

The following plan templates related to the Rule of Thirds planning philosophy. Each session in the plan is for two hours. You can work your way through each session. Whether it takes 6 days or 12 days to get through it, you will have achieved a balanced approach to your practice.

Session 1	Category	Time	Activity	Done
Pitching	Technique	20mins	<ul style="list-style-type: none"> Current focus or Match swing length & acceleration to distance 	
	Variation	20mins	<ul style="list-style-type: none"> Set targets at 20-60m (min 5 targets) and hit to each one alternating the wedge you are using and the target. 	
	Competition	20mins	<ul style="list-style-type: none"> Select a pitching drill from the drills sheets and do this drill for 8 weeks. 	
Full swing	Technique	20mins	<ul style="list-style-type: none"> Current focus 	
	Variation	20mins	<ul style="list-style-type: none"> Select targets and use full pre-shot routine. Change clubs after every 2 or 3 shots 	
	Competition	20mins	<ul style="list-style-type: none"> Select one full shot drill from the drills sheets. Vary the drill over the 8 weeks. 	

Session 2	Category	Time	Activity	Done
Putting	Technique	20mins	<ul style="list-style-type: none"> Current focus or Stroke length: through stroke is 1.5 times the length of the backstroke. 	
	Variation	20mins	<ul style="list-style-type: none"> Ladder drill 	
	Competition	20mins	<ul style="list-style-type: none"> Select a long and short putting drill from the drills sheets and complete for 8 weeks. 	
Chipping	Technique	20mins	<ul style="list-style-type: none"> Current focus or hands-free motion 	
	Variation	20mins	<ul style="list-style-type: none"> Chip to a towel (landing) with various clubs 	
	Competition	20mins	<ul style="list-style-type: none"> Select a chipping drill from the drills sheets and do this drill for 8 weeks. 	

Session 3	Category	Time	Activity	Done
Full swing	Technique	20mins	<ul style="list-style-type: none"> Current focus 	
	Variation	20mins	<ul style="list-style-type: none"> Nine-ball drill with 8i, 5i and driver 	
	Competition	20mins	<ul style="list-style-type: none"> Select one full shot drill from the drills sheets. Vary the drill over the 8 weeks. 	
Putting	Technique	20mins	<ul style="list-style-type: none"> Current focus or path and face (coin drill) 	
	Variation	20mins	<ul style="list-style-type: none"> Hit long putts with eyes closed and guess finish position 	
	Competition	20mins	<ul style="list-style-type: none"> Select a long and short putting drill from the drills sheets and complete for 8 weeks. 	

Session 4	Category	Time	Activity	Done
Bunkers	Technique	20mins	<ul style="list-style-type: none"> • Current focus or • Transfer of momentum, i.e. slow arms and fast clubhead. 	
	Variation	20mins	<ul style="list-style-type: none"> • Hit to different targets; long and short shots 	
	Competition	20mins	<ul style="list-style-type: none"> • Select a bunker drill from the drills sheets and complete the same one for 8 weeks. 	
Full swing	Technique	20mins	<ul style="list-style-type: none"> • Current focus 	
	Variation	20mins	<ul style="list-style-type: none"> • Nine-ball drill with 7i, 4i and fairway wood 	
	Competition	20mins	<ul style="list-style-type: none"> • Select one full shot drill from the drills sheets. • Vary the drill over the 8 weeks. 	

Session 5	Category	Time	Activity	Done
Putting	Technique	20mins	<ul style="list-style-type: none"> • Current focus or • String line to practice reading break 	
	Variation	20mins	<ul style="list-style-type: none"> • Varying length of putts 	
	Competition	20mins	<ul style="list-style-type: none"> • Select a long and short putting drill from the drills sheets and complete for 8 weeks. 	
Pitching	Technique	20mins	<ul style="list-style-type: none"> • Current focus 	
	Variation	20mins	<ul style="list-style-type: none"> • Vary lob, cut and standard pitch shots to two or three targets. 	
	Competition	20mins	<ul style="list-style-type: none"> • Select a pitching drill from the drills sheets and do this drill for 8 weeks. 	

Session 6	Category	Time	Activity	Done
Full swing	Technique	20mins	<ul style="list-style-type: none"> • Current focus 	
	Variation	20mins	<ul style="list-style-type: none"> • Full PSR with target engagement for all shots 	
	Competition	20mins	<ul style="list-style-type: none"> • Select one full shot drill from the drills sheets. Vary the drill over the 8 weeks. 	
Putting	Technique	20mins	<ul style="list-style-type: none"> • Current focus or stroke pace & rhythm. Stroke count 1, 2: 1. Backstroke takes twice as long as start of downstroke to impact. 	
	Variation	20mins	<ul style="list-style-type: none"> • Practice stroke pace and rhythm for varying lengths of putt. 	
	Competition	20mins	<ul style="list-style-type: none"> • Select a long and short putting drill from the drills sheets and complete for 8 weeks. 	

Session 7	Category	Time	Activity	Done
Chipping	Technique	20mins	<ul style="list-style-type: none"> Current focus 	
	Variation	20mins	<ul style="list-style-type: none"> Hit shots from a different lies around the green to one hole. 	
	Competition	20mins	<ul style="list-style-type: none"> Select a chipping drill from the drills sheets and do this drill for 8 weeks. 	
Full swing	Technique	20mins	<ul style="list-style-type: none"> Current focus 	
	Variation	20mins	<ul style="list-style-type: none"> Nine-ball drill with 9i, 6i and hybrid 	
	Competition	20mins	<ul style="list-style-type: none"> Select one full shot drill from the drills sheets. Vary the drill over the 8 weeks. 	

Session 8	Category	Time	Activity	Done
Putting	Technique	20mins	<ul style="list-style-type: none"> Current focus or Stroke length: through stroke is 1.5 times the length of the backstroke. 	
	Variation	20mins	<ul style="list-style-type: none"> Practice target engagement on putts of varying lengths 	
	Competition	20mins	<ul style="list-style-type: none"> Select a long and short putting drill from the drills sheets and complete for 8 weeks. 	
Bunkers	Technique	20mins	<ul style="list-style-type: none"> Current focus or Create downward blow by allowing the club to do its job. 	
	Variation	20mins	<ul style="list-style-type: none"> Hit shots from different lies 	
	Competition	20mins	<ul style="list-style-type: none"> Select a bunker drill from the drills sheets and do this one for 8 weeks. 	

Session 9	Category	Time	Activity	Done
Full swing	Technique	20mins	<ul style="list-style-type: none"> Current focus 	
	Variation	20mins	<ul style="list-style-type: none"> Full PSR with target engagement for all shots 	
	Competition	20mins	<ul style="list-style-type: none"> Select one full shot drill from the drills sheets. Vary the drill over the 8 weeks. 	
Putting	Technique	20mins	<ul style="list-style-type: none"> Review grip, stance, ball position, posture and alignment. 	
	Variation	20mins	<ul style="list-style-type: none"> Putt with one-look and very little time over the putt. 	
	Competition	20mins	<ul style="list-style-type: none"> Select a long and short putting drill from the drills sheets and complete for 8 weeks. 	