FREE PRACTICE SESSIONS

Free golf practice plan (PDF)

Real results come from real training. These are four sessions from the Under Par coaching team, one for each part of the game, with reps and a score for every drill.

Or use the sessions right here. Want help choosing what to practice? Read how to build a golf practice plan.

1. Full-swing accuracy challenge (20 min)

DRILL	REPS	SCORE
Set two flags about 30 yards apart as a fairway. Hit drivers.	Until you miss	Longest streak inside the flags
Pick a small target, hit 10 drivers	10	Average miss, in yards
5 × 8-iron, 5 × 5-iron at a flag	10	Shots finishing inside 10 yards

2. Wedge accuracy and distance (25 min)

DRILL	REPS	SCORE
Each wedge: full grip, 1 inch down, 2 inches down	3 each	Write down every carry distance
Full wedges to 80, 90, 100, 110 yards	5 each	Shots within 5 yards of the number

Your carry numbers become your wedge distance chart.

3. Short game challenge (30 min)

DRILL	REPS	SCORE
Chips from the rough: 10, 15, 20, 25 yards	5 each	Inside 6 feet
Pitches from the fairway: 20, 30, 40, 50 yards	5 each	Inside 10 feet
Bunker: 10, 15, 20, 25 yards	2 each	Out and on the green

4. Short and mid-range putting games (25 min)

DRILL	REPS	SCORE
Circle drill: 3 balls at 2, 3, 4 ft, around the hole in 8 spots	24	Makes out of 24
6, 9, 12, 25 ft, breaking both ways	24	Makes out of 24
Coin drill: roll over a marker 2 ft ahead from 25 ft	18	Hits out of 18

Want the full versions? Start with the 4-day sample practice plan.

Want a plan built for your game? An Under Par coach builds your weekly practice and fitness plan, reviews every session and adjusts it as your scores change. $39/month at **underpargolfapp.com**.