

Traffic Lights PRACTICE PLAN

Every practice session should have a clear set focus or goal to ensure you achieve QUALITY OF PRACTICE.

To achieve this there are 3 stages to the practice:

Red – Technique Focused Practice

Amber – Target Focused Practice

Green – Tournament/Scoring Focused Practice

1. TECHNIQUE

Practice the technique to hit the desired shot and use the thoughts or drills (E.g. A draw shot). Indoor practice is ideal for this type of practice:

Type of Shot: _____

Posture: _____

Technique: _____

Drill 1: _____

Drill 2: _____

2. TARGET

Practice the desired shot going through the technique or drill routine:

Routine: _____

3. TEST

Test the desired shot. Pick a target with a boundary either side to keep the shot within. Using your full routine execute the shot. You must be able to execute it 3 times in a row to use it on the golf course. If you are unable execute "3 in a ROW", go back through the traffic light stages again:



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