

Harrison Girls Golf - Offseason Improvement Program



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Situation
Significant improvement in our golf games can only be accomplished through continuous effort during the Winter and Spring. Then, when Summer arrives, we refine those improvements and prep for the high school season. While every golfer is different, see page 2 for some guidelines regarding the amount of effort expected to achieve the desired results.

Objectives
Make significant improvement in ball speed off a driver, the number of greens in regulation that we hit, and our putting proficiency inside of 10 feet.

Focus Area	Goals	Development Activities
Driver Ball Speed	<ul style="list-style-type: none">• Increase ball speed by at least 10MPH (which yields about 20 additional yards)	<ul style="list-style-type: none">• strength and speed exercises• weighted club swings (both lighter and heavier than standard driver)• optimize launch angle, attack angle, and spin rate• golf-specific swing drills and activities
Wedge accuracy and distance control	<ul style="list-style-type: none">• Hit at least 60% of wedges within 10 yards of specified distance and within 10 yards of target line	<ul style="list-style-type: none">• optimize launch angle and attack angle• golf-specific swing drills and activities
Putting inside 10 feet	<ul style="list-style-type: none">• Make 100 putts in a row from 3 feet• Perfect speed control from 8-10 feet on 10 consecutive putts	<ul style="list-style-type: none">• alignment activities• tempo control• speed control drills

Offseason Practice Activities
<ul style="list-style-type: none">• Swing instruction from a PGA-certified swing coach (each player on their own).• Self practice on a weekly basis (see page 2 for guidelines regarding duration). The team website will be updated to include recommended drills , games, and activities.• Team practices (optional but highly recommended). We will hold an organized practice in the golf lab at school every 2 weeks throughout the school year. These sessions will be limited the a max of 4 golfers at a time in order to get the most benefit. Each golfer will be required to sign up for a specific time slot for each session (sign-up genius link to be provided).

Harrison Girls Golf - Improvement Expectations



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Desired 9 hole avg.		39 and below	40-43	44-49
Goals	Driver swing speed	95MPH+	85MPH+	80MPH+
	Greens In Regulation	at least 60%	at least 50%	at least 40%
	Putting	<ul style="list-style-type: none"> • 15 or fewer putts per 9 holes • avg. less than one 3-putt every 18 holes 	<ul style="list-style-type: none"> • 17 or fewer putts per 9 holes • avg. less than one 3-putt every 9 holes 	<ul style="list-style-type: none"> • 18 or fewer putts per 9 holes • avg. only one 3-putt every 9 holes
How to Get There	Fitness	<ul style="list-style-type: none"> • General overall fitness including flexibility, strength, and cardio • 2 golf-specific speed/strength sessions per week 	<ul style="list-style-type: none"> • General overall fitness including flexibility, strength, and cardio • 1 golf-specific speed/strength session per week 	<ul style="list-style-type: none"> • General overall fitness including flexibility, strength, and cardio
	Swing Instruction	<ul style="list-style-type: none"> • attend all team offseason activities • weekly lessons with certified PGA instructor 	<ul style="list-style-type: none"> • attend all team offseason activities • 1-2 lessons per month with certified PGA instructor 	<ul style="list-style-type: none"> • attend all team offseason activities
	Tournament Experience	<ul style="list-style-type: none"> • play in 9+ tournaments in Spring and Summer (including local, state, and national events) 	<ul style="list-style-type: none"> • play in 6-8 tournaments in Spring and Summer (including both local and state-level events) 	<ul style="list-style-type: none"> • play in 3-4 local tournaments in Spring and Summer
	Self Practice	<ul style="list-style-type: none"> • 4+ hours/week of focused practice (70% on short game) • play a minimum of 18-36 holes per week 	<ul style="list-style-type: none"> • 2+ hours/week of focused practice (70% on short game) • play a minimum of 18 holes per week 	<ul style="list-style-type: none"> • 1+ hours/week of focused practice (70% on short game) • play a minimum of 9 holes per week