Matt Williams PGA Professional

SMART PRACTICE GUIDE



STRUTURE YOUR PRACTICE OF ALL ASPECTS OF THE GAME BETTER WITH THESE TOUR PROVEN ROUTINES

WHY YOUR PRACTICE ISN'T WORKING

Let's face it—most golfers don't approach practice with a plan.

You show up at the range and do the same old routine:

- Loosen up with a few wedges.
- Work through your bag, firing irons in a straight line at the same pin.
- Grab your driver and take a few swings—maybe aiming to clear the net or, worse, getting distracted trying to hit the range picker.
- Skip the chipping and putting green entirely because an email from work grabs your attention—or you just give up and head for the bar.

Sound familiar? If so, it's time to change.

MY SECRET TO BETTER GOLF

Improving your golf game doesn't require rocket science—it requires a training plan.

We've helped golfers of all levels improve by providing structured, targeted practice routines. And by downloading this guide, you're already one step closer to seeing real results.

Complete these practice sessions, and if you like what you see, join us for a free trial of our full coaching platform. Together, we'll help you elevate your game—and your mindset—to achieve lower scores.

Let's get started.

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FULL SWING PRACTICE SESSION

Daily Mindset - Work Hard, Earn It!

"Nothing is ever going to be given to you. Everything is going to be earned. If you don’t go out there and put in the work, you don’t put in the effort; you are not going to get the results. And more importantly, you don’t deserve it." – Tiger Woods

Full Swing Warm-Up (15 minutes)

A solid warm-up is essential for consistent performance. Follow this suggested pattern:

- 5 half-swing pitching wedges.
- 5 full-swing pitching wedges. Alternate targets with every shot.
- 5 full 8-irons, 5-irons, 3 fairway woods, and 3 drivers. Vary targets each time.
- 3 “first tee” shots. Visualize and rehearse the shot you’ll play on the course.

Accuracy Challenge (40 minutes)

Using 50 balls, complete these stages:

1. Hit 2 consecutive drivers into a 25-yard-wide fairway.
2. Progress through the same challenge with 3-woods, hybrids/long irons, and approach shots to 100-, 150-, and 200-yard greens.

Miss a stage? Restart it. Keep track of how many balls it takes to complete the full drill.

Weak Link Work (10 minutes)

Focus on improving your weakest stage from the Accuracy Challenge. Hit 15 shots to address this area.

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WEDGE PRACTICE SESSION

Daily Mindset - Work Like A Champion!

"I don’t do things half-heartedly."
– Michael Jordan

Wedge Warm-Up (10 minutes)

Warm up with:

- 5 chips and 5 full shots with your lob, sand, and gap wedges.
- Alternate between 80% and 100% power.

10x10 Approach Drill (40 minutes)

- Hit 10 shots at each 10-yard increment (starting at 10 yards and progressing to 100 yards).
- Focus on carrying the ball to precise targets. Use alignment sticks or markers if needed.
- For added difficulty, hit from rough conditions for the last 2 shots at each distance.

Distance Control (20 minutes)

Spend 5 minutes per wedge recalibrating full shots. Use range finders or markers to confirm distances.

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SHORT GAME PRACTICE SESSION

Daily Mindset - Work Like A Champion!

"I don’t do things half-heartedly."
– Michael Jordan

Wedge Warm-Up (10 minutes)

Warm up with:

- 5 chips and 5 full shots with your lob, sand, and gap wedges.
- Alternate between 80% and 100% power.

10x10 Approach Drill (40 minutes)

- Hit 10 shots at each 10-yard increment (starting at 10 yards and progressing to 100 yards).
- Focus on carrying the ball to precise targets. Use alignment sticks or markers if needed.
- For added difficulty, hit from rough conditions for the last 2 shots at each distance.

Distance Control (20 minutes)

Spend 5 minutes per wedge recalibrating full shots. Use range finders or markers to confirm distances.

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PUTTING PRACTICE SESSION

Daily Mindset - Make Better Decisions!

Progress begins with small choices.

- Will you practice that extra putt or hit the couch instead?
- Will you maintain focus on the course?

Putter Path Drill (8 minutes)

Practice straight 5-foot putts with an alignment tool to refine your stroke.

Tiger's Gate Drill (6 minutes)

Place two tees slightly wider than your putter head. From 3 feet, practice:

- 6 putts with one hand.
- 12 putts with both hands.

Hurricane Putting Challenge (20 minutes)

Set balls at 2', 3', 4', 5', and 6' around the hole. Make all five putts, then repeat five times for a maximum score of 25.

3- and 5-Foot Challenges (18 minutes)

Hit 15 putts each from 3 feet and 5 feet, rotating your starting position around the hole. Record your score.

Speed Control Challenge (12 minutes)

Hit 12 putts from 25 feet under these conditions:

- 3 uphill, 3 downhill, 3 left-to-right, 3 right-to-left.
- 2 points: Between the hole and 2 feet past it.
- 1 point: In the hole.

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READY TO TAKE YOUR GAME FURTHER?

By following these structured practice plans, you've unlocked the key to consistent improvement.

Want to see even more progress? Join our platform for personalized plans, and coaching, both in-person and online and see lower scores and handicaps like the many other golfer's before you.

Your move!

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