



The 90 Minute Golf Improvement Routine

Pitching



Current State:

Most players start their session without a clear sense of rhythm or distance control. Early shots often feel inconsistent, tempo changes from swing to swing, and the body is still stiff from daily activity.

Long Term Goal:

You begin each session feeling connected to your swing, your body is warmed up, and your short wedge distances (30, 60, and 100 yards) feel predictable and repeatable. Your rhythm is balanced, and every shot has purpose.

Drills and Training Focus:

Start with short wedge shots at 30 yards, then 60 yards, then 100 yards.

Repeat the same sequence in reverse order. Use only two wedges, for example a pitching wedge and a sand wedge.

In the first round, focus purely on distance control: how far each ball travels and where it lands.

In the second round, vary the trajectory: one low, one medium, one high. This develops awareness of how small changes in swing length and tempo affect flight and carry.

The purpose is not to hit perfect shots but to reconnect your feel for distance and control.

Milestone and Measurement:

After completing both rounds, note how close your best shot landed to the target at each distance.

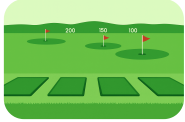
When your average proximity is within three yards at 30, six yards at 60, and 10 yards at 100, you've reached strong control.

Track these results weekly. Consistent numbers mean you're starting every practice session with reliable tempo and contact.

Minutes per training day

10

Golf Swing



Current State:

Many players hit full shots without a clear plan for direction or curvature. Under pressure, they lose rhythm, steer the club, or rely on luck instead of control. Drives and irons feel inconsistent because start line, shot shape, and tempo are not connected.

Long Term Goal:

You can start every shot on your intended line, manage curve on purpose, and trust your rhythm even when pressure builds. Each swing feels deliberate, not forced. You play within clear visual targets instead of reacting to mistakes.

Drills and Training Focus:

Drill 1: Approach Zone Control (20 Minutes)

Pick a target between 140 and 180 yards and imagine two lines forming a corridor toward it: your hitting zone.

In the first round, hit your natural shape (for example, a soft fade) and keep every shot inside your zone.

In the second, take one more club and swing at 80 percent tempo.

In the third, take one less club and control the distance with tempo and loft.

Each ball that starts correctly and lands inside the corridor counts as one point.

Aim for 8 to 12 solid shots per session.

Drill 2: Pressure Drive Challenge (15 Minutes)

Set up a 25-yard-wide fairway corridor using distant targets.

Hit eight drives in total.

The first is played cold with your full pre-shot routine.

Before each of the others, take ten seconds to visualize a pressure moment: for example, “final hole of the club championship, one good drive to win.”

Then execute your swing with full commitment.

After every drive, record hit or miss and miss direction.

Every time you visualize that final hole and still find the fairway, you're training your nervous system for real tournament calm.

Milestone and Measurement:

For Approach Zone Control, reach at least eight balls inside the corridor with consistent start lines.

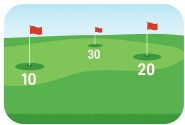
For Pressure Drive Challenge, finish five or more drives in play while maintaining your tempo and routine.

When both goals are met in one session, you're controlling direction and rhythm: the key ingredients for reliable full-swing performance.

Minutes per training day

35

Chipping



Current State:

Around the green, many players struggle to adjust to different lies and end up using the same technique for every situation- leading to inconsistent results.

Long Term Goal:

You can quickly read a lie, choose the right club and landing point, and adjust the shot to the conditions. Each decision feels deliberate rather than reactive, giving you confidence to save strokes under pressure.

Drills and Training Focus:

Choose a flag between 25 and 35 yards away. Find three different lies: one good, one difficult, and one critical.

A good lie is clean turf with the ball sitting up.

A difficult lie might be soft or semi-buried.

A critical lie could be hardpan, a bare patch, or thin sand.

Play three balls from each lie. Before starting, define your success standards:

From a good lie, finish inside one yard.

From a difficult lie, finish inside three yards.

From a critical lie, simply get the ball on the green within four yards.

After each set, move to a new area and repeat the sequence three times.

Say your plan out loud before each shot: for example, "Gap wedge, land halfway, soft hands."

Speaking the plan helps you commit and improves focus.

Milestone and Measurement:

Track how often you meet your success standards for each lie.

Your goal is at least seven out of nine successful shots per round.

Over time, reduce your target zones slightly to challenge yourself and build consistency in short-game decision making.

Minutes per training day

20

Putting



Current State:

Most golfers neglect structured putting practice. They hit random putts without feedback, often focusing on mechanics instead of execution. As a result, short putts under pressure feel uncertain, and long putts lack consistent distance control.

Long Term Goal:

You develop both precision and confidence on the greens.

Short putts feel automatic because your start line and strike are stable.

Longer putts roll with predictable speed and rhythm. You trust your stroke, even under pressure.

Drills and Training Focus:

Drill 1: Putting Precision Circle (15 Minutes)

On a flat area of the green, set up five tees in a small semicircle around a center tee, each

about 3 feet away. The center tee is your target.

From each position, hit two putts.

If you strike the center tee, move to the next spot.

If you miss, restart from the beginning.

Complete the full circle once without missing.

This sharpens face control and start line precision. The tiny target exaggerates small mistakes: when you later putt to an actual hole, it feels much larger.

Once you succeed at 3 feet, move the tees to 4 or 5 feet to increase the challenge.

Drill 2: Confidence Ladder (10 Minutes)

Mark three distances (10 yards, 20 yards, and 30 yards) ideally on a slightly uphill line with minimal break.

Hit three putts from each spot. At least one must drop before you move to the next distance.

If all three miss, return to 10 yards and start over.

This game builds rhythm, confidence, and focus. Seeing putts fall from different lengths strengthens trust in your putting stroke and prevents steering or deceleration.

Milestone and Measurement:

Track your consistency across both drills:

For the Precision Circle, completing the full circuit without restarting shows reliable short-putt control.

For the Confidence Ladder, advancing through all distances without reset proves solid touch and focus.

Minutes per training day

25

Open Topic



Milestone and Measurement:

One or two sessions of this routine per week are enough to create visible improvement.

Quick Reflection

After each session, take two minutes to record what you learned. Ask yourself three questions.

- What happened to my driver when I felt pressure?

- Which wedge distance felt most reliable?
- What specific skill should I focus on next time?

Mini Log

Date ____

Distance Feel – best accuracy at 30 / 60 / 100 yards

Approach Zone – points and shape pattern

Pressure Drive – fairway hits and typical miss

Short Game Matrix – results from each lie

Precision Circle – completed yes or no and distance

Confidence Ladder – number of successful putts per distance

Plan Duration: 11/06/2025 - 11/13/2025

Important Notes for Your Plan

- Practice regularly with good quality.
- Focus on clean execution.
- Prefer shorter and frequent sessions.
- Create a new plan any time: golfskool.com/practice-plan-pdf
- Share this plan with a friend and do the exercises together.
- Questions: <https://www.skool.com/golf>