

PRACTICE SESSION B

Warm Up A : Dynamic Warm Up

NOTES: Perform this warm up on the range or putting green. This warm up should take you no more than 5 minutes. *When completed, move to the putting green...*

Exercise	Time
A1. The Claw	:30 seconds
A2. Overhead Wrist Extension w/o Club	:30 seconds
A3. Wrist Flexion w/ Club	:30 seconds
A4. Overhead Shoulder Extension w/ Club	:30 seconds
A5. Side to Side Rotation w/ Club	:30 seconds
A6. Low Side to Side Rotation w/ Club	:30 seconds
A7. Marching Band	:30 seconds
A8. Leg Swing on Cart (or with driver assist)	:30 seconds
A9. Practice Swing (start slow and gradually increase speed to half that of your normal swing)	20 swings

TIP: Start slow and work up your range of motion on each exercise. You are 'lubricating' your joints and prepping the muscles for battle. Your body and mind will slowly wake up, making you more athletic and engaged.

Warm Up B : Putting

NOTES: Perform each drill back to back. For Drill B1, choose a portion of the green where you will face uphill and downhill putts. For drill B3, choose a flat portion of green. For drill B4 choose a flat area strike a putt from 3', then 6', and finally 9', then start over - repeating this circuit a total of 3 times. *When completed, move on to chipping green warm up your chipping game (if you do not have a chipping clock the driving range will work fine).*

Drill	Set
B1. Putt to the Fringe (push a tee into the green where you begin - you will need it for B2)	8 balls
B2. From each putt in B1, putt back to the tee you started from	8 balls
B3. Two-Tee Tiger Drill (from 3')	8 balls
B4. 3', 6', 9' Drill	Rotate x 3

FACT: When Tiger Woods didn't three-putt over 72 holes, he had an 85 percent chance of winning the tournament (40% of your round comes from putting - DO NOT NEGLECT).

Warm Up C : Chipping

NOTES: Rotate through each target. Example, hit to the 10 yard, then the 20 yard, then the 30 yard target. Repeat a total of 3 times. Make a mental note of the amount of roll you receive from your landing zone. *When completed, move onto the driving range...*

Target Practice	Set
C1. 10 Yard Target	Rotate x 3
C2. 20 Yard Target	Rotate x 3
C3. 30 Yard Target	Rotate x 3

TIP: Pick your Landing Zone (LZ) first and adjust your LZ based on the roll. Do this on the fly so you increase your touch and feel.

Warm Up D : Full Swing

NOTES: Begin with your short irons. Time your last driver shots so that you head straight to the 1st tee. You can adjust the number of shots based on how much time you have before tee off. **TIP:** Use the Tempo Drill if you find your timing is off. *When completed, begin your round once you hit your final driver shot.*

Target Practice	Set
D1. Sand Wedge (or equivalent)	6
D2. PW	3
D3. 8-Iron	3
D4. 6-Iron	3
D5. 4-Iron (or equivalent)	3
D6. Hybrid	3
D7. 3-Wood (or equivalent)	3
D6. Driver	3

FACT: Jordan Spieth arrives at the practice hour 1 hour and 15 minutes before his tee off time. This is after he has completed a full dynamic warm up in the locker room or gym.