

1 X WEEK



SHORT
GAME

Break 100 Practice Plan

Practice Phase	Number of Balls	Description
Putting	30	Work on different aspects of putting:
		- Short Putts (within 6 feet): Focus on accuracy and sinking putts confidently.
		- Lag Putts (long-distance putts): Practice distance control and getting the ball close to the hole. (6 foot)
		- Breaking Putts: Practice reading and aligning putts with significant breaks, focusing on speed and line.
Chipping	30	Practice a variety of chip shots:
		- Basic Chip Shots: Work on technique and landing the ball on different target areas.
		- Bump and Run Shots: Practice low, running chip shots with different clubs to control roll and distance.
		- Flop Shots: Work on lofted shots over obstacles, focusing on landing softly and controlling trajectory.
Pitching	30	Work on different pitch shots:
		- Short Pitch Shots (within 30 yards): Focus on distance control and landing the ball close to the target.
		- Medium Pitch Shots (30-60 yards): Practice controlling trajectory and developing a consistent swing for these distances.
		- High Pitch Shots (over 60 yards): Work on generating height and distance while maintaining control and accuracy.
Bunker Shots	10	Focus on bunker shots to improve your skills in escaping bunkers:
		- Standard Bunker Shots: Practice getting out of bunkers and landing the ball on the green with control.
		- Buried Lies and Tough Lies: Work on challenging bunker shots, such as buried lies and shots from difficult bunker positions.