

STRENVIO ORIGINALS · PRACTICE PLAN

Roll True

6-Week Putting Practice Plan (3 Sessions a Week)

Beat your week 1 score on every drill when you repeat it at Easy in week 6, pass at least four of the drills at Normal, and play your rounds with fewer three-putts than before the plan.

Any level | 6 weeks · 3 sessions a week | 31–57 min a session

INSIDE

The plan at a glance · How to use it and the warm-ups · The drills · 6 week pages with a box for every result · Your week 1 against week 6 review

THE PLAN AT A GLANCE

Roll True

Putt three times a week for six weeks. Every week has one session for start line, one for pace on long putts and one for short putts. Week 1 measures where you are at Easy, weeks 2 to 5 build each skill and add pressure, and week 6 repeats week 1 so you can compare the same drills, at the same level, six weeks apart.

Who it's for

- Golfers who three-putt more than once or twice a round.
- Golfers who miss too many putts from inside 6 ft.
- Anyone who can reach a practice green three times a week, even for half an hour.

The problem

Putting practice usually means rolling a few balls before the round and never keeping score, so nobody knows whether their strokes go on long first putts that finish too far away or on short putts that lip out. Three-putts and missed short putts are the strokes that feel unlucky, but both come from skills you can measure: pace and start line.

The goal

Beat your week 1 score on every drill when you repeat it at Easy in week 6, pass at least four of the drills at Normal, and play your rounds with fewer three-putts than before the plan.

Before you start

6 weeks · 3 sessions a week, 31–57 min a session with the warm-ups. You commit to:

- Three putting sessions a week of 30 to 60 minutes, warm-up included.
- A practice green with a hole you can use without other players, and room for putts of 30 ft or more.
- Six balls, a handful of tees and two alignment sticks or clubs to build a gate.
- Count your putts and three-putts in every round you play during the plan.

How to measure your progress

- Compare week 1 and week 6: the same drills at the same level. A higher score is progress you can trust.
- Count your three-putts in the No More 3 Putts! drill each week. The number should go down.
- On the course, count your putts and three-putts for every round during the plan.

Your start

NAME

START DATE

HANDICAP OR AVERAGE SCORE AT THE START

AT THE END OF THE PLAN

HOW TO USE THIS PLAN

Practise like it counts

1 Plan the session before you start
Read the week's goal and the session on your phone or the printout before you leave home, and pack what the drills need: tees, alignment sticks, a towel and enough balls.

2 Warm up before every station
Give every station about 10 minutes before its first scored drill, including the putting green. Nobody should putt for score straight from the car.

3 Short game first, always in the same order
Putting, then chipping and bunker, then approach shots, then the tee. Do not jump back and forth: the order is what makes your scores comparable from week to week.

4 One ball, one target, one routine
Keep the bucket a few steps behind you and walk back for every ball. Pick a target and go through your routine on every scored shot, as you would on the course.

5 Write down every score
A drill without a score is just hitting balls. Write each result in the Your result box or record it in the Strenvio app.

6 Move up only when you pass
Pass a drill before you play it at the next level. If you miss the target twice, stay at that level for another week; the plan still works.

7 End with a short review
Two lines after each session: what got better, and what to watch next time.

The warm-ups, 10 minutes before each station

Putting warm-up

1. Loosen your shoulders, wrists and back for a minute before you pick up the putter.
2. Roll short putts to a tee from 3 ft until the ball starts on line.
3. Finish with long putts to the fringe, for pace only. Nothing is scored.

THE DRILLS

The drills in this plan

What each drill trains and why it is in the plan. Every drill name links to its page with the full setup and the targets for every level.

Gate Drill Putting · 6 min · Premium in the app	The Gate Drill is a putting drill for a square putter face and a straight stroke. You putt through a narrow gate of two tees that shows every error. A gate of two tees shows at once whether the putter face is square at impact.
Clock Drill Putting · 10 min	The Clock Drill is a short-putting drill for every level. You putt from spots around the hole, like on a clock face, and learn to hole putts from every angle. Short putts from every side of the hole, so you practise left-to-right and right-to-left breaks.
Ladder Drill Putting · 5 min	The Ladder Drill is a speed-control putting drill for beginners. You putt once from each tee in a line, so every putt has a new distance. Speed control across several distances in a few minutes.
No More 3 Putts! Putting · 5 min · Premium in the app	No More 3 Putts! is a lag-putting drill for every level. You putt from 20 ft or more and try to finish each hole in two putts or fewer. Lag putting from 20 ft and more. Every hole is a pass or a miss: two putts or fewer.
Putting Map Putting · 25 min · Premium in the app	Putting Map is a putting drill for intermediate golfers. Each miss moves a tee closer to the hole, so you see which angles cost you putts. Maps the positions around the hole where you hole out and the ones where you miss.
Pressure Chain Putting · 12 min · Premium in the app	Pressure Chain is a drill for short putts under pressure. You hole as many putts in a row as you can, and one miss sets the chain back to zero. Short putts where one miss breaks the chain, so every putt has pressure on it.
Tour Putting Putting · 15 min · Premium in the app	Tour Putting is an advanced putting drill that trains a precise start line. You putt at a single tee instead of a hole, from ten spots in a circle around it. A precise start line from every angle around the hole.
Stupid 9 Putting · 20 min · Premium in the app	Stupid 9 is an advanced putting game. You play nine par-2 holes from a line of tees, and one bad miss sends you back to the first tee. A nine-hole game that combines makeable putts with lag putting under pressure.

DRILL CARDS

Setup and scoring

Every drill at every level this plan uses, with the games you play at it. The week pages point to these cards by number.

How scoring works

- The level sets the drill: the distances, the targets and how many balls. Every drill row links to the setup of its level.
- The scoring option sets the game: what each ball is worth and the pass mark. The plan picks one for every drill, from Classic (in or out) to the strict ones where a short or fat shot costs a point.
- Write down every ball, add up the points and compare with the pass mark. A few drills count differently, such as your longest run or your strokes; their rule says so.
- The Strenvio app scores the same games and adds bonus points for farther stations and streaks. The pass marks here use the base points, so pass or fail is the same on paper and in the app.

1 Gate Drill

Premium in the app · Easy · Putting · 6 min

Place two tees as a gate directly in front of the hole with 3/8 in of clearance on either side of your putter. No ball gate is required. Stand 3 feet back and hit all 10 balls from the same fixed position.
The Easy level keeps the setup simple and the distance short. Focus on keeping your putter face square at impact and your stroke path straight back and through. Speed control is not a factor at this distance.

Goal: Build a run of 10 consecutive clean passes through the gate without touching either tee.

Classic · Clean pass +1 · Hit left gate 0 · Hit right gate 0

Add up the points. Pass: 8 points or more.

Your score _____

2 Clock Drill

Easy · Putting · 10 min

Place one ball at 12, 3, 6, and 9 o'clock — the four cardinal positions — at 3 ft from the hole.
Putt them in clockwise order starting at 12 o'clock. These are short putts, but each position presents a slightly different angle. Focus on a smooth stroke and a confident follow-through.

Goal: Hole 3 of the 4 putts to pass.

Classic · Holed +1 · Missed 0

Add up the points. Pass: 3 points or more.

Your score _____

3 Ladder Drill

Easy · Putting · 5 min

Place 5 tees in a straight line toward the hole. Hit one putt from each tee, starting at the closest and moving back.
Use a smooth, relaxed stroke and keep your head still. These short distances reward good basics right away.

Goal: Putt once from every tee.

Classic · Holed +1 · Missed 0

Add up the points. Pass: 3 points or more.

Your score _____

4 No More 3 Putts! Premium in the app Easy

Putting · 5 min

Pick any hole at least 20 ft away. Drop the ball and try to finish in 2 putts.
Focus on getting your lag putt close enough to leave a tap-in. Speed is everything — leave it short and the second putt is tough; roll it too far and you may face a comeback.

Goal: Play 5 holes and reach the pass score of the scoring option you chose.

Standard

Score every hole by putts: one putt 3 points, two putts 1 point, three or more −1. Add up all holes.

Pass mark: 3. Your score _____

5 Putting Map Premium in the app Easy

Putting · 25 min

Place 8 tees at 45° intervals around the hole — 12, 1:30, 3, 4:30, 6, 7:30, 9, and 10:30 o'clock — each at 10 ft.
Putt each station in clockwise order. If you hole the putt, press that tee into the ground — you're done with that position. If you miss, move the tee 1 ft closer and continue to the next station. Keep going until every tee is pressed in.
A station pays the step it was holed from: 10 points from the outermost step down to 1 from the nearest. Missing costs no points on its own — it simply moves the tee in, so the station is worth less when it finally drops. Maximum 80.

Goal: Score 25 points or more.

Basic

Each tee pays the step it was holed from: 10 points from the starting distance, one point less for every step closer, down to 1. Add up the eight tees.

Pass mark: 25. Your score _____

6 Pressure Chain Premium in the app Easy

Putting · 12 min

Set one tee 2 ft from the hole. Every putt is from that same spot, on that same line.
You get 30 balls. Hole as many in a row as you can — one miss and the chain restarts from zero, automatically. Your score is the longest chain you reach, and a chain of 8 passes. A flawless run is all 10 in a row.

Goal: Build a chain of 8 within your 30 balls — that is the pass.

Classic

Only your best run counts: the most putts you hole in a row. A miss ends the run; start a new one with the next ball.

Pass mark: 8. Your score _____

7 Tour Putting Premium in the app Easy

Putting · 15 min

Place one central tee where the hole would be, then set ten outer tees evenly around it at 2 ft. Use one ball. Start from any outer tee and rotate clockwise after every putt, never taking two putts in a row from the same outer tee.
A successful putt is one that strikes the central tee. Keep going until you have 10 tee hits or have used 25 putts. The short radius keeps the start line simple while the smaller target demands a square face.

Goal: Hit the center tee 10 times within 25 putts.

Classic

Count the putts that hit the centre tee. Stop at 10 hits or 25 putts, whichever comes first.

Pass mark: 10. Your score _____

8 Gate Drill

Premium in the app · Normal

Putting · 6 min

Place two tees as a gate directly in front of the hole with 3/16 in of clearance on either side of your putter. Add a ball gate — a second, tighter pair of tees just in front of the ball. Stand 5 to 6 feet back and hit all 10 balls from the same fixed position.
The ball gate prevents any last-moment manipulation of the putter path. Both stroke path and face angle at impact must be correct, or the ball clips a tee.

Goal: Pass 8 out of 10 balls cleanly through both gates without touching any tee.

Points · Holed +4 · Clean pass +2 · Hit left gate / Hit right gate / Short −1 · Long 0

Add up the points. Pass: 10 points or more. Your score _____

9 Clock Drill

Normal

Putting · 10 min

Place balls at 12, 3, 6, and 9 o'clock at two distances — 3 ft and 6 ft.
Complete the inner ring first (clockwise from 12), then step back and repeat at 6 ft. The 6-foot putts require more speed control and break awareness than the inner ring.

Goal: Hole 5 of the 8 putts to pass.

Points (Premium in the app) · Holed +3 · Short −2 · Left −1 · Right −1

Add up the points. Pass: 14 points or more. Your score _____

Never Short (Premium in the app) · Holed +1 · Short −1 · Missed 0

Add up the points. Pass: 5 points or more. Your score _____

10 Ladder Drill

Normal

Putting · 5 min

Place 5 tees in a straight line toward the hole. Hit one putt from each tee, starting at the closest and moving back.
Speed control is key on the longer stations. Always try to roll the ball at least to the hole — putts that fall short have no chance.

Goal: Putt once from every tee.

Points (Premium in the app) · Holed +3 · Short −2 · Left −1 · Right −1

Add up the points. Pass: 9 points or more. Your score _____

Never Short (Premium in the app) · Holed +1 · Short −1 · Missed 0

Add up the points. Pass: 3 points or more. Your score _____

11 No More 3 Putts! Premium in the app ● Normal

Putting · 5 min

Pick any hole at least 20 ft away. Drop the ball and try to finish in 2 putts.
Vary your distances across attempts. Mix shorter lag putts (20–30 ft) with longer ones (30–50 ft) to build a complete lag game.

Goal: Play 7 holes and reach the pass score of the scoring option you chose.

Standard

Score every hole by putts: one putt 3 points, two putts 1 point, three or more −1. Add up all holes.

Pass mark: 3. Your score _____

Speed Control

Score every hole twice. First putt: holed 4, stops in the tap-in zone 2, too long 0, too short −1. Then, if it did not drop: holed in two putts +1, three or more −2. Add up all holes.

Pass mark: 8. Your score _____

12 Putting Map Premium in the app ● Normal

Putting · 25 min

Place 8 tees at 45° intervals around the hole — 12, 1:30, 3, 4:30, 6, 7:30, 9, and 10:30 o'clock — each at 10 ft.
Putt each station in clockwise order. If you hole the putt, press that tee into the ground. If you miss, move the tee 1 ft closer and continue to the next station.
A station pays the step it was holed from: 10 points from the outermost step down to 1 from the nearest. Missing costs no points on its own — it simply moves the tee in, so the station is worth less when it finally drops. Maximum 80.

Goal: Score 41 points or more — an average of 5 per station.

Basic

Each tee pays the step it was holed from: 10 points from the starting distance, one point less for every step closer, down to 1. Add up the eight tees.

Pass mark: 41. Your score _____

Speed

Each tee pays the step it was holed from: 10 points from the starting distance, one point less for every step closer, down to 1. Add up the eight tees. Note the pace of every miss: short, good or long.

Pass mark: 41. Your score _____

13 Pressure Chain Premium in the app ● Normal

Putting · 12 min

Set one tee 3 ft from the hole. Every putt is from that same spot, on that same line.
You get 36 balls. Hole as many in a row as you can — one miss and the chain restarts from zero, automatically. Your score is the longest chain you reach, and a chain of 8 passes. A flawless run is all 12 in a row.

Goal: Build a chain of 8 within your 36 balls — that is the pass.

Points

Only your best run counts: add up the points of the holed putts in your longest run in a row. A miss ends the run and costs nothing on top.

Pass mark: 24. Your score _____

14 Tour Putting

Premium in the app · Normal · Putting · 15 min

Place the central tee, then set ten outer tees evenly around it at 3 ft. Rotate clockwise after every putt and use only one ball. The drill ends when you strike the central tee 10 times or reach 25 putts.
At 3 ft, the putt is still short but the tee target exposes poor start lines immediately. Use the same read, aim, and routine from every position around the circle.

Goal: Hit the center tee 10 times within 25 putts.

Points
Putt around the circle until you have 10 centre-tee hits or have used 25 putts, then add up the points of every putt.

Pass mark: 20. Your score _____

15 Stupid 9

Premium in the app · Normal · Putting · 20 min

Place nine tees in a straight line from 4 ft to 20 ft. Play one ball from each tee, starting at the closest station and moving back. Every station is a par-2 hole. Stay patient on the longer putts: a miss that finishes more than 2 ft short or 3 ft long restarts the drill.

Goal: Complete at least 5 of the 9 holes to pass.

Never Short
Add up the points of every putt in your current run. A miss that finishes too far short or long sends you back to the first tee and the score back to zero.

Pass mark: 5. Your score _____

Classic
Count the holes you finish, one ball from each tee. A miss that finishes too far short or long sends you back to the first tee and the count back to zero.

Pass mark: 5. Your score _____

16 Gate Drill

Premium in the app · Hard · Putting · 6 min

Place two tees as a gate with just 1/16 in of clearance on either side of your putter — tighter than a credit card. Add a tight ball gate and play from 6 to 8 feet on a green with an easy break.
At this level, technical precision alone is not enough. A full pre-shot routine is required before every ball. Commit to your read, see the line, and start the stroke only when you are mentally ready.

Goal: Build a streak of 5 consecutive clean passes from distance.

Points · Holed +4 · Clean pass +2 · Hit left gate / Hit right gate / Short −1 · Long 0

Add up the points. Pass: 6 points or more. Your score _____

17 Clock Drill · Hard · Premium in the app

Putting · 10 min

Place balls at 12, 3, 6, and 9 o'clock at three distances — 3 ft, 6 ft, and 9 ft.
Complete each ring before stepping back. The 9-foot stations require a full read of the green — break and speed matter equally. One three-putt at the outer ring can derail the entire session.

Goal: Hole 7 of the 12 putts to pass.

Points · Holed +3 · Short −2 · Left −1 · Right −1

Add up the points. Pass: 18 points or more.

Your score _____

18 Tour Putting · Premium in the app · Hard

Putting · 15 min

Set ten outer tees evenly around the central tee at 4 ft. Putt one ball clockwise around the circle, changing outer tee after every attempt. Stop when you strike the central tee 10 times or after 25 putts.
At this tier, read matters as much as start line. Every putt comes from a slightly different angle, so reset fully before each stroke and choose capture speed that would let a holed putt die near the tee.

Goal: Hit the center tee 10 times within 25 putts.

Points

Putt around the circle until you have 10 centre-tee hits or have used 25 putts, then add up the points of every putt.

Pass mark: 18.

Your score _____

19 No More 3 Putts! · Premium in the app · Hard

Putting · 5 min

Pick any hole at least 20 ft away. Drop the ball and try to finish in 2 putts.
10 attempts at varying lag distances. Every 3-putt hurts. You need consistent speed control across the full session to pass.

Goal: Play 10 holes and reach the pass score of the scoring option you chose.

Speed Control

Score every hole twice. First putt: holed 4, stops in the tap-in zone 2, too long 0, too short −1. Then, if it did not drop: holed in two putts +1, three or more −2. Add up all holes.

Pass mark: 12.

Your score _____

20 Ladder Drill · Hard · Premium in the app

Putting · 5 min

Place 5 tees in a straight line toward the hole. Hit one putt from each tee, starting at the closest and moving back.
No station is easy here. Read the green carefully, commit to your line, and focus on speed — hesitant strokes almost always miss.

Goal: Putt once from every tee.

Points · Holed +3 · Short −2 · Left −1 · Right −1

Add up the points. Pass: 8 points or more.

Your score _____

21 Putting Map

Premium in the app · Hard · Putting · 25 min

Place 8 tees at 45° intervals around the hole — 12, 1:30, 3, 4:30, 6, 7:30, 9, and 10:30 o'clock — each at 10 ft.
Putt each station in clockwise order. Hole it to retire that station; miss to move the tee 1 ft closer. The Hard target demands you hole most positions on your first or second attempt.
A station pays the step it was holed from: 10 points from the outermost step down to 1 from the nearest. Missing costs no points on its own — it simply moves the tee in, so the station is worth less when it finally drops. Maximum 80.

Goal: Score 57 points or more — an average of 7 per station.

Basic

Each tee pays the step it was holed from: 10 points from the starting distance, one point less for every step closer, down to 1. Add up the eight tees.

Pass mark: 57. Your score _____

22 Pressure Chain

Premium in the app · Hard · Putting · 12 min

Set one tee 5 ft from the hole. Every putt is from that same spot, on that same line.
You get 40 balls. Hole as many in a row as you can — one miss and the chain restarts from zero, automatically. Your score is the longest chain you reach, and a chain of 6 passes. A flawless run is all 12 in a row.

Goal: Build a chain of 6 within your 40 balls — that is the pass.

Points

Only your best run counts: add up the points of the holed putts in your longest run in a row. A miss ends the run and costs nothing on top.

Pass mark: 18. Your score _____

WEEK 1 OF 6

Measure where you are today: start line, pace and short putts at Easy.

This is your baseline week. Play every drill at Easy and write down every score, even the bad ones: week 6 repeats these sessions so you can compare. Do not change your stroke yet; just notice whether you miss more on line or on pace. Every drill is played as Classic: holed or not, so you learn the drill before the points start.

Session A: Start line

About 31 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Gate Drill (Premium) Easy · Classic · card 1	Build a run of 10 consecutive clean passes through the gate without touching either tee.	6 min	pass 8+
Clock Drill Easy · Classic · card 2	Hole 3 of the 4 putts to pass.	10 min	pass 3+
Ladder Drill Easy · Classic · card 3	Putt once from every tee.	5 min	pass 3+

Session B: Pace on long putts

About 45 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Easy · Standard · card 4	Play 5 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Easy · Classic · card 3	Putt once from every tee.	5 min	pass 3+
Putting Map (Premium) Easy · Basic · card 5	Score 25 points or more.	25 min	mark 25

Session C: Short putts

About 37 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Pressure Chain (Premium) Easy · Classic · card 6	Build a chain of 8 within your 30 balls — that is the pass.	12 min	mark 8
Clock Drill Easy · Classic · card 2	Hole 3 of the 4 putts to pass.	10 min	pass 3+
No More 3 Putts! (Premium) Easy · Standard · card 4	Play 5 holes and reach the pass score of the scoring option you chose.	5 min	mark 3

Notes: what got better, what to watch next week

WEEK 2 OF 6

Start the ball on your line every time, from every side of the hole.

A putt that does not start on line has no chance, whatever its pace. This week adds Tour Putting to the start-line session and moves the gate into the short-putt session. Stay at Easy and try to pass every drill at least once. Still Classic: pass each drill once before the points start.

Session A: Start line

About 41 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Gate Drill (Premium) Easy · Classic · card 1	Build a run of 10 consecutive clean passes through the gate without touching either tee.	6 min	pass 8+
Clock Drill Easy · Classic · card 2	Hole 3 of the 4 putts to pass.	10 min	pass 3+
Tour Putting (Premium) Easy · Classic · card 7	Hit the center tee 10 times within 25 putts.	15 min	mark 10

Session B: Pace on long putts

About 45 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Easy · Standard · card 4	Play 5 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Easy · Classic · card 3	Putt once from every tee.	5 min	pass 3+
Putting Map (Premium) Easy · Basic · card 5	Score 25 points or more.	25 min	mark 25

Session C: Short putts

About 38 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Gate Drill (Premium) Easy · Classic · card 1	Build a run of 10 consecutive clean passes through the gate without touching either tee.	6 min	pass 8+
Pressure Chain (Premium) Easy · Classic · card 6	Build a chain of 8 within your 30 balls — that is the pass.	12 min	mark 8
Clock Drill Easy · Classic · card 2	Hole 3 of the 4 putts to pass.	10 min	pass 3+

Notes: what got better, what to watch next week

WEEK 3 OF 6

Move up to Normal and leave your first putt inside 3 ft.

Play Normal on every drill you passed at Easy; stay at Easy on the others. The long-putt session is the heart of this week: on the No More 3 Putts! drill, judge each first putt only by where it stops, not by whether it drops. The game this week is Points: a putt left short costs twice as much as one missed sideways, so every putt has to reach the hole.

Session A: Start line

About 31 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Gate Drill (Premium) Normal · Points · card 8	Pass 8 out of 10 balls cleanly through both gates without touching any tee.	6 min	pass 10+
Clock Drill Normal · Points (Premium) · card 9	Hole 5 of the 8 putts to pass.	10 min	pass 14+
Ladder Drill Normal · Points (Premium) · card 10	Putt once from every tee.	5 min	pass 9+

Session B: Pace on long putts

About 45 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Normal · Standard · card 11	Play 7 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Normal · Points (Premium) · card 10	Putt once from every tee.	5 min	pass 9+
Putting Map (Premium) Normal · Basic · card 12	Score 41 points or more — an average of 5 per station.	25 min	mark 41

Session C: Short putts

About 37 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Pressure Chain (Premium) Normal · Points · card 13	Build a chain of 8 within your 36 balls — that is the pass.	12 min	mark 24
Tour Putting (Premium) Normal · Points · card 14	Hit the center tee 10 times within 25 putts.	15 min	mark 20

Notes: what got better, what to watch next week

WEEK 4 OF 6

Hole the putts that count: games where one miss costs you the run.

Practice putts are easy because a miss costs nothing. This week every miss has a price: Stupid 9 sends you back to the start and Pressure Chain resets your chain. Go through your full routine on every putt, as you would on the 18th green. The game is the strict one: in Never Short every putt that stops short costs a point, and No More 3 Putts! scores the speed of your first putt.

Session A: Start line under pressure

About 36 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Gate Drill (Premium) Normal · Points · card 8	Pass 8 out of 10 balls cleanly through both gates without touching any tee.	6 min	pass 10+
Stupid 9 (Premium) Normal · Never Short · card 15	Complete at least 5 of the 9 holes to pass.	20 min	mark 5

Session B: Pace on long putts

About 45 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Normal · Speed Control · card 11	Play 7 holes and reach the pass score of the scoring option you chose.	5 min	mark 8
Ladder Drill Normal · Never Short (Premium) · card 10	Putt once from every tee.	5 min	pass 3+
Putting Map (Premium) Normal · Speed · card 12	Score 41 points or more — an average of 5 per station.	25 min	mark 41

Session C: Short putts under pressure

About 52 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Pressure Chain (Premium) Normal · Points · card 13	Build a chain of 8 within your 36 balls — that is the pass.	12 min	mark 24
Clock Drill Normal · Never Short (Premium) · card 9	Hole 5 of the 8 putts to pass.	10 min	pass 5+
Stupid 9 (Premium) Normal · Never Short · card 15	Complete at least 5 of the 9 holes to pass.	20 min	mark 5

Notes: what got better, what to watch next week

WEEK 5 OF 6

Raise the bar: Hard on every drill you passed at Normal.

Hard levels shrink the targets and lengthen the putts. Play Hard only on drills you have passed at Normal, and expect lower scores than last week; that is the point. If a drill is too much, drop back to Normal for this week. Back to Points, now at Hard: the longer putts make every point count.

Session A: Start line

About 41 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Gate Drill (Premium) Hard · Points · card 16	Build a streak of 5 consecutive clean passes from distance.	6 min	pass 6+
Clock Drill Hard (Premium) · Points · card 17	Hole 7 of the 12 putts to pass.	10 min	pass 18+
Tour Putting (Premium) Hard · Points · card 18	Hit the center tee 10 times within 25 putts.	15 min	mark 18

Session B: Pace on long putts

About 45 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Hard · Speed Control · card 19	Play 10 holes and reach the pass score of the scoring option you chose.	5 min	mark 12
Ladder Drill Hard (Premium) · Points · card 20	Putt once from every tee.	5 min	pass 8+
Putting Map (Premium) Hard · Basic · card 21	Score 57 points or more — an average of 7 per station.	25 min	mark 57

Session C: Short putts

About 32 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Pressure Chain (Premium) Hard · Points · card 22	Build a chain of 6 within your 40 balls — that is the pass.	12 min	mark 18
Clock Drill Hard (Premium) · Points · card 17	Hole 7 of the 12 putts to pass.	10 min	pass 18+

Notes: what got better, what to watch next week

WEEK 6 OF 6

Retest: the week 1 sessions at Easy, then Stupid 9 at Normal.

Play exactly what you played in week 1, at Easy, and compare every score. Finish the last session with Stupid 9 at Normal as a final test. Note which drill improved most: that skill is the one the plan fixed, and the one that improved least is your next plan. Classic again, exactly as in week 1, so the scores compare.

Session A: Start line retest

About 31 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Gate Drill (Premium) Easy · Classic · card 1	Build a run of 10 consecutive clean passes through the gate without touching either tee.	6 min	pass 8+
Clock Drill Easy · Classic · card 2	Hole 3 of the 4 putts to pass.	10 min	pass 3+
Ladder Drill Easy · Classic · card 3	Putt once from every tee.	5 min	pass 3+

Session B: Pace retest

About 45 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
No More 3 Putts! (Premium) Easy · Standard · card 4	Play 5 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Ladder Drill Easy · Classic · card 3	Putt once from every tee.	5 min	pass 3+
Putting Map (Premium) Easy · Basic · card 5	Score 25 points or more.	25 min	mark 25

Session C: Short putts retest

About 57 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Putting warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Pressure Chain (Premium) Easy · Classic · card 6	Build a chain of 8 within your 30 balls — that is the pass.	12 min	mark 8
Clock Drill Easy · Classic · card 2	Hole 3 of the 4 putts to pass.	10 min	pass 3+
No More 3 Putts! (Premium) Easy · Standard · card 4	Play 5 holes and reach the pass score of the scoring option you chose.	5 min	mark 3
Stupid 9 (Premium) Normal · Classic · card 15	Complete at least 5 of the 9 holes to pass.	20 min	mark 5

Notes: what got better, what to watch next week

WEEK 6 REVIEW

Week 1 against week 6

Week 6 repeats the week 1 drills at the same level and with the same game. Copy both results here: a higher score on the same drill, level and game is progress you can trust.

DRILL	LEVEL · GAME	WEEK 1	WEEK 6	BETTER?
Gate Drill	Easy · Classic			☐ Yes ☐ No
Clock Drill	Easy · Classic			☐ Yes ☐ No
Ladder Drill	Easy · Classic			☐ Yes ☐ No
No More 3 Putts!	Easy · Standard			☐ Yes ☐ No
Putting Map	Easy · Basic			☐ Yes ☐ No
Pressure Chain	Easy · Classic			☐ Yes ☐ No

What to compare

- Compare week 1 and week 6: the same drills at the same level. A higher score is progress you can trust.
- Count your three-putts in the No More 3 Putts! drill each week. The number should go down.
- On the course, count your putts and three-putts for every round during the plan.

The drill that improved least, and what you will practise next

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