

GOLF BLUEPRINT

This month's work dials in your approach game. Approach shots separate the field more than any other skillset. We suggest using your routine during all approach cards.

BLUEPRINT PRESCRIPTION

SESSION 1 CARDS (45 min.)

- Lil Jon (Wedges)
- Shot Shaper (Approach)
- The Icarito (Driving)
- Flight 999 (Approach)

SESSION 2 CARDS (60 min.)

- Goldilocks (Wedges)
- Butter Cuts (Approach)
- 7 & 7 (Approach)
- The Shortcut (Driving)
- Mega Flop (Chipping)
- Leap Frog (Putting)

SESSION 3 CARDS (70 min.)

- 3 Six Mafia (Wedges)
- Century Club (Approach)
- Dim Tuncan (Approach)
- Hitting BOMBS (Driving)
- The Stinger (Driving)
- The Ribbon (Putting)
- Give it a Chance (Chipping)



GOLF BLUEPRINT

Lil Jon

Skillset: Wedges

Type: Random Block

Launch Monitor: Optional No

Simulate Pressure: Yes No

Location: Range On-Course

Putting Green Chipping Green

Description

Choose three targets, one at 30 yards, one at 60 yards, and one at 90 yards.

Hit 3 balls to the first target. Hit 3 balls to the second target. Hit 3 balls to the third target.

Repeat the card until the allocated time is complete.

Advice

This is a blend between a creative and execution card. This is a chance to learn to hit three distance controlled trajectories.

Tracking

10 minutes.



Shot Shaper

Skillset: Approach

Type: Random Block

Launch Monitor: Optional No

Simulate Pressure: Yes No

Location: Range On-Course

Putting Green Chipping Green

Description

Choose a primary target for your 6-iron. Choose a secondary target 15 yards left or right of the primary target. Start a ball inside the secondary target that moves toward the primary target and ends between the two targets.

Repeat the card until the allotted time is complete.

Advice

This is a scoring approach card. The goal is to see the shape, see the target, and hit the shape to the target.

Reset after each shot.

Tracking

15 minutes.



The Icarito

Skillset: Driving

Type: Random Block

Launch Monitor: Optional No

Simulate Pressure: Yes No

Location: Range On-Course

Putting Green Chipping Green

Description

Choose two targets in the distance 30 yards apart. Start a ball inside the two targets ends between the two targets.

Repeat the card until the allotted time is complete.

Advice

Imagine a hazard to the right of your fairway target. The goal is to see the shape, see the fairway, and hit the shape down the fairway.

Imagine significant room to the left. You can miss left.

Tracking

10 minutes.

Record the total number of balls hit and the number of balls landing between your targets and right of the right target.



Flight 999

Skillset: Approach

Type: Random Block

Launch Monitor: Optional No

Simulate Pressure: Yes No

Location: Range On-Course

Putting Green Chipping Green

Description

Choose your 9-iron and an appropriate target. Hit a flighted 9-iron that fades. Hit a flighted 9-iron that draws. Hit a flighted 9-iron that is neutral.

Repeat the card until the allotted time is complete.

Advice

This is a judgement free practice card. The goal is to see the shot and hit the yardage. No single shot is important. Find your feels.

Reset after each shot.

Tracking

10 minutes.

Record the most number of shots in a row that you hit the appropriate trajectory.



GOLFBLUEPRINT

Golf Blueprint Plan

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