



SIMPLE GOLF PRACTICE SCHEDULES



WAKE UP GOLF

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WELCOME

What difference would it make if you knew WHAT to practice and HOW OFTEN?

It would give meaning and purpose to every ball you hit and every practice session you engaged in.

Now that would be exciting!

The following pages is filled with actual schedules of how you should spend your time practicing depending on your handicap and the amount of time you have to spend each week.

The easiest way to use this handout is to go to the practice schedule that is right for you given your circumstances and print out only that page.

This way you can use this entire document as a reference as your situation changes over time. You may find yourself with handicap improvements or extra time on your hands and you can then switch to a different schedule.

Feel free to modify it to meet your specific needs.

The last section of this handout shows the real and actual practice sessions (pre-tournament rounds) of some of the most popular PGA players.

Can't wait to hear about your drastic game improvements!

Here's to you and your game...



HOW TO PRACTICE

One of the most challenging areas of the game is to get your practice sessions to transfer to the course. One of the secret ingredients is to practice like you play.

Practice Goals

Here are some scenarios you can practice to resemble real life scenarios.

- Practicing your pre-shot routine with each shot
- Visualizing then executing the different shots: draws, cuts, knockdowns, lobs, etc.
- Vary your distances and yardages using your new variety of shots and clubs. Hit it high and watch the ball flight. Hit it low and notice the difference on how your ball behaves with your trajectory.
- Practice various lie positions including: uphill and downhill, ball above your feet and below your feet, poor lies, etc.
- Practice in varying weather conditions: rain, wind, and other adverse conditions. Remember adversity builds character.
- Practice putting left to right, right to left, uphill and downhill
- Finesse your ability to read the greens
- Practice varying levels of speed with your putts
- Practice a specific putting routine, just like your course pre-shot routine
- Apply new breathing techniques and relaxation methods
- Start each session with a physical warm up which prepares your body for practice or for play



- Experiment with different swing tempos and watch the difference in spin that is created with your ball. A faster tempo creates more spin.

Building a Quality Practice Schedule

Golfers who use this methodical approach to training will find this transition seamless. Quality can be defined as the results of high intention, sincere effort, intelligent direction and skillful execution.

- Consistency comes from consistent practice
- The goal is to practice smarter, not harder
- The goal of practicing is to become a better player, not a better practitioner
- The only way to perform well is to practice well.
- Understand your swing
- Have an objective/purpose each day at the practice tee or course
- Work on your drills –patiently, feeling the right position
- Change clubs and targets frequently
- Practice your routines
- Practice every part of your game (technical, physical,, mental, course management, etc)
- Imagine yourself in tournament situations. Practice under pressure
- Be patient



Practice Principles

Many golfers have been exposed to the concept of “trusting” themselves on the course. The ultimate place to be as a player is to be so confident in your



game that you can simply “trust your swing” or “free it up”.

That sounds good in theory, but how do you trust your swing if you’re struggling? How do you trust you’re going to make this putt if you’ve missed four like it previously? How do you trust that you’ve made the correct club selection? The answer is that you don’t need to trust.

Virtually all players who have ever played competitive golf experience times when they don’t trust one aspect of their game or another. This includes juniors,

college players, and PGA Tour professionals. When you don’t have complete trust, that’s when commitment becomes important.

You see, committing to a plan of action, a shot selection, or a putting line, and actually striking the ball with authority helps develop trust. Without

commitment, there is the tendency to be mentally distracted, have doubts, and second-guess yourself prior to executing.

While the full trust that all will be well may not be achieved, with commitment you give yourself the best chance for something good to happen. As the late Payne Stewart was quoted as saying, “it’s better to commit to the wrong thing in golf than to be uncommitted to the correct thing”.

So, put in practical terms, how can you implement this notion into your game?

- **If you are in between clubs on a shot, pick one, be decisive, and commit fully to that choice.**
- If you aren’t sure if the putt breaks six inches or ten inches left to right, choose one and make an authoritative stroke.
- **Begin to recognize how many times you’ve hit a shot without being committed, and challenge yourself to pull the trigger only after you’ve eliminated the other options out of your mind.**

Every time you’re on the golf course is an opportunity for you to get feedback about yourself as a player. The most accurate feedback you’ll receive is when you’ve made full commitments to the shots that you hit, and then make adjustments for the future. Without that, you may never trust certain aspects of your game, no matter how regularly you practice or play.



Good Mental Warm Up Is Essential for Peak Performance

The truth for many players is that they inadequately prepare for a round of golf. Far too many players show up just a few short minutes before their tee time, some literally lacing up their shoes on the first tee box! No warm up, no plan of action for the round today, no thought to anything other than to get the ball off the first tee.

Most players who are attempting to play their best round of golf understand the importance of a thorough physical warm up. Proper stretching, getting the core body temperature up to loosen muscle groups, and making swings on the range and short game area all help the preparation. Similarly, rolling some putts on the putting green beforehand helps as well.

What is less acknowledged is the benefit this has on the mental part of the game, and what is also underappreciated are some things that can be done in advance of the round that can help enhance the quality of the experience on the golf course.

On the way to the course, listening to music that is of a smooth and slow tempo can help create an internal environment that is more conducive to a smooth tempo in one's golf swing. It is extremely difficult for most people to drive like a maniac, talk business on the cell phone, race to the tee box and then be able to execute a smooth and rhythmic golf swing. Music that sets the tone can be helpful.





Having a specific warm up routine can also help, as a player can step to the tee box feeling as though the “boxes are checked” in relation to being prepared to play. One of the greatest causes of competitive anxiety and loss of confidence is when a player feels inadequately prepared. Standing on the first tee knowing that the preparation has been solid helps reduce first tee jitters and helps keep confidence as high as possible.

Another important factor in getting the most out of the round is for a player to have some goal in mind before beginning the round. Optimally, this goal would be one that is of a process nature, rather than an outcome-related goal. Process goals are things like: “I will be thorough with all my pre-shot routines today”, or “I will make sure that I have full commitment before each swing I

take”, or “I will read my putts from at least two sides before I choose my line and speed”. This will put an emphasis on something that is of value to the player’s progress, without putting prominence on outcome goals such as score.

Simply incorporating these very basic tips can help a golfer prepare adequately, which will reduce the potential for frustration, and increase the likelihood of success and enjoyment during the round.

Creating Positive Pressure

When training a golfer to achieve their peak performance, one of the goals of mental training is for the golfer to be challenged in his or her training on a daily basis such that they feel continual “positive pressure”. This helps minimize the differential between the practice and competitive environments.

Many golfers, amateur and professional alike, train with a level of intensity and purposefulness that is much less rigorous than the actual competitive environment. When we design a schedule for peak performance, we want the golfer’s practice protocols to be fixed, intentional, and very specific.

As an example, when practicing chipping just prior to an event, the player should change targets after every chip. Additionally, it’s a great idea for the player to set a goal of getting a certain number of chips within a certain radius of their target before moving on to the next drill. This “forces” the player to



take more time on each shot, be more deliberate and thorough in preparation, and evaluate with a tangible number of successes to count.

Another example is when practicing putting. With the exception of those times when a player is working specifically on a technical aspect of their putting, we like the player to prepare for each practice putt the same way s/he might prepare for a putt in competition. That involves the full pre-putt routine, which always includes reading the green.

The concept of “positive practice” is as follows... why would you expect 100% results in your practice if you don’t put forth 100% preparation to make the putt? This is in stark contrast with the many players that are seen practicing putting who simply drop down five or ten balls, striking one after another in the general direction of a hole in machine gun-like fashion. This type of practice is immeasurably inefficient and bears little resemblance to the procedures followed in tournament play.

Setting Practice Goals

One of the most common concerns expressed by golfers is “how come I can hit the ball so well on the range but have a difficult time replicating this on the golf course”? When left on their own to try to figure this question out, many people look at their on-course behavior, thinking and playing for the source of the answer. Frequently, the answer lies more in their practice behavior than it does in their playing behavior.



It is necessary to hit a lot of golf balls in order to become proficient at golf. However, in addition to hitting bucket after bucket of practice balls, what is also imperative is that the type of practice that one undertakes approximates as much as possible the actual experience of playing the game.

Watching golfers typical practice involves seeing them hitting ball after ball on the range- frequently using the same club and hitting to the same target over and over and over again. This is not real golf. Why then would you practice in this manner? The key is to practice more like you play!

Here are 4 easy ways to make your practice sessions translate to better golf while playing.

1. Change targets frequently. On the golf course, you rarely hit two balls in a row to the same exact target. Practice hitting to a different target with each shot. This has application whether with the full swing, pitching, chipping, or in the bunker. Each shot is thought through and executed as a unique entity- just like on the course.

2. Change clubs frequently. On the golf course, you rarely hit two balls in a row with the same club. If you regularly hit your 7-iron three or four times in a row on the course, your game is in big trouble! However, this is how people practice. Changing clubs regularly- say every second or third shot- is a good way to approximate what it feels like to be on the course.



3. Use your pre-shot routine more frequently. Preparation for each shot on the course and preparation for each shot on the range are generally vastly different for most players. This creates a rhythm that's different, a thinking process that's different, and a result that's different!

4. Putt using one ball. You are not given the luxury of hitting the same putt two or three times on the course. Yet many people drop two or three putts and stroke the same putt over and over to the same target. Practice using just one ball- with a full read- to create an environment that's similar to the golf course.

It is true that early in the process of learning one's swing it is sometimes helpful to hit the same club to the same target without a pre-shot. However, once you are ready to go play, make sure that you're preparing yourself to deal with some of the same sensations that you have on the golf course!

Many golfers are still in the process of developing all of the fundamentals of their game. One of the challenges faced is how to measure the progress of a player in these basics on the golf course, besides the obvious measurement of score.

When going onto the golf course it is critical that golfers have a specific purpose in mind as to what she or he is attempting to accomplish. These "process" objectives can become the criteria for determining how much growth is being made. Some examples are below:



Are all considerations being addressed in determining proper shot selection?

- Wind speed
 - Wind direction
 - Lie
 - Slope
 - Yardage from center of the green
 - Hole location
 - Choice of correct club
 - Choice of correct shot
-
- Are you reading the putts thoroughly?
 - Are any swing changes being integrated?
 - Are you eating and drinking healthily enough and regularly enough?
 - Are you adhering to the preconceived game plan?
 - Are you playing too quickly or too slowly?
 - Are shots being played “one at a time” or is frustration mounting?
 - Is a narrow target being selected before attempting a shot?

Players can work on these kinds of things on the golf course by determining which one or two of these types of items they intend to work on. Giving oneself a hole by hole grade can be helpful. Simply marking on the scorecard on a 1-10 scale or a grade of A-F can keep the player paying attention to these goals.



PRACTICE ROUTINES

Here is your opportunity to follow a few specific practice routine based on your handicap and time available. This gives you the opportunity to put in as much time as you desire and get the best possible result for YOU.

On the following pages, you will see actual practice schedules including one designed for PGA players as well as adopted for players of all levels.

Choose the practice schedule that works for you given your individual circumstances and follow the schedule as closely as



you can. Feel free to make your own personal modifications after a week or two and you can begin to see some of the benefits to your game.

Beginning Golfer

SAMPLE PRACTICE WEEK							
Practice Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 hour	Range (20 min) Shaping Shots (20 min) Putting (20 min)	Off	Pitching (20 min) Bunkers (20 min) Lob Shots (20 min)	Off	Range (20 min) Putt Chip (20 min) Short Irons (20 min)	Play Golf	Play Golf or Rest
30 minutes	Fitness Training		Fitness Training		Fitness Training		
20 minutes		Stretching		Stretching		Stretching	
Notes: Weekly practice covers all components of the game.							



Intermediate Golfer

SAMPLE PRACTICE WEEK							
Practice Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 hour	Range	Off	Pitching	Off	Putting	Play Golf	Play Golf or Rest
15 minutes	Shaping Shots		Bunkers Lob Shots		Putt Chip Short Irons		
30 minutes	Fitness Training		Fitness Training		Fitness Training		
20 minutes		Stretching		Stretching		Stretching	
Notes: Weekly practice covers all components of the game. An extra 15 minutes has been added to the practice schedule for each session. This will help you further develop some more advanced skills.							



Advanced Golfer

SAMPLE PRACTICE WEEK							
Practice Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 hour	Range	Off	Pitching	Off	Putting	Play Golf	Play Golf or Rest
30 minutes	Shaping Shots		Bunkers Lob Shots		Putt Chip Short Irons		
30 to 45 minutes	Fitness Training		Fitness Training		Fitness Training		Fitness Training
20 minutes		Stretching		Stretching		Stretching	
<p>Notes: Weekly practice covers all components of the game. An extra 30 minutes has been added to the practice schedule for each session. This will help you further develop some more advanced skills. There is also an additional fitness session each week.</p>							



Tour Player

SAMPLE PRACTICE WEEK							
Practice Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:30 to 10:30 a.m.	Range Stretching Routine	Bunker Lob Shots	Sport Psychology	Range Woods & Routines	Putt Chip	Cardio/Stretching	Rest
10:30 to 11:30 a.m.	Short Irons Drills	Body Chip Putt Chip	Range Practice Swings	Bunker Lob Shots	Putting Competition		
11:30 to 1:00 p.m.	Putting Technical Drills	Range Drills	Pitching Technical Drills	Putting Technical Drills	Range Shaping Shots		
1:00 to 2:00 p.m.	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Golf Course 18 holes	
2:30 p.m. to 3:30 p.m.	Fitness Training	Golf Course 18 holes	Fitness Training	Golf Course 18 holes	Fitness Training		
3:30 to 4:30 p.m.	Fitness Training		Fitness Training		Fitness Training		



4:30 to 5:30 p.m.	Bunker Lob Shots		Putting Technical Drills		Bunker Lob Shots		
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Notes: This practice schedule represents the actual schedule of a tour player. Not too many amateur players have this kind of available time for practice daily however. Feel free to modify it based on your performance goals and available time.



30 Minute Practice

SAMPLE PRACTICE WEEK							
Practice Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30 min	Range (20 min) Shaping Shots (10 min)	Off	Pitching (20 min) Bunkers (10 min)	Off	Putting (20 min) Short Irons (10 min)	Play Golf	Play Golf or Rest
Notes: Weekly practice covers only golf practice. Golfers need to make extra time for fitness or stretching.							



45 Minute Practice

SAMPLE PRACTICE WEEK							
Practice Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
45 min	Range (25 min) Shaping Shots (20 min)	Off	Pitching (25 min) Bunkers (20 min)	Off	Putting (20 min) Lob Shots (10 min) Short Irons (15 min)	Play Golf	Play Golf or Rest
Notes: Weekly practice covers only golf practice. Golfers need to make extra time for fitness or stretching.							



1 Hour Practice

SAMPLE PRACTICE WEEK							
Practice Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 hour	Range (20 min) Shaping Shots (20 min) Putting (20 min)	Off	Pitching (20 min) Bunkers (20 min) Lob Shots (20 min)	Off	Range (20 min) Putt Chip (20 min) Short Irons (20 min)	Play Golf	Play Golf or Rest
Notes: Weekly practice covers golf only. You will need to schedule extra time for fitness and/or stretches.							



1 ½ Hour Practice

SAMPLE PRACTICE WEEK							
Practice Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 hour	Range (30 min) Shaping Shots (30 min)	Off	Pitching (30 min) Bunkers (30 min)	Off	Range-Woods/Driver (30 min) Putt Chip (30 min)	Play Golf	Play Golf or Rest
30 minutes	Putting		Lob Shots		Short Irons		
Notes: Weekly practice covers golf only. You will need to schedule extra time for fitness and/or stretches.							



Types of Practice

Range Time: During range time, focus on your driver and woods and long irons only. Review the basics of grip, posture and alignment. Move to body motion and movement drills. Change targets, distance and clubs frequently. Spend extra time on trouble shots or areas with clubs that give you any trouble.

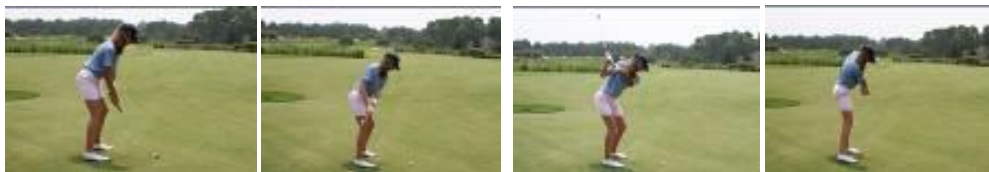
Shaping Shots:

Practice on the range with specific outcomes. For example 10 draws to a target or 10 fades to a target with short, middle and long irons.

Draw

To hit a draw

- ball position will be back in your stance
- body alignment right of your target (feet, knees, toes and shoulders)
- swing path from inside to outside



Fade

To hit a fade

- ball position will be forward in your stance
- body alignment left of your target (feet, knees, toes and shoulders)



- swing path from outside to inside



Chipping:

Set up

- The feet are narrow and stance is slightly open. Grip down on the club with a regular grip, hands forward (butt end points to left hip) and weight favoring the left side. Ball position is back in your stance which will encourage a descending blow through impact.
- Overall, the body controls the club. Wrists are slightly hinged in the backswing from the weight of the club and unhinge in the downswing. The butt end moves with the chest from impact to finish. Arms and the body control the release of the club to the finish.
- Distance and speed is controlled by your arms, length of the backswing and club selection.
- Direction is controlled by alignment, path, and face

Use this shot for:

- Around the greens
- When you want the ball to run (less spin)
- For different lies



Pitching:

Set Up:

- Grip down on the club making sure you have a light grip so you can feel the clubhead during the swing. The stance is narrow at address with the lower body open to the target with shoulders square. Feel the impact position (keep secondary spine tilt), knees toward target, ball position middle (depending on length of shot and trajectory), arms hang, hands ahead of ball, and weight about 60% left.
- The swing is a miniature version of the full swing where your arms and chest control the motion. The wrists hinge to ensure a good plane and a fluid motion. Accelerate through impact with a follow through to match the length of the backswing.
- The difference between a chip and a pitch is distance and time in the air. A pitch, unlike a chip shot, has maximum air time and minimum roll, stopping quickly due to spin on the ball.
- Control distance by width of stance (longer shots need wider stance), length of backswing (longer backswing for longer shots) and club selection.
- Direction is controlled by alignment, path and face.

Use this shot for:

- Distances of 20 – 100 yards to the green
- For recovery shots



The key to pitching is distance control. Practice with your different wedges to various targets and make sure that you have a way to measure the distance of each club. For example, place targets at 20, 40, 60 and 80 yards. Practice pitching balls to each.

Lob Shots:

Set Up

When setting up for a lob shot, your body and clubface are open to the target. Your ball position is forward in your stance and your weight is 50/50. Your hands are even with the ball with your spine tilted slightly to the right.

The Stroke

Set the club in your backswing. In the downswing, swing your arms along your body line so the clubface can pass your hands at impact. During the follow through the club will reHINGE, staying open, and your knuckles will be facing upwards at the finish.

Bunkers:

Set Up

•The most important thing to remember with your sand play is to open the face of the club before you grip it. Begin with a wider stance with your weight slightly favoring the left side. The ball is forward in your stance, and your body is open with the knees flexed towards the target. Your hands are positioned low and your feet will dig into the sand for balance.



•Swing the arms along the body line keeping your arms and body connected in the backswing. Swing the club face towards the target in the follow through, keeping the right heel on the ground. This will allow the body to keep correct angles during the swing which will produce a shallow divot and help you control the trajectory and distance of each shot.

•Distance is controlled by alignment – the shorter the shot the more open your body and clubface needs to be to the target. The longer the shot the body and clubface will be aligned square to the target.

Practice Different Shots:

Downhill lies – set up with ball back in the stance and your body aligned left of the target (body parallel to the slope) and swing down the slope.

Uphill lies – set up with the ball forward in your stance and your body aligned to the right of the target and grip down on the club. Your body should be parallel to the slope.

Buried lies– face closed to 11 o'clock or face open with hands forward and weight forward (both with short follow through)

-Use a 9-iron for long bunker shots

Putting: Set Up

1. Grip - the thumbs sit on top of the grip and the palms of both hands oppose one another. Reverse overlap grip to eliminate wrist break and keep the pressure light.



2. Ball position is forward in the stance, under the left eye. The eye line is over or slightly inside the ball.
3. The hands should be under the shoulders and the arms resting on upper chest with the elbows close to the side.
4. Posture is created by the length of the putter and weight is 50/50
5. Slight knee flex and bend over from the knees and hips
6. Direction starts with a square club face at set up

The Stroke

1. Controlled by the arms and shoulders.
2. The path moves back straight and through for short putts and gradually moves inside on long putts.
3. The putter head will always move on an arc due to the lie of your putter.
4. Distance is controlled by the length of your backswing and the speed of your stroke.
5. Your head and lower body must stay quiet throughout the stroke to create a consistent path back and through.

Putt Chip: These techniques are used to give golfers more options and to help save shots around the green. They are also played when there is a hill or slope between the player and the hole.

Set Up

This shot is played with a putting grip.

1. Ball position is under your right eye.
2. Body is aligned open to the target.



3. Grip down on the club with arms at your side.
4. Stance is the same width as your putting stance.
5. Your hands will be forward of the ball for a descending hit on the ball.

The Stroke

1. Backswing and follow through is the same distance.
2. The goal is to hit the ball off the toe of the club.



PRO GOLFERS PRACTICE ROUTINES

In addition to the preparation that takes place before tournament rounds, there are practice sessions that happen just before play.

As role models, it is interesting to take a look at how pro golfers practice just before a tournament. You can use these actual real life practice sessions to construct your own.

Here are some factors you should consider when setting up your own pre round routine:

- does the course have specific considerations to keep in mind like lots of bunkers, longer than normal holes, difficult rough situations, etc.?

- is there an area of your game that you are working on and want to reinforce before you play?

- use this time to prepare your mind, your body, and build confidence

Notice that all pro golfers practice full swings, chipping and putting. Some of them use training aides and others don't. You will also notice some warm up summaries that will show you the actual number of swings and areas of focus for each player.



Dustin Johnson

Arrives to Practice Area 1 hour and 30 minutes before Tee Time

<i>Starts with Wedges:</i>	# of Swings
60 degree wedges	12
54 degree wedges	26
Pitching wedges	13

Range practice:

8 Iron	12
4 Iron	33
3 Wood	4
Driver	11
6 Iron	13

Chipping area:

Pitching Wedges	27
Pitches from the rough	6

Putting area:

Putts from 25 feet	2
Putts from 5 feet	12

Walks to the First Tee!

WARM UP TOTALS

FULL SWINGS: 68

CHIP SHOTS: 128

PUTTS: 14

SHOTS: 196 (65% > 100
YARDS)

TOTAL TIME: 90 MIN



Jason Day

Arrives to Practice Area 1 hour before Tee Time

<i>Starts with Chipping:</i>	# of Swings
60 degree wedges	6
60 degree wedges (from rough)	6
Bunker blasts	5
 <i>Range Practice:</i>	
Sand wedges	4
9 Irons with alignment stick	8
7 Irons with alignment stick	5
5 Iron	9
 <i>Reviews yardage book</i>	
3 Iron	5
4 Wood	4
Driver	6
Back to sand wedges	5
 <i>Putting Green:</i>	
Putts	27

Walks to the First Tee!

WARM UP TOTALS

FULL SWINGS: 42

CHIP SHOTS: 26

PUTTS: 27

SHOTS: 68 (38% > 100
YARDS)

TOTAL TIME: 1 HOUR



Rory McIlroy

Arrives to Practice Area 50 minutes before Tee Time

<i>Starts with Chipping:</i>	# of Swings
Pitches	31
Bunker Blasts	10
 <i>Range Practice:</i>	
54 degree wedges	12
9 Irons	13
*Hydration	
7 Irons	12
5 Irons	9
*Fuel with Food	
Driver	6
 <i>Putting Green</i>	
Putts	17

WARM UP TOTALS

FULL SWINGS: 52

CHIP SHOTS: 41

PUTTS: 17

SHOTS: 110 (53% > 100
YARDS)

TOTAL TIME: 50 MIN

Walks to the First Tee!



Jordan Spieth

Arrives to Practice Area 1 hour and 15 minutes before Tee Time

	# of Swings
<i>Starts with Putting:</i>	
Putts w/alignment stick	12
Putting drill from 4 feet	12
Putting drill from 7 feet	12
<i>Range practice:</i>	
56 degree wedge shots	17
56 degree sand wedges	7
Pitching wedges	8
8 iron	7
*Records swing and watches it	
6 iron	8
4 irons	3
Hybrids	5
3 woods	6
Driver	4
<i>Chipping area:</i>	
Chip shots	9
Bunker blasts	8
<i>Putting green:</i>	
Putts	21

WARM UP TOTALS

FULL SWINGS: 65

CHIP SHOTS: 17

PUTTS: 57

SHOTS: 139 (53% < 100 YARDS)

TOTAL TIME: 75 MIN

Walks to the First Tee!



Phil Mickelson

Arrives to Driving Range 50 minutes before Tee Time

<i>Range Practice</i>	<i># of Swings</i>
60 degree wedge	7
8 Irons	9
Hybrids	3
Driver	4
3 Woods	4
Driver	1
<i>Chipping Green</i>	
60 degree wedges	22
Low	9
Medium	7
Flop Shots	6
Putts	22
Pitches	5
<i>Back to the Range</i>	
5 Woods	4
Drivers	4

WARM UP TOTALS

FULL SWINGS: 34

CHIP SHOTS: 27

PUTTS: 22

SHOTS: 83 (67% > 100
YARDS)

TOTAL TIME: 50 MIN

Walks to the First Tee!



Bubba Watson

Arrives to Practice Area 1 hour before Tee Time

<i>Starts with Putting:</i>	# of Swings
Uses putting aide	13
Putts with string	35
Lag putts	9
 <i>Range Practice:</i>	
60 degree wedge (no glove)	14
52 degree wedge	8
*Hydration break	
Pitching wedge	14
7 iron	7
4 iron	11
7 wood	2
3 wood	3
Driver	7
 Putting Green:	
Lag putts	32

Walks to the First Tee!

WARM UP TOTALS

FULL SWINGS: 30

CHIP SHOTS: 36

PUTTS: 89

SHOTS: 66 (55% > 100
YARDS)

TOTAL TIME: 1 HOUR



Rickie Fowler

Arrives to Practice Area 55 minutes before Tee Time

Starts with Putting:

	# of Swings
Putts	27

Moves to Range:

62 degree wedge	5
57 degree wedge	5
57 degree wedge (w/alignment guide)	5
*Works on arm rotation	
47 degree wedge (w/alignment guide)	9
8 Iron	4
6 Iron	6
5 Wood	3
3 Wood	6
Driver	9
4 Irons	5

Putting green:

Putts	5
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Walks to the First Tee!

WARM UP TOTALS

FULL SWINGS: 36

CHIP SHOTS: 29

PUTTS: 33

SHOTS: 65 (45% > 100
YARDS)

TOTAL TIME: 55 MIN

