



WEEK 1 DRIVER		
Shot: Driver		Metric: Center Contact
Goal: Hit 7 of 10 drivers with at least half the ball mark inside a circle the size of a quarter		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 2 PUTTING		
Shot: 6-foot Putt		Metric: Direction
Goal: Make 10 putts in a row from 6 feet using a string line		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 3 GREENSIDE		
Shot: Chip		Metric: Distance Control
Goal: From 1-yard off the green chip 7 of 10 within a 12-foot diameter circle to a pin 15 yards on the green		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 4 SCORING WEDGES		
Shot: 100-Yard Wedge		Metric: Contact
Goal: Hit 7 of 10 in the center of the club face striking the ball first		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 5 LONG APPROACH		
Shot: 150-Yard Mid-Iron		Metric: Direction
Goal: Hit 7 of 10 within 15 yards either side of a target at approximately 150 yards		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 6 1-WEEK BREAK		
Shot: Your Choice		Metric: Your Choice
Goal: Take a break, catch up, or select the shot and metric that will help you most		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	



WEEK 7 DRIVER		
Shot: Driver		Metric: Direction
Goal: Hit 7 of 10 drivers into a 30-yard wide fairway using alignment rods		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 8 PUTTING		
Shot: 6-foot Putt		Metric: Distance (Speed)
Goal: Stop 8 of 10 putts inside a 1-foot square from 6 to 7 feet, from all slopes		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 9 GREENSIDE		
Shot: Pitch		Metric: Distance Control
Goal: From 5 or more yards off green pitch 7 of 10 within a 12-foot diameter circle to a pin 15 yards on the green		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 10 SCORING WEDGES		
Shot: 100-Yard Wedge		Metric: Direction
Goal: Hit 7 of 10 within 15-yards either side of a target at approximately 100 yards		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 11 LONG APPROACH		
Shot: 180+Yard Shots		Metric: Distance Control
Goal: Hit 7 of 10 within 15 yards plus or minus (short or long) or a target at 180+ yards, using 3 different clubs		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 12 1-WEEK BREAK		
Shot: Your Choice		Metric: Your Choice
Goal: Take a break, catch up, or select the shot and metric that will help you most		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	



WEEK 13 DRIVER		
Shot: Driver		Metric: Shape Consistency
Goal: Hit 7 of 10 drivers into a 30-yard wide fairway using the same shape (fade or draw)		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 14 PUTTING		
Shot: 6ft Breaking Putts		Metric: Direction
Goal: Make 10 putts in a row from 6 feet under a string line on all slopes.		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 15 GREENSIDE		
Shot: Pitch		Metric: Direction
Goal: From 5 or more yards off green pitch 7 of 10 within six feet either side of a target pin 15 yards on the green		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 16 SCORING WEDGES		
Shot: 100-Yard Wedge		Metric: Distance Control
Goal: Hit 7 of 10 within 15-yards plus or minus to a 100-yard target		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 17 LONG APPROACH		
Shot: 150 Yard Mid-Irons		Metric: Distance Control
Goal: Hit 7 of 10 within 15 yards plus or minus (short or long) or a target at 180+ yards, using 3 different clubs		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 18 1-WEEK BREAK		
Shot: Your Choice		Metric: Your Choice
Goal: Take a break, catch up, or select the shot and metric that will help you most		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	



WEEK 19 DRIVER		
Shot: Driver		Metric: Direction
Goal: Hit 7 of 10 drivers into a 20-yard wide fairway under pressure (Go-To Shot)		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 20 PUTTING		
Shot: Lag Putts		Metric: Distance Control
Goal: Putt 7 of 10 inside a 3-foot radius circle from 40 feet on all slopes.		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 21 GREENSIDE		
Shot: Pitch		Metric: Distance Control
Goal: From various distances 5 or 25 yards from green pitch 7 of 10 within six feet plus/minus to a pin 15 yards on green		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 22 SCORING WEDGES		
Shot: 100-Yard Wedge		Metric: Shape Consistency
Goal: Hit 7 of 10 within 15-yards plus or minus to a 100-yard target using 3 wedges to change trajectory		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 23 LONG APPROACH		
Shot: 180+ Long Shots		Metric: Direction
Goal: Hit 7 of 10 within 15 yards either side of a target at 180+ yards. Include hybrids and fairway metals.		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 24 1-WEEK BREAK		
Shot: Your Choice		Metric: Your Choice
Goal: Take a break, catch up, or select the shot and metric that will help you most		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	



WEEK 25 DRIVER		
Shot: Driver Faults & Fixes		Metric: All of Them
Goal: <i>Understand Club Face, Swing Path, Swing Plane and Contact to Improve Consistency</i>		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 26 SCORING WEDGES		
Shot: $\frac{3}{4}$ -Swings		Metric: Distance Control
Goal: <i>Putt 7 of 10 within 15-yards plus or minus to a 100-yard target using <math>\frac{3}{4}</math> swing with all wedges</i>		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 27 PUTTING		
Shot: Putting Faults & Fixes		Metric: Direction & Speed
Goal: <i>Use string line to check face aim, putter path, stroke length on 6 to 10-foot putts.</i>		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

WEEK 28 NEXT STEPS		
Shot: 100-Yard Wedge		Metric: Shape Consistency
Goal: <i>Hit 7 of 10 within 15-yards plus or minus to a 100-yard target using 3 wedges to change trajectory</i>		
SESSION	DATE	LEVEL
Day 1	__/__/__	
Day 2	__/__/__	
Day 3	__/__/__	
Day 4	__/__/__	
Day 5	__/__/__	

MATERIALS LIST	
<b>LUNCH !!!</b>	
Range Finder	Sharpie
Alignment Rods	Chopsticks or Pencils
Construction String	Hula Hoop
Tees	Impact Tape
Dr Scholl's Odor-X Spray	Shag Bag Practice Balls
Personal Launch Monitor (for accurate distances on shots)	