

PRACTICE SESSIONS

DO'S

Write down what you want to achieve before the start of the session

Warm up before you start, carry a band in your bag and consult with your coach on basic movements.

Keep practice engaging and interesting. Have a list of games that you can refer to

Take breaks during the session and reflect on progress

Record your journey, feedback to your coach, adjust accordingly

Compare your outcomes to your intended plan its easy to stray off course.

DONT'S

Don't base your session on how many balls you intend to hit

Don't try and work through every area of your game

Don't base success purely on the outcome

Don't forget your pre shot routine, it should feel like Golf

Don't stay in one spot, aiming at one target, with one club

Don't forget to use the putting green, its usually the quietest place.

