



Maria Schick
45 – Minute Practice Plan

2 Minutes -	Putting –	Warmup
13 Minutes -		40 - Ball Putting Practice Plan (score keeping optional)

Distance Putting
20, 30, 40, 50 Foot Putts - 4 Balls Each Length

			Results
Scoring:	Hole Out:	0 Point	_____
	Inside One Club Length:	1 Point	_____
	Inside Two Club Lengths:	2 Points	_____
	Outside 6 Feet:	3 Points	_____

Makeable Putts
4, 8, 12, 16 Foot Putts – 4 Balls Each Length

Scoring:	Hole Out	0 Point	_____
	Miss Putt	1 Points	_____

Two Putt Test
40 Foot Two Putt Test – 4 Balls

Scoring:	Hole Out	0 Points	_____
	2 Putt	1 Point	_____
	3 Putt	2 Points	_____

15 Minutes -	Full Swing -	Focus on three main clubs - driver, fairway woods, hybrid Start slow then build up speed Check on a full finish each swing Switch clubs every 5-6 shots Swing to an established target or target line Use an alignment stick to ensure proper aim
5 Minutes -	Wedges	Full swings with each wedge in your bag Search for consistent distance and direction with each club
5 Minutes -	Sand Wedge	Practice 20, 30, 40 yards shots Change distance every 4 swings
5 Minutes -	Sand Wedge	Swings out of the sand. Meet goal of 5 in row out of bunker