

Practice Checklist



4 X Per Week

Balance Swing Feet Together

- 25 Half Swings
- 25 Full Swings

The Warm-Up

- 3 Drills (Video)

Putting

- 3 Feet 25 putts
- 5 Feet 25 putts
- 7 Feet 25 putts

3 X Per Week

- Strong Grip
Discussion**

- Alignment
Discussion**

Chipping

- $\frac{1}{4}$ swing 25 balls Without Wrist
- $\frac{1}{2}$ swing 25 balls Without Wrist

2 X Per Week

Half Swing

- 25 balls Without Wrist
- 25 balls With Wrist

Full Swing

- 100 balls With Wrist

Pitching

- $\frac{1}{2}$ swing 25 balls with wrist
- $\frac{3}{4}$ swing 25 balls with wrist