

PLAN B – Course Transfer & Confidence

Primary goal: Prepare for tournament golf

1) Technical Rehearsal (10 min)

- Favorite club
 - One thought only (tempo or balance)
 - Smooth, relaxed swings
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2) Repetition (30 min)

- Three clubs: wedge, mid-iron, driver
 - Hit **3-ball sets**
 - Goal:
 - All 3 solid
 - Miss → pause, reset, restart set
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3) Completion (20 min)

- Simulate **3 holes**
 - Tee shot
 - Approach
 - Recovery or layup
- One ball only
- Score:
 - Fairway hit
 - Green hit
 - Solid miss