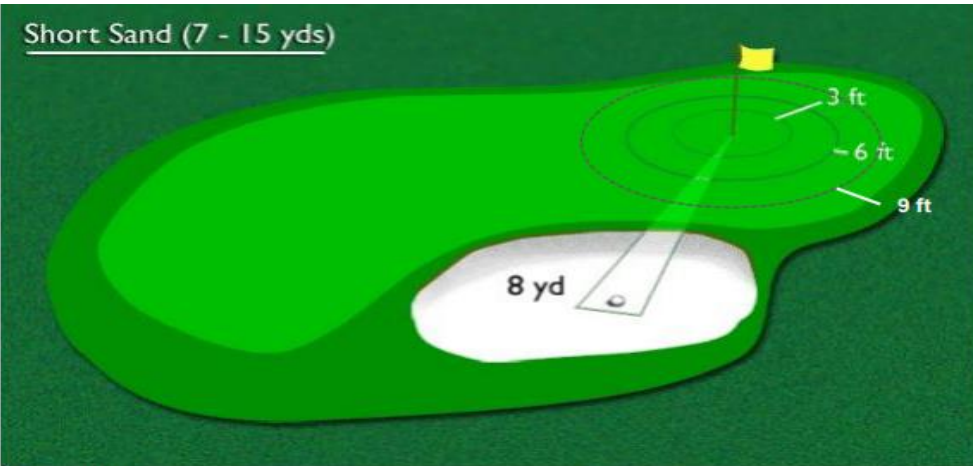
HOWEVER, If you get the ball in the circle on your **first** attempt, you can move onto the next station. If you **miss** the circle on your **first** shot, you must stay there until you achieve 5 consecutive balls into the 6ft circle.

BUNKER SHOT ACCURACY

Set up some scoring areas as per the below photo, I like to use 3ft, 6ft & 9ft. Your goal is to hit 10 shots from 50 yards and score using the below scoring method..Take your time and play each shot like you would on the course. Vary the distance of bunker shot every 10 shots and keep track using the scoresheet below.

SCORING :

Scoring in shown in the image below:



Instructions

- 1) Hit 10 shots
- 2) Use scoring system to determine points

Scoring

- Shots outside of 9 feet = 0 pts
- Between 6 - 9 feet = 1 pt
- Between 3 - 6 feet = 2 pts
- Inside 3 feet = 3 pts
- In The Hole = 5 pts

| | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|----|
| SHOT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SCORE | | | | | | | | | | |

| | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|----|
| SHOT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SCORE | | | | | | | | | | |

Golf Improvement Practice Drills Sheet (Pitching)

LONG AND SHORT PITCHING CONTROL

Take 5 attempts at each target distance on our Salford Golf Club academy course!

SCORING :

Tick box if ball pitches on the green. **Mark 'L' for long and 'S' for short** if unsuccessful. Try to get all 5 ticks across the board. Remember, it's where the ball lands and not where it finishes on this test.

| DISTANCES | SHOT 1 | SHOT 2 | SHOT 3 | SHOT 4 | SHOT 5 |
|-----------|--------|--------|--------|--------|--------|
| 65 YARDS | | | | | |
| 82 YARDS | | | | | |
| 68 YARDS | | | | | |
| 49 YARDS | | | | | |
| 87 YARDS | | | | | |
| 48 YARDS | | | | | |

PITCHING DIRECTION CONTROL

Take 5 attempts at each target distance and focus on left or right direction

SCORING :

Tick box if the ball finishes within a 10ft radius of the hole (*this distance radius can be changed to make the drill harder or easier*).

Mark 'R' for Right and 'L' for Left if outside of the 10ft left or right of hole.. Try to get all 5 ticks across the board

| DISTANCES | SHOT 1 | SHOT 2 | SHOT 3 | SHOT 4 | SHOT 5 |
|-----------|--------|--------|--------|--------|--------|
| 30 YARDS | | | | | |
| 40 YARDS | | | | | |
| 50 YARDS | | | | | |
| 60 YARDS | | | | | |
| 70 YARDS | | | | | |
| 80 YARDS | | | | | |

SHOT MAKING AND FEEL

Take your 5 most lofted clubs - Hit one shot with each club to the target. If you hit the green or get within 10ft radius of the target (this distance radius can be changed to make the drill harder or easier), Give yourself a tick in the box, if you miss the green or your chosen radius around the target put a cross in the box.

This drill will focus on swing length and feel!

SCORING :

Tick box if the ball finishes within a 10ft radius of the hole (this distance can be changed to make the drill harder or easier). Cross the box if you miss the target with that club.

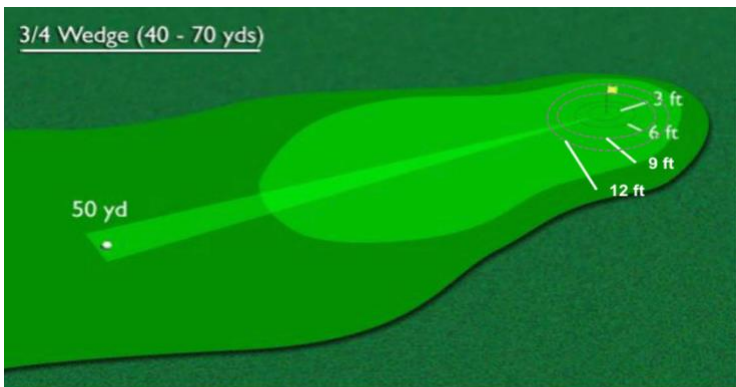
| DISTANCES | Club: | Club: | Club: | Club: | Club: |
|-----------|-------|-------|-------|-------|-------|
| 30 YARDS | | | | | |
| 40 YARDS | | | | | |
| 50 YARDS | | | | | |
| 60 YARDS | | | | | |
| 70 YARDS | | | | | |
| 80 YARDS | | | | | |

PROXIMITY TO HOLE PITCHING DRILL

Set up some scoring areas as per the below photo, I like to use 3ft, 6ft & 9ft. Your goal is to hit 10 shots from 50 yards and score using the below scoring method. Try to make a ¾ swing and not a full swing as pitching is all about control. Even though this drill states 50 yards, you can do this over any yardage you would like to improve.

SCORING :

As per the below scoring table.



| Instructions | Scoring |
|---|------------------------------------|
| 1) Hit 10 shots | - Shots outside of 12 feet = 0 pts |
| 2) Use scoring system to determine points | - Between 9 - 12 feet = 1 pt |
| | - Between 6 - 9 feet = 2 pts |
| | - Between 3 - 6 feet = 3 pts |
| | - Inside 3 feet = 5 pts |

Golf Improvement Practice Drills Sheet (Putting)

SPIDER PUTTING DRILL

Set up 8 tees around the hole at 3ft, 6ft & 9ft. Your goal is to hit 1 putt at each tee and see how many you can hole from each tee. You can make this drill harder by starting again if you miss one putt and not moving on to the next distance until you hole all 8 in a row.

SCORING :

Tick if you make the putt, cross if you do not make the putt. Try to beat your previous score.

| Distance | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Total |
|----------|---|---|---|---|---|---|---|---|-------|
| 3ft | | | | | | | | | |
| 6ft | | | | | | | | | |
| 9ft | | | | | | | | | |

MID LENGTH PUTTS

Create a 2ft by 2ft box around the back of the hole, your goal is to hole as many putts or you can or give the ball a chance of going in by leaving your missed putts within the 2ft x 2ft box behind the hole. Think of a half dustbin lid behind the hole

SCORING :

In the Hole - 5 points

In the box - 2 points

| Distance | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Total |
|----------|---|---|---|---|---|---|---|---|---|----|-------|
| 9ft | | | | | | | | | | | |
| 12ft | | | | | | | | | | | |
| 15ft | | | | | | | | | | | |
| 18ft | | | | | | | | | | | |

LEAP FROG PACE CONTROL

Create a zone (15 ft Long) with a barrier at the end of the zone (use a club)

Putt from the start of the zone. First ball must end half way between you and the barrier, next ball past the first ball staying in the zone.

Each ball must pass the previous ball staying in the zone and short of the barrier.

SCORING :

See how many balls you can get past the previous putt without running out of room.

BACK UP DRILL!

Start with a 10ft putt on the putting green, if you hole the putt, move onto a longer putt, however, if you miss the putt short of the hole, you must roll the ball back 3ft from where the ball has finished. If the ball goes past the hole you must move the ball 3ft away from the hole. This will get you feeling the pressure!!

SCORING :

No scoring system on this one. Just pure focus and concentration.

1-2-3 PUTTING DRILL

Place three balls in a row along the same line at equal distances. I suggest 3, 6, and 9 feet to start but this can be increased to any length of your choice. Roll putts starting from the ball closest to the hole and moving outward.

This is a great drill to find rhythm before heading out on the course.

Once you have holed all 3 putts, Move to a different hole and repeat the process. Try to hit putts across different Slopes too.

SCORING :

No scoring system on this one. Just pure focus and concentration.

TIGERS 2 TEE DRILL

Take a straight 6ft putt and place tees either side of the putter head (*Leave the smallest of gaps either side of the putter to make sure that you are getting feedback*). Your goal is to roll 10 putts through the gate without hitting the tees. Once you have done this, move the station back to 12ft and repeat the process.

SCORING :

No scoring system on this one. This is not about holing putts but gaining feedback from centeredness of strike on the putter face.

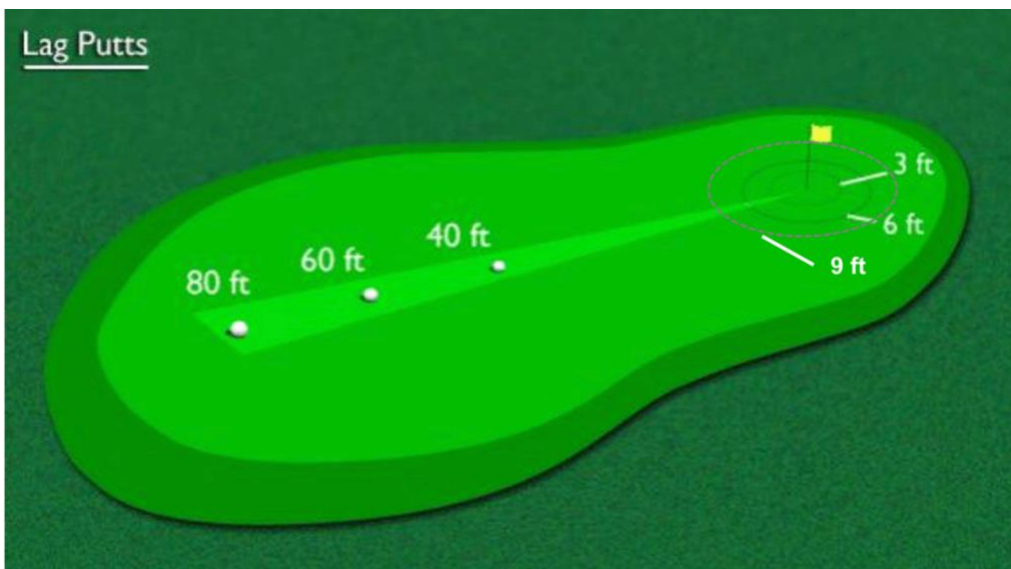
LAG PUTTS PACE CONTROL

This drill is a must if you have the space on the putting green or chipping green at your home club. Set up some scoring areas, I like to use 3ft, 6ft & 9ft. Your goal is to lag the putts into this area, over this distance, I'm not too worried if you are slightly short of the hole as the goal is get it as close as possible to score points and ultimately give yourself the best chance to hole the next one.

The photo below suggests to start at 40ft but I would start at 20ft and push back 10ft up to your maximum putting green distance.

SCORING :

Please see the scoring points below for the points for each zone,



CHING
GOLFING POTENTIAL

Instructions

- 1) Hit 10 shots
- 2) Use scoring system to determine points

Scoring

- Shots outside of 9 feet = 0 pts
- Between 6 - 9 feet = 1 pt
- Between 3 - 6 feet = 2 pts
- Inside 3 feet = 3 pts
- In The Hole 5 pts

| Distance | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 | #9 | #10 |
|----------|----|----|----|----|----|----|----|----|----|-----|
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |

Golf Improvement Practice Drills Sheet (Long Game)

IRON PLAY ACCURACY

Use alignment sticks or other golf clubs you are not using and set one down pointing to the Flag or Yardage Post Marker and the other club or alignment stick parallel to the first but for your feet alignment. See the following picture:



For this assessment you'll hit 10 balls with 4 different irons.

- 10 balls to the 125 yard marker
- 10 balls to the 150 yard marker
- 10 balls to the 175 yard marker
- 10 balls to the 200 yard marker

SCORING :

Record each shot whether it goes straight, right, or left relative to the flag. An example of how this drill would look:

You now have data for your 6 different irons and how many shots out of 10 you hit left, straight, or right of the target line and flag.

You should see more balls recorded as going straight for the closer distances and less for the further distances. Looking at your data you can see if most of your shots seem to go right of the target, left of the target, or pretty straight. Since we have perfect alignment due to the alignment stick pointing at the target flag, then we know what our shot is truly doing.

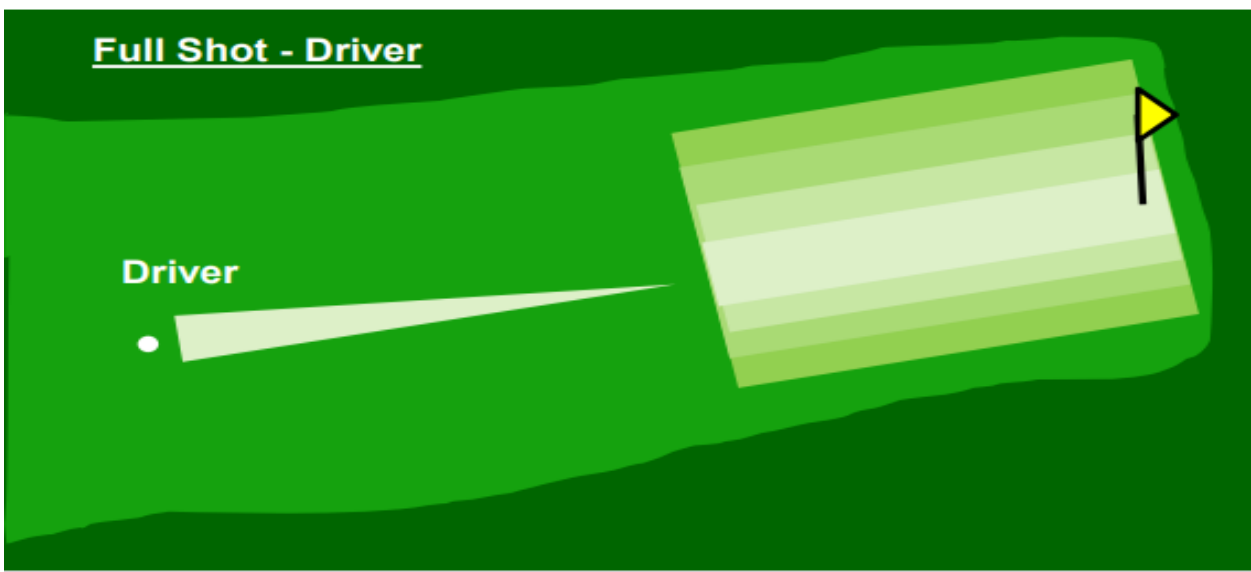
| TARGET | Shot 1 | Shot 2 | Shot 3 | Shot 4 | Shot 5 | Shot 6 | Shot 7 | Shot 8 | Shot 9 | Shot 10 |
|-----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 125 Yard Marker | | | | | | | | | | |
| 150 Yard Marker | | | | | | | | | | |
| 175 Yard Marker | | | | | | | | | | |
| 200 Yard Marker | | | | | | | | | | |

DRIVER ACCURACY

Create a fairway on the driving range. This can be done by using yardage posts, mounds, baskets or tees in the distance. Follow the test as shown in the image below.

SCORING :

Scoring in shown in the image below:



| Instructions | Scoring |
|---|----------------------------------|
| 1) Hit 10 shots | - Missed 40 yard fairway = 0 pts |
| 2) Use scoring system to determine points | - Hit 40 yard fairway = 1 pt |
| | - Hit 30 yard fairway = 2 pts |
| | - Hit 20 yard fairway = 3 pts |
| | - Hit 10 yard fairway = 5 pts |



| | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|----|
| SHOT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SCORE | | | | | | | | | | |

| | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|----|
| SHOT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SCORE | | | | | | | | | | |

| | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|----|
| SHOT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SCORE | | | | | | | | | | |

Golf Improvement Practice Drill Sheet (On Course)

On Course Performance

Play 9 Holes on your home course. Instead of counting your score, use the points chart below to try to score as many points as possible. This is a really great way to test your strengths and weaknesses and see where you can improve on the golf course.

SCORING :

Scoring is shown in the image below:

On Course Performance Points

| Hole | Fairway Hit | Approach Shot Distance | Green in Regulation inside | | | | | Up & Down | Score | | Total |
|--------------------|-------------|------------------------|----------------------------|-------------|-------------|-------------|-------------|------------|--------------------|-------------|-------|
| | | | >20ft | 20ft | 15ft | 10ft | 5ft | Par | Birdie | Eagle | |
| | 1pt | | 1pt | 2pts | 3pts | 4pts | 5pts | 1pt | 2ts | 3pts | |
| 1 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 4 | | | | | | | | | | | |
| 5 | | | | | | | | | | | |
| 6 | | | | | | | | | | | |
| 7 | | | | | | | | | | | |
| 8 | | | | | | | | | | | |
| 9 | | | | | | | | | | | |
| Name: | | | | | | | | | Grand Total | | |
| Date: | | | | | | | | | | | |
