

Name: _____

Date: _____

✓ Hit/Make R Right L Left S Short O Over

		Total Putts Made out of 10 from 2' 3' 4' 5' 6' 7' 8' 9' 10'	Completions	Goal	Scorecard
Scoring Zone	1 Short Putting	<div></div>			
	2 Distance Putting	<div></div>			
	3 from 20, 30 & 40'				
	3 Distance 10-15-20 10-20-30 _____ Normal Low, Medium, Club LW, SW, GW, PW, 9I, 7I	<div></div>			
	4 Approach Club LW SW GW PW	<div></div>			
5 Pitching Gate Club LW SW GW PW 9I	<div></div>				
Outside Scoring Zone	6 +2 +1 Club -1	<div></div>			
	7 Distance Approach	<div></div>			
	8 Fairways	<div></div>			
	9 Ball Control	<div></div>			

Observations:

What do I need solutions for?

What solutions do I need?

What went well?

What could be better?

Four Types of Training

1. Games are target oriented activities where your focus is more on the target than the swing. Games should be used when training for skill.
2. Drills are internal feel of how your body moves. Drills should be used to develop feel without concern for the target.
3. Assessments are on-course simulations and should be used to benchmark scoring ability.
4. Exercises are activities that you can do without a club or ball to enhance feel. Block practice is for developing a feel and is the same club to the same target (good for driving). Random practice is changing clubs and targets. There is a right mix for every golfer as prescribed by your coach.

Explanation of games:

- 1. Short Putting:** Focuses on making all putts inside 4'. Start at either 3' or 4' until you can make 10 for 10 and then move back one foot and repeat.
- 2. Distance Putting:** Play nine holes with one ball and keep track of your score for nine holes from recommended distanced based on your handicap score.
- 3. 9 Holes Chip/Pitch/Lob:** From 10, 15 and 20-yards away, play three balls. Hit a low chip, a medium pitch and a high lob from each distance for a total of 9 shots. Complete each ball putting and keep track of your total score for the nine holes. No noodling, play as it lies.
- 4. Wedge Boards:** On the left side of the range at Bluff Creek there are 4'x4' boards laid out in 10-yard increment. Start with 20 or 30 balls and add 10 balls for each board you hit until you run out of balls. Record your score.
- 5. Pitching Gate:** On the right side of the range there are 4'x8' boards set at about 25, 50 and 75 yards. Hit 10 shots and record your score of how many you can hit through the gate.
- 6 & 7. Gate Drill:** Use the Red Flag gate or posts that are 15' left and right and hit 10-balls through the gate and keep track of successful attempts. Repeat from 150-yard gate where posts are set 20' left and right, Blue Flag where the posts are set 30' left and right.
- 8. Fairway Gate:** Use the tall telephone posts in the back of the range to set your width. The posts are 10 yards apart. Most fairways are 30-yards wide or 4 posts in width. Hit seven drives if you play 9-holes or 14-drives if you play 18-holes and keep track of your successful attempts.
- 9. 7 Shot Drill:** Hit each of the seven shots controlling the face and the path. Push away from you, pull towards you, fade or curve it away from you, draw or curve it toward you, high, low and straight.

Completions

How many times
you should
complete the
game

Goal 1

Our goal while
completing the
game

Scorecard

Occurences from
previous
scorecard.

Goal 2

One more or less
as appropriate
than previous
attempt.

Games I need to play:

Drills I need to do:

Exercises I need to do:



Call Or Text Brad Pluth At (952) 401-4653 To Improve Your Skills
<http://www.golfachievement.com/>

Copywrite © 2020 Golf Achievement Designed by Brad Pluth, PGA All Rights Reserved

