

Table 2.6A Example Seven-Day Practice Plan

| Practice Sessions | Balls per Drill | Times per Week | Total Balls | S | M | T | W | Th | F | S |
|--|------------------------|-----------------------|--------------------|----------|----------|----------|----------|-----------|----------|----------|
| Putting | | | | | | | | | | |
| 7-point compass drill from 1,2,3,4 & 5 feet. 5 times per week. | 35 | 5 | 175 | X | | X | X | | X | X |
| Putt with your eyes closed. 3 balls from 3,6 & 9 ft. 7 repetitions, 5 times per week. | 63 | 5 | 315 | X | | X | X | | X | X |
| Putt from one cup to another, 20 ft apart, 10 repetitions, 5 times per week. | 20 | 5 | 100 | X | | X | X | | X | X |
| Chipping | | | | | | | | | | |
| From 3 yards off the green with 7-iron, 9-iron, PW, and SW. 5 each club, 5 times per week. | 20 | 5 | 100 | | X | X | X | X | X | |
| Same drill as above from 6 yards, replace 7-iron with lob wedge. | 20 | 5 | 100 | | X | X | X | X | X | |
| Same drill from 9 yards using just wedges. | 20 | 5 | 100 | | X | X | X | X | X | |
| Short Pitches | | | | | | | | | | |
| From 15 yards off the green with 3 wedges. 5 balls each, 5 times per week. | 15 | 5 | 75 | | X | X | X | X | | X |
| Same drill from 20 yards. | 15 | 5 | 75 | | X | X | X | X | | X |
| Same drill from 25 yards. | 15 | 5 | 75 | | X | X | X | X | | X |
| Long Pitches | | | | | | | | | | |
| From 50 yards, 5 balls each with PW and SW, 5 times per week. | 10 | 5 | 50 | X | X | X | X | | X | |
| Same from 60 yards. | 10 | 5 | 50 | X | X | X | X | | X | |
| Same from 70 yards. | 10 | 5 | 50 | X | X | X | X | | X | |
| Bunker | | | | | | | | | | |
| 15 shots each with SW and Lob wedge from different lies. 4 times per week. | 30 | 4 | 120 | X | | X | | X | X | |
| Full Swing | | | | | | | | | | |
| 10 balls each with 9-iron, 7-iron, 5-iron, fairway, and driver. 2 repetitions, 3 times per week. | 100 | 3 | 300 | | X | | | X | X | |