

STRENVIO ORIGINALS · PRACTICE PLAN

First Steps

Beginner Golf Practice Plan (6 Weeks, 2 Sessions a Week)

Make clean contact with the putter, the wedge and the irons, pass every drill at Easy and at least half of them at Normal, and play nine holes of Par 18 around the practice green.

Beginner | 6 weeks · 2 sessions a week | 54–82 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

First Steps

Practise twice a week for six weeks. One session is for the short game (putting, chipping and bunker), the other is for the full swing (irons and driver). Learn the drills at Easy for three weeks, move up to Normal in week 4, play your first scoring game around the practice green in week 5, and repeat week 1 in week 6 to see how far you have come.

Who it's for

- New golfers who want to know what to do at the practice area.
- Golfers who usually hit a bucket of balls without a plan.
- Anyone with about two hours a week for practice.

The problem

New golfers usually spend their practice time hitting a bucket of drivers, while most of their shots on the course are putts, chips and short irons. Without targets or a score, there is no way to tell whether a session helped, and practice turns into hitting balls.

The goal

Make clean contact with the putter, the wedge and the irons, pass every drill at Easy and at least half of them at Normal, and play nine holes of Par 18 around the practice green.

Before you start

6 weeks · 2 sessions a week, 54–82 min a session with the warm-ups. You commit to:

- Two practice sessions a week of about 60 to 85 minutes, warm-ups included.
- A practice area with a putting green, a chipping green with a bunker, and a range.
- A putter, a sand wedge, a pitching wedge, a 7-iron and a driver, plus tees and a towel.
- No rounds needed. If you play, the plan works around them.

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.
- Write down your Par 18 score in week 5. Play it again a month after the plan; fewer strokes means your up-and-downs improved.
- Count how many drills you passed each week. Moving from Easy to Normal on most of them is a good result for six weeks.

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.

Chipping warm-up

1. Easy chips with one club to a big target, just to feel the contact and the bounce.
2. Pick a landing spot and chip to it with two clubs; watch how far each one runs out.
3. Nothing is scored. Move on when the strike feels clean.

Bunker warm-up

1. A few practice swings that splash a line in the sand, without a ball.
2. Then balls to a big target on the green: out first, close later.
3. Nothing is scored. Rake the bunker before the drill.

Full-swing warm-up

1. Two minutes of mobility: hips, shoulders and back, then a few slow swings holding two clubs.
2. Half swings with a wedge, then a 9-iron and a mid-iron at 70–80 % speed.
3. Build to full speed over the last few balls. Nothing is scored.

Driver warm-up

1. Coming straight from the irons? You are already warm: go to the next step. Otherwise, two minutes of mobility and a few half swings with a mid-iron.
2. A hybrid or fairway wood at 70–80 % speed, then three drivers at an easy pace.
3. Pick a target for every ball. 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.

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, the putts a new golfer faces on almost every green.
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. Distance control on the green: one putt from each tee, from short to long.
Three Flights Chipping · 10 min	Three Flights is a chipping drill for beginners. You hit three kinds of chip to the same target: a low chip-and-run, a regular chip and a high flop. Teaches three ways to chip to the same target, so you learn early that a chip is not one shot.
Line in the Sand Bunker · 15 min	Line in the Sand is a bunker drill for beginners. You draw a line in the sand just behind the ball and train the club to enter the sand exactly on that line. Fixes the cause of most failed bunker shots: the club entering the sand in the wrong place.
Divot Board / Towel Contact Drill Approach · 20 min	The Towel Contact Drill is a ball-striking drill for fat and thin irons. You lay a towel behind the ball and try to hit the ball without touching it. For fat and thin iron shots: it trains a low point in front of the ball.
Iron Dispersion Approach · 8 min	Iron Dispersion is an approach drill for every level. You hit 15 irons to three targets and note whether each ball finishes in the corridor, left or right. Shows how many iron shots finish inside a corridor and to which side you miss.
Driver Dispersion Off the Tee · 6 min	Driver Dispersion is a driving drill for every level. You hit 10 drives into a corridor and note whether each ball is inside, left or right. The same check with the driver: how often your tee shot stays in play.
Chipping 5 m Ladder Chipping · 12 min	Chipping 5 m Ladder is a chipping drill for intermediate golfers. You record contact, landing and finish on every ball to see why a chip went wrong. Records strike, landing spot and finish on every chip, so you see which one goes wrong.
Par 18 (On-Course Simulation) Course Management · 45 min	Par 18 is a short-game game for every level. You play nine par-2 holes around the practice green and count every stroke until the ball is in the hole. Turns chipping and putting into a score you can compare from week to week.

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 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 _____

2 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 _____

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

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

3 Three Flights · Easy

Chipping · 10 min

Choose one station, mark a target, and play five balls in each flight group: chip-and-run, regular chip, then flop.

Goal: Record strike quality and target result for all 15 balls.

Classic · Hit +1 · Missed 0

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

4 Line in the Sand · Easy

Bunker · 15 min

Draw a line in the sand perpendicular to your target line, 2 in behind where you would place the ball. Make full bunker swings with the goal of entering the sand ON the line.
After each swing, read the divot: an entry behind the line is Before the Line, an entry on it is On the Line, and an entry past it (toward the ball) is After the Line. The line — not the ball — is your focus.

Goal: Enter the sand on the line on at least 5 of 15 swings to pass the Classic scoring option.

Classic · Before the line 0 · On the line +1 · After the line 0

Add up the points. Pass: 5 points or more.

Your score _____

5 Divot Board / Towel Contact Drill · Easy

Approach · 20 min

Place a folded towel on the range mat 2–3 inches behind a teed ball. Using a 7-iron, swing with the goal of striking the ball WITHOUT touching the towel.
Start with the ball on a tee to remove pressure. Make 20 swings, noting each clean contact vs. towel contact.

Goal: Miss the towel on 15 of 20 swings to pass.

Binary Clean · Clean strike +1 · Touched the towel 0

Add up the points. Pass: 15 points or more.

Your score _____

6 Iron Dispersion · Easy

Approach · 8 min

On the range, choose three iron targets at 100 yd, 125 yd, and 150 yd. Hit 5 shots to each target. For every shot, record whether it finished inside a 30 yd corridor centred on the target line, missed left, or missed right.
At this level the corridor is intentionally generous. The goal is to learn your default iron pattern without chasing swing fixes after every shot. Use the same pre-shot routine, club selection process, and tempo for all 15 balls.

Goal: Finish 7 or more of 15 shots inside the 30 yd corridor to pass.

Classic · In the corridor +1 · Left 0 · Right 0

Add up the points. Pass: 7 points or more.

Your score _____

7 Driver Dispersion · Easy

Off the Tee · 6 min

On the range, select a target flagstick or landmark at a comfortable driver distance. Imagine a corridor 30 yd wide centred on your aim line — 15 yd either side. Tee up and hit 10 driver shots, recording each result as In Zone, Miss Left, or Miss Right.
At this level the corridor is generous — the goal is awareness, not perfection. Focus on a consistent setup: tee height, ball position, and tempo. Notice whether your misses favour one side — that is your most valuable data point from this session.

Goal: Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.

Classic · In the corridor +1 · Left 0 · Right 0

Add up the points. Pass: 4 points or more.

Your score _____

8 Chipping 5 m Ladder — Easy

Chipping · 12 min

Set stations at 5, 10, 15 and 20 yd. Hit five balls from one station before moving to the next. Mark a 33-ft radius for both landing and finish.

Goal: Ten landing successes pass the session.

Classic · In the ring +1 · Missed 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 _____

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 _____

11 Chipping 5 m Ladder — Normal

Chipping · 12 min

Set stations at 5, 10, 15 and 25 yd. Complete five balls at each station before moving on. Use a 20-ft landing and finish radius.

Goal: Ten landing successes pass the session.

Classic · In the ring +1 · Missed 0

Add up the points. Pass: 10 points or more.

Your score _____

12 Line in the Sand — Normal

Bunker · 15 min

Draw a line in the sand 2 in behind the ball. Take 15 full bunker shots with a ball in play, entering the sand on the line every time. Read the divot after each shot and record it as Before, On, or After the Line. As you improve, remove the drawn line and keep the same entry point by feel.

Goal: Enter the sand on the line on at least 8 of 15 swings to pass the Classic scoring option, and assess divot shape for quality.

Points (Premium in the app) · Before the line −1 · On the line +1 · After the line 0

Add up the points. Pass: 7 points or more.

Your score _____

13 Divot Board / Towel Contact Drill · Normal

Approach · 20 min

Place a folded towel 2–3 inches behind a ball on the range mat. Using a 7-iron, swing with the goal of striking the ball WITHOUT touching the towel.
Half the 30 swings should be from a tee; the other half directly off the ground. Track towel contacts precisely.

Goal: Miss the towel on 20 of 30 swings to pass — including at least 10 of the 15 off-the-ground swings.

Binary Clean · Clean strike +1 · Touched the towel 0

Add up the points. Pass: 20 points or more.

Your score _____

14 Iron Dispersion · Normal

Approach · 8 min

On the range, choose three iron targets at 125 yd, 150 yd, and 175 yd. Hit 5 shots to each target and record In Zone, Miss Left, or Miss Right. The target corridor is 24 yd wide — 12 yd either side of the target line.
Experienced players should treat the session as pattern discovery. Step away between balls, pick a precise target, and record the result honestly before making the next swing.

Goal: Finish 8 or more of 15 shots inside the 24 yd corridor to pass.

Points (Premium in the app) · In the corridor +2 · Left −1 · Right −1

Add up the points. Pass: 7 points or more.

Your score _____

15 Driver Dispersion · Normal

Off the Tee · 6 min

On the range, select a target at a comfortable driver distance. Imagine a corridor 25 yd wide centred on your aim line — 12.5 yd either side. Hit 10 driver shots and record each result.
Focus on identifying your miss pattern rather than just counting successes. Experienced players often discover their dispersion tilts consistently left or right due to a repeating path tendency — the drill makes that visible. Between shots, step back, reset your routine, and approach each ball fresh.

Goal: Land 5 or more of your 10 driver shots inside the 25-yd corridor to pass (50%).

Points (Premium in the app) · In the corridor +2 · Left −1 · Right −1

Add up the points. Pass: 4 points or more.

Your score _____

16 Par 18 (On-Course Simulation) · Easy

Course Management · 45 min

Select 9 greenside positions around a practice green. On each 'hole', play 1 chip and hole out — counting every stroke until the ball is holed. Par-2 = chip plus 1 putt.
Choose forgiving positions: flat fringe, uphill lies, close to the hole (within 15 yards). Record your total strokes across all 9 holes.

Goal: Complete 9 holes in 27 strokes or fewer (9-over par) to pass.

Standard Par 18

Count every stroke over the nine holes, chip and putts. Lower wins: the pass mark is the most strokes you may take.

Pass mark: 27.

Your score _____

WEEK 1 OF 6

Learn the drills at Easy and find clean contact with every club.

This week is about learning how each drill works. Count every ball, but do not worry about the score yet; just write it down, because week 6 repeats these sessions. In every drill, listen for clean contact before you look at where the ball went. Every drill is played as Classic: success or not, so you can focus on how the drill works.

Session A: Short game — About 70 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
Clock Drill Easy · Classic · card 1	Hole 3 of the 4 putts to pass.	10 min	pass 3+
Ladder Drill Easy · Classic · card 2	Putt once from every tee.	5 min	pass 3+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Three Flights Easy · Classic · card 3	Record strike quality and target result for all 15 balls.	10 min	pass 5+
Bunker warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand Easy · Classic · card 4	Enter the sand on the line on at least 5 of 15 swings to pass the Classic scoring option.	15 min	pass 5+

Session B: Full swing — About 54 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Divot Board / Towel Contact Drill Easy · Binary Clean · card 5	Miss the towel on 15 of 20 swings to pass.	20 min	pass 15+
Iron Dispersion Easy · Classic · card 6	Finish 7 or more of 15 shots inside the 30 yd corridor to pass.	8 min	pass 7+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Easy · Classic · card 7	Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.	6 min	pass 4+

Notes: what got better, what to watch next week

WEEK 2 OF 6

Control the pace of your putts and the strike of your chips.

Most strokes on a beginner's card come on and around the green. This week starts the short game with the Ladder Drill for pace and swaps Three Flights for the Chipping Ladder, which records strike, landing spot and finish. Stay at Easy and try to pass each drill once. Still Classic: pass each drill once before the points start.

Session A: Short game

About 72 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
Ladder Drill Easy · Classic · card 2	Putt once from every tee.	5 min	pass 3+
Clock Drill Easy · Classic · card 1	Hole 3 of the 4 putts to pass.	10 min	pass 3+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Chipping 5 m Ladder Easy · Classic · card 8	Ten landing successes pass the session.	12 min	pass 10+
Bunker warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand Easy · Classic · card 4	Enter the sand on the line on at least 5 of 15 swings to pass the Classic scoring option.	15 min	pass 5+

Session B: Full swing

About 54 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Divot Board / Towel Contact Drill Easy · Binary Clean · card 5	Miss the towel on 15 of 20 swings to pass.	20 min	pass 15+
Iron Dispersion Easy · Classic · card 6	Finish 7 or more of 15 shots inside the 30 yd corridor to pass.	8 min	pass 7+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Easy · Classic · card 7	Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.	6 min	pass 4+

Notes: what got better, what to watch next week

WEEK 3 OF 6

Land your chips on the green and let them roll to the hole.

This week the short game skips the bunker and gives the time to chipping: one drill for strike and landing spot, one for trajectory. On the range, count how many iron shots land inside the corridor and to which side the others miss. Classic again; next week the points start.

Session A: Putting & chipping

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
Clock Drill Easy · Classic · card 1	Hole 3 of the 4 putts to pass.	10 min	pass 3+
Ladder Drill Easy · Classic · card 2	Putt once from every tee.	5 min	pass 3+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Chipping 5 m Ladder Easy · Classic · card 8	Ten landing successes pass the session.	12 min	pass 10+
Three Flights Easy · Classic · card 3	Record strike quality and target result for all 15 balls.	10 min	pass 5+

Session B: Full swing

About 54 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Divot Board / Towel Contact Drill Easy · Binary Clean · card 5	Miss the towel on 15 of 20 swings to pass.	20 min	pass 15+
Iron Dispersion Easy · Classic · card 6	Finish 7 or more of 15 shots inside the 30 yd corridor to pass.	8 min	pass 7+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Easy · Classic · card 7	Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.	6 min	pass 4+

Notes: what got better, what to watch next week

WEEK 4 OF 6

Move up to Normal on every drill you passed.

Play Normal on each drill you passed at Easy, and stay at Easy on the others. Normal shrinks the targets, so expect lower scores than last week. A pass at Normal means the skill holds up when it counts. The game this week is Points: good shots pay more, and misses that leave the hardest next shot cost a point.

Session A: Short game — About 72 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
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+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Chipping 5 m Ladder Normal · Classic · card 11	Ten landing successes pass the session.	12 min	pass 10+
Bunker warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand Normal · Points **(Premium)** · card 12	Enter the sand on the line on at least 8 of 15 swings to pass the Classic scoring option, and assess divot shape for quality.	15 min	pass 7+

Session B: Full swing — About 54 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Divot Board / Towel Contact Drill Normal · Binary Clean · card 13	Miss the towel on 20 of 30 swings to pass — including at least 10 of the 15 off-the-ground swings.	20 min	pass 20+
Iron Dispersion Normal · Points **(Premium)** · card 14	Finish 8 or more of 15 shots inside the 24 yd corridor to pass.	8 min	pass 7+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Normal · Points **(Premium)** · card 15	Land 5 or more of your 10 driver shots inside the 25-yd corridor to pass (50%).	6 min	pass 4+

Notes: what got better, what to watch next week

WEEK 5 OF 6

Play your first score: nine holes of Par 18 around the practice green.

Par 18 turns chipping and putting into a score: nine holes, par 2 each, chip then putt out. Play it at Easy after the putting and chipping drills, and write down your total. Repeat the full-swing session at Normal. Points on the drills, and Par 18 is scored in strokes: lower wins.

Session A: Short-game test — About 82 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
Ladder Drill Easy · Points **(Premium)** · card 2	Putt once from every tee.	5 min	pass 9+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Chipping 5 m Ladder Easy · Classic · card 8	Ten landing successes pass the session.	12 min	pass 10+
Par 18 (On-Course Simulation) Easy · Standard Par 18 · card 16	Complete 9 holes in 27 strokes or fewer (9-over par) to pass.	45 min	mark 27

Session B: Full swing — About 54 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Divot Board / Towel Contact Drill Normal · Binary Clean · card 13	Miss the towel on 20 of 30 swings to pass — including at least 10 of the 15 off-the-ground swings.	20 min	pass 20+
Iron Dispersion Normal · Points **(Premium)** · card 14	Finish 8 or more of 15 shots inside the 24 yd corridor to pass.	8 min	pass 7+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Normal · Points **(Premium)** · card 15	Land 5 or more of your 10 driver shots inside the 25-yd corridor to pass (50%).	6 min	pass 4+

Notes: what got better, what to watch next week

WEEK 6 OF 6

Retest: the week 1 sessions at Easy, so you can see how far you have come.

Play exactly what you played in week 1, at Easy, and compare every score. Most beginners see the biggest jump in contact: fewer fat and thin shots in the Divot Board and Three Flights. The drill that improved least is the one to keep in your practice. Classic again, exactly as in week 1, so the scores compare.

Session A: Short game retest — About 70 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
Clock Drill Easy · Classic · card 1	Hole 3 of the 4 putts to pass.	10 min	pass 3+
Ladder Drill Easy · Classic · card 2	Putt once from every tee.	5 min	pass 3+
Chipping warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Three Flights Easy · Classic · card 3	Record strike quality and target result for all 15 balls.	10 min	pass 5+
Bunker warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Line in the Sand Easy · Classic · card 4	Enter the sand on the line on at least 5 of 15 swings to pass the Classic scoring option.	15 min	pass 5+

Session B: Full swing retest — About 54 min

DRILL	PASS TARGET	TIME	YOUR RESULT
Full-swing warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Divot Board / Towel Contact Drill Easy · Binary Clean · card 5	Miss the towel on 15 of 20 swings to pass.	20 min	pass 15+
Iron Dispersion Easy · Classic · card 6	Finish 7 or more of 15 shots inside the 30 yd corridor to pass.	8 min	pass 7+
Driver warm-up	Not scored. The routine is on the How to use this plan page.	10 min	☐ Done
Driver Dispersion Easy · Classic · card 7	Land 4 or more of your 10 driver shots inside the 30-yd corridor to pass.	6 min	pass 4+

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?
Clock Drill	Easy · Classic			☐ Yes ☐ No
Ladder Drill	Easy · Classic			☐ Yes ☐ No
Three Flights	Easy · Classic			☐ Yes ☐ No
Line in the Sand	Easy · Classic			☐ Yes ☐ No
Divot Board / Towel Contact Drill	Easy · Binary Clean			☐ Yes ☐ No
Iron Dispersion	Easy · Classic			☐ Yes ☐ No
Driver Dispersion	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.
- Write down your Par 18 score in week 5. Play it again a month after the plan; fewer strokes means your up-and-downs improved.
- Count how many drills you passed each week. Moving from Easy to Normal on most of them is a good result for six weeks.

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

STRENVIO · GOLF PRACTICE THAT SHOWS YOUR PROGRESS

Leave the pen at home.

First Steps works on paper. In the Strenvio app it records itself.

- ✓ Guides you through every drill in this plan and scores every ball as you hit it.
- ✓ Shows your pass rate per drill and level, so you see what improved without a pen.
- ✓ Builds your next plan from your own results: 1 to 7 sessions a week, drills for your weakest skills.

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MORE FREE PRACTICE PLANS

Soft Landing · 6-Week Chipping Practice Plan (2 Sessions a Week)

Project 89 · Break 90 Practice Plan (6 Weeks, 3 Sessions a Week)

Roll True · 6-Week Putting Practice Plan (3 Sessions a Week)

All plans: strenvio.ai/plans