



Practice Schedule

Length: 1:30

15 minutes stretching and balance training

*Example Videos:

<https://www.youtube.com/watch?v=OZQCPKmdYhM>

https://www.youtube.com/watch?v=pXZ1_cMsF6s

30 minutes in a cardio mode - rapid fire 60-100 balls with a low lofted Iron

*Example Videos:

With a 3 Iron

<https://www.youtube.com/watch?v=VB1nvgIMihE&list=UUfmskmw36WSrLOuILCFyOdg>

<https://www.youtube.com/watch?v=0gULFZwghVk&list=UUfmskmw36WSrLOuILCFyOdg>

With a Driver

https://www.youtube.com/watch?v=cO0_ykSSDYc

30 minutes on your specified lessons

*Example Videos:

<https://www.youtube.com/watch?v=2SmWMs1GL9Q&list=PL52C54D18E566DB92>

<https://www.youtube.com/watch?v=fD4qYMMel9U&list=PL52C54D18E566DB92>

<https://www.youtube.com/watch?v=7V0QHN5O8wY&list=PL52C54D18E566DB92&index=17>

15 minutes Putting

*Example Videos:

https://www.youtube.com/watch?v=P63y0_Hgyc4

<https://www.youtube.com/watch?v=rordn8gyhEg>