



Highland Park Girls Golf

Summer Weekly Practice Goals

Check in with your teammates, go play and practice together. Hold each other accountable, have fun, & summer incentives to come!!

PLAY GOLF

Play at **LEAST 5 times over the summer**

- This is the best way to get better and to simulate competition
- **At least 2 of those times need to be 18 holes**
 - We need to have the stamina to focus for all 18 holes!
- **Try to WALK whenever you can**
 - This will help you get used to walking and carrying for the season

TRYOUTS
August 8-10

PUTT, PUTT, PUTT

1 hr per week, can break into 4-15 minute sessions

- **Four corners drill for 3 feet and 5 feet**
 - Put tees at 3 feet away on all four sides of a cup. You must make the putt at all 4 tees IN A ROW. Do the same for 5 feet.
- **Make 15 3-footers in a row**
 - Each week choose a different break: straight uphill, straight downhill, left to right, right to left
- **Play nine holes on the practice green**
 - Choose 9 putts anywhere from 30-50 feet away. Par is a 2 putt, Birdie is a 1 putt and Bogey is a 3 putt. Keep your score and try to improve every week.

DRIVING RANGE TIME

Hit balls at least once a week

- Lay down alignment sticks when hitting balls at the driving range
 - This will help your aim when you get to the course
- Pick specific targets when hitting irons and give yourself a "fairway" when hitting driver!
- Work through your bag, starting with wedges, then irons, then driver
- Practice the feels and techniques that your pros give you!

SHORT GAME

30 minutes minimum per week

- For chipping and hitting bunker shots, it can include any of the following drills
- Chip and then finish out the hole by putting. Do this 10 times and see how many you can get "up and down" (meaning one chip and one putt into the hole).
 - Your goal is to get more than 5 out of 10 up and down
- Chip or Bunker and try to get at least 5 out of 10 within 3 feet of the hole
- Put a bucket out and chip into the bucket

These are recommendations to improve your game and be ready for August. Going above and beyond is encouraged and will only help you and your teammates for next season!