

# 21-Day Practice Plan to Dramatically Lower Your Golf Scores

Are you tired of hitting the links and feeling like you're not making any progress? Do you feel like you're stuck in a golf rut and can't seem to break through? If so, then this 21-day practice plan is for you. This plan is designed to help you improve your golf game in all areas, from your swing to your putting. By following this plan, you'll be on your way to lowering your scores and shooting your best golf ever.

## Day 1-7: Focus on your swing

The first week of this plan is all about your swing. Take some time each day to work on your swing mechanics. Go to a driving range and hit some balls, or take a lesson from a golf pro. Focus on making a consistent swing and hitting the ball squarely. The more you practice your swing, the more consistent you'll become, and the lower your scores will be.



## Golf: 21 Day Practice Plan to Lower Scores: Step by Step Practices & Worksheets

★★★★☆ 4.1 out of 5

Language	: English
File size	: 5939 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 83 pages
Lending	: Enabled

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- **Day 1:** Warm up with some easy swings. Then, focus on making a consistent backswing.
- **Day 2:** Work on your downswing. Make sure you're hitting the ball squarely and with good tempo.
- **Day 3:** Practice your follow-through. This is important for generating power and accuracy.
- **Day 4:** Go to a driving range and hit some balls. Focus on making solid contact and hitting the ball in the center of the clubface.
- **Day 5:** Take a lesson from a golf pro. They can help you identify any flaws in your swing and give you tips on how to improve.
- **Day 6:** Play a round of golf and focus on applying what you've learned.
- **Day 7:** Rest and recover.

### **Day 8-14: Focus on your short game**

The second week of this plan is all about your short game. This includes your chipping, pitching, and putting. Take some time each day to practice these shots. The better you become at your short game, the more you'll be able to save strokes around the green.

- **Day 8:** Practice chipping from different distances. Focus on making solid contact and getting the ball up and down quickly.
- **Day 9:** Practice pitching from different distances. Focus on hitting the ball with good height and spin.
- **Day 10:** Practice putting from different distances. Focus on making a smooth stroke and hitting the ball in the center of the cup.

- **Day 11:** Go to a short game area and practice all of your shots. Focus on making realistic shots and getting the ball up and down in as few strokes as possible.
- **Day 12:** Play a round of golf and focus on applying what you've learned.
- **Day 13:** Rest and recover.
- **Day 14:** Go to a putting green and practice your putting. Focus on making smooth strokes and hitting the ball in the center of the cup.

### **Day 15-21: Focus on your course management**

The third week of this plan is all about course management. This includes things like choosing the right clubs, playing the course strategically, and managing your emotions. Take some time each day to think about how you can improve your course management. The better you become at course management, the lower your scores will be.

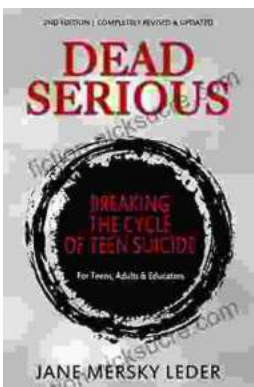
- **Day 15:** Study the course layout before you play. Identify the hazards and make a plan for how to play each hole.
- **Day 16:** Choose the right clubs for each shot. Don't try to hit every shot with your driver.
- **Day 17:** Play the course strategically. Don't always try to go for the green in regulation. Sometimes it's better to lay up and give yourself a better chance to score.
- **Day 18:** Manage your emotions. Golf is a mental game. Don't let bad shots get to you. Stay positive and focus on the next shot.
- **Day 19:** Play a round of golf and focus on



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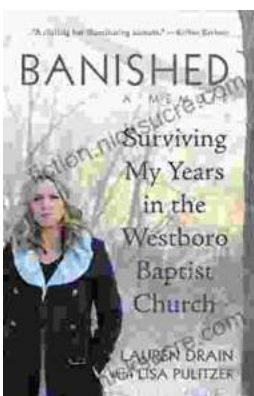
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