

Dynamic Golf Solutions – Weekly Practice Plan

Player Name: Tim Carlson
 Email (ID): timcarlson.golf@gmail.com
 Benchmark Category: Elite
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Summary: This report highlights your key strengths and priority focus areas based on your latest submissions.

Day	Block	Skill Tag	Drill Name	Duration (min)	Notes	Level Goal	Level #
Monday	Primary	GIR %	Distance Ladder Wedges	35	<ul style="list-style-type: none"> Setup station with: Range circles. Task focus: Distance Control. Execution cue: Large sand circles; land 2 balls in each circle with highest lofted wedge Repeat with all wedges (LW ->SW ->GW ->PW) 	Completed with all wedges twice	4
Monday	Secondary	Fairways Hit %	Start Line Call → Confirm	30	<ul style="list-style-type: none"> Stick 4 alignment sticks in the ground 5 yards in front of you parallel to each other creating 3 gates Call left/center/right start line, never using the same gate twice Earn a point for every ball through the correct gate 	15 points	3
Monday	Maintenance	Scrambling %	Right-to-Left Break Match (10-ft)	25	Pick a 10 foot putt that breaks from left to right. Place a gate, two tees a putterhead apart, 3 feet in front of the ball in line with your read. Putt through the gate and:	Make 3 in a row	3
Tuesday	Primary	GIR %	Left/Right Side Target Game	35	<ul style="list-style-type: none"> Setup station with: Pick a target using your 9i Choose target; alternate two balls left side then right side; score +1 correct side, 0 wrong, -1 mishit.. 	Goal: 25 points	4
Tuesday	Secondary	Fairways Hit %	Fairway Finders (Progressive)	30	<ul style="list-style-type: none"> Setup station with: 30y wide fairway lane Task focus: Dispersion. Execution cue: Starting with longest iron hit 3 shots trying to hit the fairway 3 times in a row Once you hit 3 in a row with that club, move up to the next longest club til Driver 	Hit 3/3 in no more than 2 attempts	3
Tuesday	Maintenance	Putting SG	3-6-9 Drill	25	<ul style="list-style-type: none"> Setup station with: 3 tees at each distance 3/6/9 ft around hole with an extra tee at 6 feet Task focus: Start Line / Pressure. Execution cue: Hit a putt at each tee. One you make six then hit pressure putt to complete the drill If you make the pressure putt add another ball and double number of makes to 12, must make both pressure putts 	Completed with 3 balls	3
Wednesday	Primary	GIR %	Windows (Draw/Straight/Fade x High/Stock/Low)	35	<ul style="list-style-type: none"> Hit 9 "windows" with 9i→7i→5i: draw/straight/fade at high/stock/low flights. Alternate through each window; attempt each window before repeating Score a point for each successful window 	27 points	4
Wednesday	Secondary	Fairways Hit %	Fade/Draw on Command	30	<ul style="list-style-type: none"> Alternate fade/draw; create a start corridor using 2 alignment sticks in the ground Make the start corridor the width of the club you are using; watch curvature size Score 1 point for every correct start corridor AND shot shape 	15 points	3
Wednesday	Maintenance	Putts per Hole	1-Ball Putting Round (18 holes)	25	<ul style="list-style-type: none"> Setup station with: Putting green. Task focus: Routine / Variability. Execution cue: Play 18 unique putts from 6-30 ft with full routine; no two starting points or cups repeated.. 	Make 10 putts	4
Thursday	Primary	GIR %	Left-Side / Right-Side Dispersion Match	35	<ul style="list-style-type: none"> Call intended miss side before swing (L or R) Hit 30 balls to target; track whether miss matches intention 	85% correct side miss	4
Thursday	Secondary	Fairways Hit %	Through the Bag Lane Challenge	30	<ul style="list-style-type: none"> Setup station with: Find a 40 yard fairway lane on the range Execution cue: Hit 1 shot per club from highest lofted club through bag to Driver; if you miss, restart that width; if you get through Driver, move to 30y fairway, then 20y fairway 	Get through Driver with 40 then 30 yard fairway	3
Thursday	Maintenance	Wedge Points	TheStack Wedge	25	Complete a Stack Wedge session	165+	3
Friday	Primary	GIR %	3-Ball Pattern Rep	35	<ul style="list-style-type: none"> Hit 3-ball sets: stock, small draw, small fade All 3 balls must have the correct shape to score a point Use the same target for each set of 3, but change targets after each set of 3 	6 points	4
Friday	Secondary	Fairways Hit %	Competitive Fairway Challenge	30	<ul style="list-style-type: none"> Using driver, fairway woods, hybrids/driving irons hit shots to a 30y wide fairway Alternate clubs; For every hit score 3 points for driver, 2 points for fairway wood, 1 point for hybrids/driving irons A miss with any club is -1 point 	12 points	3
Friday	Maintenance	Score (18-norm)	9-Hole Sim	25	<ul style="list-style-type: none"> Play 9 simulated holes on the range; change target each shot. Visualize and hit tee + approach for each hole; For each shot that lands off target, add a stroke Don't always visualize the same golf course or pin locations 	Play in +4	4