

2 X WEEK



LONG
GAME

Break 100 Practice plan

Practice Phase	Number of Balls	Game	Description
Warm-up	10	TRACKMAN RANGE PRACTICE	Hit a few wedges to warm up your swing and get comfortable.
Full Swing			
- Short Irons	10	TRACKMAN RANGE PRACTICE	Focus on short iron shots (e.g., 9-iron, pitching wedge) for precision and control. Use Trackman to analyze dispersion.
- Mid-Irons	10	TRACKMAN RANGE PRACTICE	Concentrate on mid-iron shots (e.g., 8-iron, 7-iron) for accuracy and consistency. Analyze Trackman data for trajectory and distance.
- Long Irons	10	TRACKMAN RANGE PRACTICE	Work on your long iron shots (e.g., 3-iron, 4-iron) for accuracy and distance. Use Trackman to monitor launch angle and ball speed.
- Fairway Wood	10	TRACKMAN RANGE PRACTICE	Practice hitting fairway wood shots with proper technique and distance control. Analyze Trackman data for feedback.
- Driver	10	TRACKMAN RANGE PRACTICE	Focus on your driver swing, working on consistency and distance. Analyze Trackman data to assess launch angle, ball speed, and accuracy.
Target Practice	30	BULLSEYE	Set up various targets at different distances on the range. Aim to hit each target with a specified number of shots. Use Trackman for analysis.