

## Golf Insider – Golf Practice plan to break 90

Name	Notes
18 holes competition round (L2)	Play 18 holes medal or Stableford and see what you can score to par.
Long Game Technique (L1)	Hit 50 range balls working on key technical moves to improve your ball flight.
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.
20 in a Row (L1)	Pick a straight 3 ft putt. Aim to hole 20 in a row. If you miss at any point start again from 0 (Putt with batches of 3-5 golf balls). Your score is how many putts you can hole in a row.
Round the Clock Putting (L2)	Pick a sloping putt, and place 6 markers spread evenly around the hole at 4 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.
9 hole Par challenge	Play 9 holes and see how many pars you can make. If you don't make par pick up and move on.
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.
Free practice iron play	Plan 30 minutes of constructive practice on your iron play and wedges to improve accuracy and consistency.
Hugo's Range Challenge (L2)	Create a 15-yard wide target on the driving range. Your aim is to hit a well-struck shot that lands between these two markers. Start with your Sand Wedge, if your shot lands in your target move on to your PW...see if you can complete the challenge with every club in your bag. Your score is how many balls it takes you to complete the challenge with your entire bag (max 40 attempts).
Short Game Technique	Pick a shot that needs work after your short game challenges and refine your technique for that shot.