

1 Hour Practice Plan



Do you only have an hour to practice? Try this practice plan. Download this plan and keep a copy of it in your golf bag.

1. Put your phone in your golf bag and don't use it at all. Complete focus for an hour with no distractions.
2. Hit 50 chips from inside 30 yards -- all in different places around the green and from different types of lies.
3. Hit 10 bunker shots.
4. Hit 2 shots with every club in your bag.
5. Hit 4 shots with each club that you normally use to tee off (driver, 3W, hybrid, etc.)
6. Putt for 5-10 minutes from about 6 feet using some sort of drill that checks/verifies your alignment (e.g. tee/gate drill with a tee on either side of putter head, mirror alignment tool, etc.)
7. Get 3 consecutive 2-putts from outside of 30 feet.
8. Make 10 putts in a row from 3 feet.
9. Enjoy the progress and improvement that you'll see.