

Golf Insider – Golf Practice plan to break 80

Name	Notes
18 holes practice round (L3)	Play 18 holes medal or Stableford and see what you can score to par.
9 holes in regulation (L1)	Play 9 holes and see how many fairways and greens you can hit. You gain 1 point for every fairway hit and 3 points for every green hit in regulation.
3,6,9 ft putting (L3)	Place markers at 3, 6 & 9 ft (3 ft = roughly 1 putter's length). Aim to hole 3 balls from each location before you move back. If you miss at any point start again. Your score is how many putts in a row you can hole.
Long Game Technique (L2)	Hit 50 range balls working on key technical moves to improve your ball flight.
Par 18 (L1)	Pick 9 locations around the chipping green. Aim to chip the ball on and hole the putt, before you move onto the next hole. Each hole is a Par 2. Write down the total shots to complete all 9 locations.
Driving Challenge (L2)	Pick a 20-yard wide target on the golf range. Hit 10 shots with driver, 5 with a fairway wood and 5 with a long iron. Give yourself a point for every ball that lands within your target fairway.
Round the Clock Putting (L3)	Pick a sloping putt, and place 6 markers spread evenly around the hole at 5 ft. Aim to hole all putts in a row, if you miss, start again. Your score is how many successful putts you can hole in a row.
Boudreaux range challenge	Hit 20 shots at each of the three targets (100, 125, and 150 yds). You get 1 point for every shot that finished on the green, and 3 points if the ball finished within a flagstick (inside 8 feet).
Short Game Technique	Pick a shot that needs work after your short game challenges and refine your technique for that shot.