PR: Short Iron Focus

Pre-Round Warm Up			
10 Minutes			
Red Zone			
[ ] **Review:** Swing Thoughts and Cues	Review previous session notes		
[ ] **GTG:** Setup & Alignment (with practice swing)	Before every target shot		
[ ] **Drill:** 7:30 Swing	6 shots		
Target Practice	**Round 1**	**Round 2**	**Round 3**
A1. 50 Yard Target	/ 6	/ 6	/ 6
A2. 75 Yard Target	/ 6	/ 6	/ 6
A3. 100 Yard Target	/ 6	/ 6	/ 6
Score Each Shot: Determine an acceptable landing zone for your shots. Each shot that lands within the landing zone counts as one point. For example, if you hit 5 shots within the zone, you would score it as 5 / 6.			
Pressure Cooker: 3 Hole Challenge	PTS / 9 Holes (3 balls each)		
Full Irons			
[ ] **Review:** Swing Thoughts and Cues	Review previous session notes		
[ ] **GTG:** Setup & Alignment (with practice swing)	Before every target shot		
[ ] **Drill:** Tempo Drill	6 shots / Mix When Tempo Lost		
Target Practice	**Round 1**	**Round 2**	**Round 3**
B1. 150 Yard Target	/ 3	/ 3	/ 3
B2. 175 Yard Target	/ 3	/ 3	/ 3
B3. 200 Yard Target	/ 3	/ 3	/ 3
B4. 225 Yard Target	/ 3	/ 3	/ 3
B5. Hybrid (fairway gap target)	/ 3	/ 3	/ 3
B6. Driver (fairway gap target)	/ 3	/ 3	/ 3
Score Each Shot: Determine an acceptable landing zone for your shots. Each shot that lands within the landing zone counts as one point. For example, if you hit 2 shots within the zone, you would score it as 2 / 3.			
Pressure Cooker: Play 9 Challenge	Score:		
Chipping			
[ ] **Review:** Swing Thoughts and Cues	Review previous session notes		
[ ] **GTG:** Setup & Alignment (with practice swing)	Before every target shot		
[ ] **Drill:** Towel Drill	6 shots		
Target Practice	**Round 1**	**Round 2**	**Round 3**
C1. 10 Yard Target	/ 3	/ 3	/ 3
C2. 20 Yard Target	/ 3	/ 3	/ 3
C3. 30 Yard Target	/ 3	/ 3	/ 3
Pressure Cooker: Consistency Challenge	Score:		
Putting			
[ ] **Review:** Swing Thoughts and Cues	Review previous session notes		
[ ] **GTG:** Setup & Alignment (with practice stroke)	Before every target shot		
[ ] **Drill:** Gate Drill	6 shots		
Target Practice	**Round 1**	**Round 2**	**Round 3**
D1. 5-Footers Circle of Death	/ 3	/ 3	/ 3
D2. 3 Ball Aim Drill	/ 3	/ 3	/ 3
D3. Putt to the Fringe	/ 3	/ 3	/ 3
Score Each Shot: Determine an acceptable landing zone for your shots. Each shot that lands within the landing zone counts as one point. For example, if you hit 2 shots within the zone, you would score it as 2 / 3.			
Pressure Cooker: Drawback Game	Score:		
Sandbagger	Round 1	Round 2	Round 3
E1. 15 Yard Sand Shots	/ 3	/ 3	/ 3
E2. 30 Yard Sand Shots	/ 3	/ 3	/ 3
Score Each Shot: Determine an acceptable landing zone for your shots. Each shot that lands within the landing zone counts as one point. For example, if you hit 2 shots within the zone, you would score it as 2 / 3.			