



YOUR GAME. YOUR NEXT STEP.

Make practice mean something.

A repeatable plan for golfers who want a clearer task, a useful test and evidence that carries onto the course.

ONE PRIORITY. ONE TEST. ONE NEXT STEP.

Choose a recurring cost from recent rounds. Practise the task, change the target, then check whether the result holds up when you play.

01 Find the repeat

Look across a few rounds. Separate penalties, poor approach contact, awkward chips and first-putt distance.

02 Define success

Name the outcome you can count: playable tee shots, a landing zone or putts finishing inside a chosen area.

03 Test it on the course

Choose, commit, play and record. Review afterwards; keep swing analysis out of the playing routine.

USE THIS PACK

- 02 Choose a 30- or 60-minute session
- 03 Plan your week and define your test
- 04 Log results and decide what comes next



CHOOSE YOUR SESSION

A clear task.

A manageable session.

These sample timings are starting points. Adapt the warm-up, volume and difficulty to your needs; take breaks before fatigue changes the task.

30 MINUTES / One priority

00-05	Warm up Comfortable movement, then short shots.
05-15	Build the skill Same club, lie and target. Score ten attempts.
15-25	Change the task Vary the target or distance. Reset before each ball.
25-30	Test and note Record the score, conditions and one next step.

60 MINUTES / Add variety and a second skill

00-10	Warm up gradually
10-30	Primary skill: one task with a clear target
30-40	Supporting skill: putting or a common short-game lie
40-55	Simulated golf: alternate tee and approach targets
55-60	Review the test and choose your next observation



REUSABLE WORKSHEET

Plan the week.

Keep the focus.

Print a fresh copy for each week. One focused practice session is a useful start; add a second session when time and recovery allow.

WEEK OF / COURSE OR PRACTICE FACILITY

MY RECURRING SCORING COST

MY PRACTICE TASK AND SUCCESS ZONE

SESSION	TASK / DATE / RESULT
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Practice 1

Practice 2

Next round

PLAYING INTENTION: target, club, commitment - then record.



MEASURE WHAT TRANSFERS

Count the result. Choose what comes next.

Keep the same test conditions for a useful comparison. A better practice score is encouraging; look for fewer related mistakes across several rounds.

PICK ONE SIMPLE TEST

Tee shots: ten balls into a realistic corridor between range markers.

Approaches: ten shots toward a landing area; note short, long, left or right.

Putting: vary three starting distances; count finishes inside your chosen zone.

DATE	TEST / CONDITIONS	RESULT	OBSERVATION

NEXT STEP: KEEP, ADAPT OR GET COACHING HELP?

Keep: the task is improving and beginning to transfer. **Adapt:** make it easier, harder or more representative. **Get help:** the cause remains unclear or the same problem persists.

ABOUT THIS PLAN

STROKES GPD sample routines, not handicap benchmarks or guaranteed outcomes. General practice principles: PGA of America, "Four Must Dos Every Time You Practice on a Golf Driving Range" and "Three Great Practice Games to Help You Play Better Golf Under Pressure". Sources and current guide: strokesgpd.com/golf-practice-plan. Edition: 30 September 2026.