

Your Golf Training Plan

Goal of the session

Improve accuracy, train under pressure, and identify your main weakness.

Total duration 65 minutes

Warm Up 15 minutes

The goal of the warm up is to prepare your body, find rhythm, and build clean contact before moving into pressure training. Focus on smooth tempo and clear target pictures.

| Level | Club | Task | Target |
|-------|----------------|---------|------------------------------------|
| 1 | Pitching Wedge | 5 shots | 50 percent swing, changing targets |
| 2 | Pitching Wedge | 5 shots | Full swing, changing targets |
| 3 | 8 Iron | 5 shots | Full swing, changing targets |
| 4 | 5 Iron | 5 shots | Full swing, changing target |
| 5 | Fairway Wood | 3 shots | One clear target line |
| 6 | Driver | 3 shots | Same target line |
| 7 | Tee Shot | 3 shots | Visualize hole 1 with playing club |

Accuracy Challenge 40 minutes

This challenge trains accuracy under pressure. You may only move on to the next level after completing the current level successfully.

Maximum 50 balls.

| Level | Club | Task | Target |
|-------|------------------------|------------------|----------------------------------|
| 1 | Driver | 2 shots in a row | Fairway width 20 yards |
| 2 | Fairway Wood | 2 shots in a row | Fairway width 20 yards |
| 3 | Hybrid or Long Iron | 2 shots in a row | Fairway width 20 yards |
| 4 | Iron | 2 shots | 100 yards target circle 15 yards |
| 5 | Long iron or hybrid | 2 shots | 150 yards target circle 15 yards |
| 6 | Hybrid or fairway wood | 2 shots | 200 yards target circle 15 yards |

If you complete all levels, start a second round using the remaining balls.

Weakness Focus 10 minutes

Finish the session by working on your biggest weakness from today.

Focus on your full routine, a clear target picture, and solid contact.

| Level | Club | Task | Target |
|-------|------|------|--------|
|-------|------|------|--------|

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| 1 | Weakness Club | 15 shots | Repeat the most difficult level from today |
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Important notes for your training plan

- Train regularly with high quality.
- Focus on clean execution.
- Shorter and more frequent sessions usually work best.
- If you have questions, message us on golffreih.com.
- Share the plan with a friend and train together.
- You can recreate your training plan anytime here <https://golfskool.com/practice-plan-pdf/>