



PRACTICE SESSION A

Circuit A : Red Zone (100 yards and in)

DRILL: Feet Together (tempo). Spend 5-minutes working on your tempo before firing off a shot. Place your feet together and take a nice smooth 3/4 swing with your wedge. The goal is to maintain even rhythm from backswing to downswing.

| Target Practice | Set #1 | Set #2 | Set #3 |
|---------------------|--------|--------|--------|
| A1. 50 Yard Target | / 5 | / 5 | / 5 |
| A2. 75 Yard Target | / 5 | / 5 | / 5 |
| A3. 100 Yard Target | / 5 | / 5 | / 5 |

Score Each Shot: Each shot that lands within the landing zone counts as one point. For example, if you hit 5 shots within the zone, you would score it as 5 / 6.

Circuit B : Wood and Long Irons

DRILL: Feet Together (tempo). Spend 5-minutes working on your tempo before firing off a shot. Place your feet together and take a nice smooth 3/4 swing with your 7-iron. The goal is to maintain even rhythm from backswing to downswing.

| Target Practice | Set #1 | Set #2 |
|--|--------|--------|
| B1. 150 Yard Target (green width target) | / 3 | / 3 |
| B2. 175 Yard Target (green width target) | / 3 | / 3 |
| B3. 200 Yard Target (green width target) | / 3 | / 3 |
| B4. 225 Yard Target (fairway width target) | / 3 | / 3 |
| B5. Hybrid (fairway width target) | / 3 | / 3 |
| B6. Driver (fairway width target) | / 3 | / 3 |

Score Each Shot: Each shot that lands within the landing zone counts as one point. For example, if you hit 2 shots within the zone, you would score it as 2 / 3.

Circuit C : Chipping

DRILL: Towel. Spend 5-minutes working on your arm / body unity. Place a towel under your left armpit across your chest and then under your right armpit. The goal is to keep the towel from falling to the ground. The aim of this drill is to ensure your body and arms work together as a team and thus eliminate the arm only swing which is the killer of many a good chip.

| Target Practice | Set #1 | Set #2 |
|--------------------|--------|--------|
| C1. 10 Yard Target | / 5 | / 5 |
| C2. 20 Yard Target | / 5 | / 5 |
| C3. 30 Yard Target | / 5 | / 5 |

Score Each Shot: Each shot that lands within the landing zone counts as one point. For example, if you hit 3 shots within the zone, you would score it as 3 / 5.

Circuit D : Putting

| Target Practice | Set #1 | Set #2 |
|-----------------------------------|--------|--------|
| D1. Two-Tee Tiger Drill (from 5') | / 5 | / 5 |
| D2. 3 Ball Aim Drill (aiming) | / 5 | / 5 |
| D3. Putt to the Fringe (lag) | / 5 | / 5 |

Score Each Putt. A make is 1 point for practice set D1. A hit is 1 point for practice set D2. Coming within 2' of the fringe is 1 point on practice set D3 (and 0 points if you go over the fringe even by an inch).