



Karen Palacios Jansen

WEEKLY PRACTICE PLANS

Introducing CardioGolf®
10-Minute Practice
Plans: Short, Focused,
and Seriously Effective

WOMEN'S GOLF
IMPROVE EVERY PART OF YOUR GAME

WEEKLY PRACTICE PLANS



04 Basic Putting Skills

05 Alignment Focus

07 Golf Swing Basics

09 Overcome First Tee Jitters and Improve Play in Competition

12 Timing and Tempo Focus

14 Structured Overall Game Practice

16 Loving Your Swing

18 Approach Shots from 100 Yards of the Green

20 Driving

22 Smart Game Management for Lower Scores



Introducing CardioGolf® 10-Minute Practice Plans: Short, Focused, and Seriously Effective

We're thrilled to introduce our **CardioGolf® Weekly Practice Plans**—a dynamic way to elevate your game without overwhelming your schedule. These plans are designed to be efficient, targeted, and incredibly effective.

We understand that life gets busy, and spending hours on the range isn't always realistic. That's why each CardioGolf® practice plan is concise, fitting seamlessly into your week while focusing on drills that truly make a difference. No wasted time, no repetitive actions that lead to bad habits—just purposeful practice that boosts your confidence and delivers real results.

Each week brings a fresh, balanced routine that helps you improve every aspect of your game, not just the areas you're comfortable with. Whether you practice daily to prep for an event or just once a week to maintain your skills, these plans will keep you on track and advancing in your golf journey.

1. Practice Plan: Basic Putting Skills

Objective: Improve speed control, technique, and green reading efficiently.

Warm-Up (2 minutes)

- **Short Putts (1 minute):** Start by hitting 5-10 short putts (3-5 feet) to get comfortable and focused. Pay attention to your stance and grip.
- **Focus on Rhythm:** Maintain a consistent rhythm; practice your routine for each putt.

Speed Control Drills (4 minutes)

1. **Distance Control (2 minutes):**
 - Place 3 balls at varying distances (10, 15, and 20 feet) from a hole.
 - Putt each ball, aiming to get them all within a 3-foot radius of the hole. Focus on adjusting your stroke length based on distance.
2. **Lag Putting (2 minutes):**
 - Choose a longer putt (30 feet or so) and practice getting the ball close to the hole without worrying about making it.
 - Focus on the feel of the stroke and aim to stop each putt within a 2-foot circle around the hole.

Technique Focus (2 minutes)

1. **Alignment and Stance (1 minute):**
 - Use a club or alignment sticks to ensure proper alignment. Stand behind the ball, check your target line, and adjust your stance accordingly.
2. **Stroke Mechanics (1 minute):**
 - Hit 5 putts focusing on your stroke mechanics. Ensure a smooth, pendulum-like motion, with your arms and shoulders moving together. Avoid excessive wrist action.

Green Reading (3 minutes)

1. **Visualizing Breaks (1 minute):**
 - Pick a straight putt and visualize the line. Then, walk around the hole to see it from different angles. Take note of any subtle breaks or slopes.
2. **Practice with Purpose (2 minute):**
 - Choose a putt with a slight break. After assessing the green, make your stroke while focusing on your alignment and speed. Aim to visualize the ball's path to the hole.

Spend a minute reflecting on what felt good and what needs improvement. Consider jotting down a quick note on one specific area to focus on in your next practice.

2. Practice Plan: Alignment Focus

Objective: Learn a consistent method to align your body and club to the target, and make practicing this routine a habit.

1. Clubface Alignment Drill (2 minutes)

- Find a straight target (a flag, tree, or another marker).
- Set a club or alignment stick on the ground pointing directly at the target.
- Practice aligning the clubface first, making sure it is perpendicular to the target line.
- Look up to check the target after each setup. Repeat this for 2 minutes, adjusting as necessary.

2. Body Alignment Drill (3 minutes)

- Once your clubface is aligned, step into position and align your body.
- Set a club or alignment stick on the ground pointing directly at the target.
- Set another club or alignment stick on the ground parallel to the target line alignment stick, this is the line is to align your body.
- Focus on your feet, hips, and shoulders aligning parallel to the target line. Picture two railroad tracks running parallel to each other. One track represents your target line (where you want the ball to go), while the other represents your body alignment (how your body is positioned in relation to that target line).
- Perform 5 mock swings, checking your alignment before each one.
- After each swing, step back, reset, and align again. Repeat this for 3 minutes.

3. Target Practice with Alignment without Alignment Aid (3 minutes)

- Pick a target at a range or on your practice area, but this time without the aid of an alignment stick or club.
- Keep the visual of the alignment sticks in your mind's eye and set up to your imaginary alignment aids.
- Align your clubface first, then set your body properly as practiced.
- Hit 5 balls, taking the time between each shot to recheck your clubface and body alignment. Video tape yourself or have someone watch you to check your alignment.
- After each shot, assess how well you hit your intended target.

4. Final Alignment Check (2 minutes)

- Practice hitting shots to different targets, never hitting to the same target twice. Hit aligning to the to the right of the practice range , some to the left and some to the center. Go through your alignment process and access how your are doing.
- Go back and use an alignment sticks when you need to reinforce the correct feeling, if any shots are not where you intended.

By dedicating just a few minutes to practicing proper alignment, you'll build a solid routine that becomes second nature on the course. It's a simple adjustment that can lead to big improvements!

3. Practice Plan: Golf Swing Basics

Objective: Practice key aspects of your golf swing, from physical readiness to mental preparation.

This plan is designed to help you build a solid foundation in both your physical readiness and mental preparation. Whether you have a few minutes before heading to the course or want to stay sharp between rounds, this routine will help you make the most of your practice time.

1. Dynamic Warm-Up (2 minutes)

Focus: Loosen up and activate your golf muscles.

Exercises:

- **Arm Circles:** 30 seconds (15 seconds forward, 15 seconds backward)
- **Torso Twists:** 30 seconds, rotating gently from side to side
- **Leg Swings:** 30 seconds, swinging each leg front to back
- **Air Squats:** 30 seconds, focus on form and depth

2. Grip and Setup Check (2 minutes)

Focus: Reinforce a solid, consistent grip and address position.

Drill:

- Grip the club with both hands, ensuring grip pressure is neither too tight nor too loose.
- Set up in your stance, checking for proper alignment and ball position.
- Perform 3 to 5 repetitions, taking your time to feel the correct grip and posture.
- Video tape yourself and watch your process.

3. Swing Path Drill (2 minutes)

Focus: Improve your swing path for straighter shots.

Drill:

- Take slow practice swings, concentrating on keeping the club on the correct path.
- Use alignment sticks or a club on the ground as a guide.
- Do 3 to 5 repetitions, focusing on rhythm and maintaining a smooth motion.

4. Chipping Drill (2 minutes)

Focus: Enhance your short game consistency.

Drill:

- Using a wedge, practice chipping to a target 10-15 feet away.
- Focus on clean contact and landing the ball softly.
- Vary your club selection throughout the week to simulate different shot scenarios.
- Complete 3 to 5 repetitions, paying attention to technique and follow-through.

5. Putting Drill (1 minute)

Focus: Concentrate on the distance you roll the ball.

Drill:

- Putt to specific distances (3, 6, and 9 feet), aiming for the center of the cup.
- Work on developing a consistent stroke and feel for the greens.
- Visualize the ball's path into the hole before each putt.
- Practice 3 to 5 repetitions at each distance, adjusting your pace as needed.

6. Mental Focus (1 minute)

Focus: Practice in your mind's eye.

Drill:

Take a few minutes to mentally rehearse. Try closing your eyes and vividly imagine the process of sinking five putts to train your mind to focus and build confidence in your abilities.

- Pick out a putt. Evaluate the break and distance. Close your eyes and vividly imagine the process of sinking the putt. Mentally see the ball rolling along the path it should take towards the hole. See the ball drop to the bottom of the club and imagine the sound it makes as it tumbles into the club.
- Do this for different distances and breaking putts. Remember, your mind is a powerful tool in your game. The more you practice visualizing successful putts, the more comfortable and confident you'll feel when it's time to make those crucial strokes during your rounds.

Whether you get through the entire routine or not, just dedicating just a few minutes a day to this practice plan, you're reinforcing the fundamentals of your golf swing while also improving your mental focus.

4. Practice Plan: Overcome First Tee Jitters and Improve Play in Competition

Objective- Overcome first tee jitters and learn to control your nerves at your next golf event.

This routine is specifically designed to help you manage the nerves that come with stepping up to the first tee and sharpen your performance under pressure. We'll cover physical warm-up exercises to loosen your muscles, fundamental checks to build confidence in your setup, and mental strategies to visualize success before you even hit the ball. In just 10 minutes, you can prepare yourself to feel more relaxed and focused, setting the tone for a great round of golf.

1. CardioGolf® Pre-Round Warm-Up Routine (3 minutes)

A good warm-up helps loosen your muscles, so your swing won't feel short and choppy, especially if you're feeling nervous. Tight muscles make it harder to swing freely and with confidence. Here's a simple routine to target common problem areas for weekend golfers—hips, shoulders, and back—ensuring you're prepared for that first swing and less likely to get injured.

1. **Hip Flexor Stretch:** Step into a lunge position and hold for 20 seconds on each side. This stretch helps loosen your hips, improving rotation during your swing.
2. **Torso Twist with Club:** Stand tall and hold your club across your shoulders. Slowly twist from side to side to activate your core and back muscles. Repeat for 20 seconds.
3. **Shoulder Circles:** Do 10 forward and 10 backward circles with both arms to loosen your shoulders.
4. **Squats or Lunges:** Perform 10 bodyweight squats or lunges to activate your legs and improve balance.

Tip: You can find more pre-round warm-up routines in the [CardioGolf® App](#) to help prevent tightness and prepare your muscles efficiently.

2. Grip, Posture, and Setup Check to Prevent First-Tee Jitters (2 minutes)

When your fundamentals are solid, you eliminate the need for swing compensations, making your swing more reliable under pressure. If you have to compensate, you're relying on perfect timing to hit good shots—something that becomes difficult when nerves take over on the first tee. By practicing this routine daily, even for just a few minutes, you'll develop consistency, allowing the process to feel natural and instinctive.

○ Grip Pressure

Make sure your grip is firm but relaxed. Holding the club too tightly causes tension, while a too-loose grip affects control. Aim for a balanced, relaxed grip to ensure smooth motion.

[Click here to review grip.](#)

- **Posture**
Set up in an athletic stance, with a slight bend at your knees and hips. Your spine should be straight, and your weight evenly distributed. Good posture promotes a powerful, consistent swing. [Click here to review posture.](#)
- **Ball Position**
Double-check that the ball is positioned correctly in your stance. For drivers, the ball should be more forward, near your lead foot; for irons, position it more central. This ensures solid contact and better shot control. [Click here to review ball position.](#)

3. Pre-Shot Routine Practice (3-minutes)

Step-by-Step Pre-Shot Routine for Practicing Alignment to Reduce First Tee Jitters. By practicing this routine a few minutes a day, it will become second nature, reducing overthinking and helping you feel more prepared on the course.

- **Select Your Target and Visualize the Target Line**
Pick a specific target in the distance, like a flagstick or tree, to narrow your focus and visualize a clear goal for your shot. Imagine a straight line running from your ball to the target. This “target line” will help you commit to your shot’s direction. Take a few deep breaths to relax and focus your mind.
- **Choose an Intermediate Target**
Pick an intermediate target a few feet in front of your ball along the target line, like a divot or patch of grass. This helps with precision and ensures proper alignment.
- **Visualize the Shot’s Trajectory**
Mentally rehearse the flight of the ball from takeoff to landing. This visualization boosts confidence and prepares you for success.
- **Set the Clubface First and then Align Your Body Second**
Square your clubface with the intermediate target. This guarantees your club is aimed correctly before adjusting your body. Once the clubface is set, align your feet, hips, and shoulders parallel to the target line. Breathe deeply and relax as you set your stance.
- **Take a Deep Breath Before the Swing**
Calm your nerves with a deep breath before stepping up to the ball. Exhale slowly to release tension and stay focused.
- **Execute the Shot**
With confidence in your alignment, trust your swing and take the shot. [Click here to review alignment.](#)

4. Practice Tempo and Timing to Prevent First-Tee Jitters (2 minutes)

One of the biggest challenges for golfers is maintaining good tempo and timing under pressure. When nerves set in, it's common to rush through the swing, disrupting the natural flow and leading to poor shots. Here's a breakdown of how to practice your tempo and timing:

Tempo Awareness Drill; Keep a consistent, smooth tempo from start to finish of your golf round. Many times we get quick or sloppy as the round goes on, so practice keeping your tempo even. To ensure proper sequencing, allowing the lower body to initiate the downswing. On the range, take some slow-motion practice swings while verbally counting the rhythm:

- Say “1” during your backswing.
- Say “and” at the top of the swing to mark the transition from backswing to downswing.
- Say “2” as you begin your downswing.

This verbal rhythm helps prevent rushing through the swing and encourages the correct sequencing, where the lower body starts the downswing. If you skip the “and” during the transition, you may rely on your upper body too much, throwing the club off plane. [Click here to review tempo.](#)

5. Full Swing and Mental Focus (1-minute)

Finish your practice with a full swing, focusing on balance, follow-through, and maintaining a calm mindset, as if you're already playing in your event. Mental rehearsal can be just as powerful as being in competition, so it's important to put yourself in that competitive mode, even during practice. By imagining the pressure and feelings you'll experience on the course, this type of practice prepares you mentally and physically for your next round, helping you stay composed and confident when it counts.

- **Full Swing:** Execute one or two full swings, maintaining smooth tempo and balance.
- **Mental Visualization:** End with a mental rehearsal of your first tee shot. Picture yourself hitting a clean, confident drive down the fairway. [Click here to for positive self-talk.](#)

Even if you only have 10 minutes to practice, this CardioGolf® plan will help you prepare physically and mentally, so you can step onto the first tee with confidence. 5. CardioGolf® 10-Minute Practice Plan: Timing and Tempo Under Pressure

5. Practice Plan: Timing and Tempo Focus

Objective: Improve your timing and tempo to help you maintain control and consistency of your golf swing, especially when the pressure is on.

In golf, maintaining timing and tempo under pressure is key to hitting solid, consistent shots. Whether you're facing a tight fairway or trying to close out a round, pressure can disrupt your natural rhythm, leading to rushed or mistimed swings. That's why this practice plan is designed specifically to help you focus on syncing your body movements, keeping your swing flowing smoothly, and controlling the pace of your swing.

Over the next 10 minutes, you'll work through a series of drills that improve your balance, rhythm, and synchronization of body movement. These exercises focus on your timing and tempo to help you maintain control and consistency, especially when the pressure is on. Remember, the goal is to restore rhythm and flow to your swing, rather than obsessing over positions or making technical changes during play.

1. Feet-Together Swings (2-minutes)

Purpose: Improve balance and rhythm by syncing upper and lower body movement. Stand with your feet together and hold your club. Take full, smooth swings while focusing on keeping your balance and fluid movement. This drill helps identify any breaks in rhythm, forcing your body to stay connected throughout the swing. Reps: 10 swings at a moderate pace, then 10 at full speed.

2. Pause-and-Go Drill (2-minutes)

Purpose: Reinforce smooth transition between backswing and downswing, restoring timing. Set up as usual and take a full backswing. Pause at the top of your swing for a count of two before smoothly transitioning into your downswing. This drill emphasizes smoothness and flow, ensuring your body and club work together in harmony. Reps: 10-15 swings, focusing on maintaining balance and smooth transitions.

3. Metronome Tempo Swings (2-minutes)

Purpose: Establish a consistent tempo that controls your swing pace and improves timing. Using a metronome or app set to 60 beats per minute, sync your backswing with the first beat and complete your downswing and follow-through on the second beat. This exercise helps establish a smooth rhythm, ensuring your swing flows from start to finish. Reps: 15-20 swings, keeping pace with the metronome to maintain rhythm.

4. Counting Tempo Swings (2-minutes)

Purpose: Establish a repeatable tempo by using verbal or mental counting to control your swing pace.

As you take your backswing, count "One" in your head (or aloud). Begin your downswing and

count "Two" as you swing through and complete your follow-through. This method helps synchronize your upper and lower body, creating consistent, repeatable swings. Reps: 15-20 swings, maintaining the same rhythm for each swing.

5. Step and Swing Drill (2-minutes)

Purpose: Train your lower body to initiate the downswing, promoting proper sequencing and flow.

Begin with your lead foot slightly behind your trail foot. As you start your backswing, step forward with your lead foot into its normal position and begin your downswing. This drill helps train your body to initiate the motion from the ground up. Reps: 10-15 swings, focusing on the rhythm of the step and the swing.

This routine will help you develop a natural, repeatable rhythm for your swing, even under pressure. When your swing starts breaking down during a round, don't panic and try to overhaul your swing mechanics mid-round. Remember these swing drills to regain your timing and tempo. Keep your swing flowing, maintain a steady rhythm, and allow your body and club to work together naturally. This approach can prevent a full breakdown and help you recover your form much faster.

6. Practice Plan: Structured Overall Game Practice

Objective: To provide weekend golfers with a focused, structured approach to practice that targets key areas of the game, including putting, chipping, pitching, bunker shots, and full swings.

Most weekend golfers practice without direction, often hitting a bucket of balls at the range with little focus and then wondering why their game isn't improving. The CardioGolf® 10-Minute Practice Plan is here to change that. It's designed to keep you on track, targeting key areas of your game each day. Whether you're refining your short game or honing your full-swing mechanics, you'll know exactly what to focus on and how to practice with purpose. Each day has a specific focus, starting with short-game essentials like putting and chipping, gradually progressing to full swings with your driver. Whether you follow this plan daily or just once a week, make sure to work on all aspects of your game, not just your strengths, so you can steadily improve and address any weaknesses.

Daily Pre-Practice Warm-Up (3 minutes)

- CardioGolf® Warm-Up Routine-Dynamic stretching, light jumping or jogging and body motion drills to get blood flowing. Visit tv.CardioGolf.com for warm-up routine.
- Visualize good shots, organize your golf bag and clean your clubs.

Monday

Putting (5 minutes)

- Short Putts (3-5 feet): Roll 5 putts. Try to make 5 in a row.
- Medium Putts (10-15 feet): Roll 3 putts. Practice both right to left and left to right breaking putts.
- Long Putts (20+ feet): Roll 2 putts. Focus on getting the ball within 3 feet of hole.
- Focus: Work on putting routine and making a smooth stroke.

Chipping (5 minutes)

- Short Chips (10 yards): 5 chips.
- Medium Chips (20 yards): 3 chips.
- Long Chips (30+ yards): 2 chips.
- Focus: Work on solid contact, landing spots and getting the ball within 3 feet of hole.

Tuesday

Pitching (5 minutes)

- Short Pitches (20 yards): 5 pitches.
- Medium Pitches (40 yards): 3 pitches.
- Long Pitches (60 yards): 2 pitches. Hit lob shots and bump and runs.
- Focus: Work on consistent contact and controlling distance.

Bunker Shots (5 minutes)

- Green Side Bunker: 5 shots focusing on different lies and distances.
- Fairway Bunker: 5 shots focusing on clean contact and trajectory.
- Focus: Work on set-up, swing path, and consistent strike of sand.

<https://tv.cardiogolf.com/cardiogolf-weekly-practice-plan>

Wednesday**Full Swings with Wedges (10 minutes)**

- 3/4 Swings: 5 shots to specific target
- Pitching Wedge: 5 shots to a specific target.
- Sand or Gap Wedge: 5 shots to a different target.
- Focus: Work on distance control and accuracy.

Thursday**Full Swings with Mid-Irons (5 minutes)**

- Short Iron: 5 shots to a target.
- Mid Iron: 5 shots to a different target.
- Focus: Work on ball striking, swing mechanics and alignment.

Full Swings with Long Irons and Hybrids (5 minutes)

- Long Irons and Hybrids: 10 shots focusing on solid contact and trajectory.
- Focus: Work on balance, swing rhythm and alignment.

Friday**Full Swings with Driver and 3-Wood (10 minutes)**

- 3-Wood: 5 shots from the fairway or tee.
- Driver: 10 shots focusing on accuracy and distance. Imagine a fairway and record how many fairways you hit out of 10. Try to beat your record every time you do this routine.
- Focus: Work on developing a pre-shot routine, good alignment, and swing speed.

By following this plan, you'll move beyond aimless practice and start building a more structured, focused routine. With each session targeting a specific area of your game, you'll not only improve your skills but also develop a sense of purpose and confidence every time you practice.

7. Practice Plan: Loving Your Swing

Objective: Focus on rhythm and timing to create a solid, satisfying swing. Each drill is designed to help you connect with your swing, so it feels effortless, enjoyable, and powerful.

As your coach, I want to remind you of something incredibly important: you need to *love the swing you have*. Sure, it might not be perfect yet, and there's always room for refinement, but that doesn't mean your swing can't produce great shots. Too often, golfers get caught up in trying to "fix" everything instead of appreciating what they already do well.

Your swing is uniquely yours. It has strengths, potential, and—believe it or not—it's capable of delivering those satisfying shots you dream about. By embracing where your swing is today, you'll feel more relaxed and confident, and that's when the real improvement happens. You can enjoy your game *now*, while still working on refining your technique.

Loving your swing doesn't mean settling for less; it means acknowledging that improvement is a journey, and you're already on the right path. So, take pride in your swing as it stands today. Find joy in each round, in every shot, and remember that the best results often come when you play with trust and enjoyment, not tension and doubt

1. Set Your Intentions (2 minutes)

Focus: Mentally prepare and set the tone for practice. Action: Take a moment to visualize your perfect swing. Imagine the flow, the rhythm, and the feeling of making solid contact with the ball. Remind yourself: "I love my swing. Every swing is smooth and powerful."

2. One-Two Rhythm Drill (2 minutes)

Focus: Develop a consistent rhythm in your swing. Action: Take 8-10 swings using a simple counting rhythm: "One" for the backswing and "Two" for the downswing and follow-through. Focus on a smooth transition without rushing the downswing. Goal: Let the counting help you find a natural, consistent tempo. Feel the balance between the backswing and the forward motion, making sure your body is in sync with the club.

3. Pause and Go Drill (2 minutes)

Focus: Improve timing and reduce tension. Action: Perform 5-6 swings where you pause for a brief moment at the top of your backswing, then smoothly transition into your downswing. This drill helps you avoid rushing and teaches you to wait for the right moment to initiate the downswing. Goal: Feel the weight shift naturally as you transition from backswing to downswing. This drill helps refine timing and encourages a fluid, controlled motion.

4. Feet-Together Swing (2 minutes)

Focus: Enhance balance and rhythm. Action: Take 5-8 swings with your feet together. This forces you to rely on timing and rhythm rather than brute force to generate power. Focus on a

<https://tv.cardiogolf.com/cardiogolf-weekly-practice-plan>

smooth, full swing while maintaining balance. Goal: Develop a natural flow and reinforce the idea that balance and timing, not speed or force, are key to a solid, satisfying swing.

5. Tempo and Lag Drill (1 minute)

Focus: Create lag and maintain control through the swing. Action: Take 5 slow, deliberate practice swings, focusing on creating lag in your downswing. Feel the clubhead trailing slightly behind your hands, ensuring the transition is smooth and controlled. Goal: Build the sensation of delayed release, which creates more power and better ball striking. The key is to let the club do the work with a smooth, rhythmic tempo.

6. Full Swing Rehearsal (1 minute)

Focus: Put it all together with a natural, relaxed swing. Action: Perform 5-6 full swings with a ball (or air swings), focusing entirely on rhythm and timing. Feel the flow from the setup to follow-through, making sure each part of your swing feels connected and smooth. Goal: Love the way your swing feels—fluid, powerful, and satisfying. Embrace the joy of the process and end your practice with a smile.

Your swing might not be exactly where you want it yet, and there's always room for improvement, but it can still work for you if you ease up on yourself. With this routine, every swing is a chance to connect with the rhythm of your game. By concentrating on timing and fluidity, you'll start to enjoy each shot more, and that positive connection will naturally fuel your progress.

8. Practice Plan: Approach Shots from 100 Yards of the Green

Objective: The objective of this plan is to help golfers develop precision and consistency in their game from approach shots within 100 yards of the green .

By focusing on technique, mental preparation, and visualization, golfers will improve their ability to hit controlled, accurate shots in scoring zones. This daily routine will sharpen short-game skills while boosting confidence and course management, helping players turn more opportunities within 100 yards of the green into lower scores.

1. 3/4 and 1/2 Swings (2 Minutes)

- **Long, Medium and Short Length Control Drill (60, 80, 100 yards):** Measure off each distance and hit shots focusing on the length of swing you need to make to reach the specific yardage. Use your body rotation to control the shot and work on keeping your lower body quiet through impact. Hit 2 to 3 balls at each distance.
- **Feel the Loft:** Visualize the ball floating through the air and landing softly near your target. Make sure you're releasing the clubhead naturally, allowing the loft of the club to do the work.

2. Pitching (2 Minutes)

- **Distance Control Drill (10, 20, 30):** Set up three landing zones at 10, 20, and 30 yards. Hit 5-10 pitches with loft, trying to lob the ball high and land softly, rotating between the zones, and focus on controlling your tempo and trajectory.
- **Landing Spot Focus:** Mentally picture your landing spot and aim to hit it each time. Trust your hands to release the club and focus on soft hands through impact.

3. Chipping (2 Minutes)

- **Distance Control Drill (10, 20, 30):** Set up three landing zones at 10, 20, and 30 yards. Hit 5-10 chipping, focusing on how far you need to land the ball to roll out to the specific distance. Alternate between the zones, and focus on controlling your tempo and trajectory.
- **Landing Spot Focus:** Mentally picture your landing spot and aim to hit it each time. Trust your hands to release the club and focus on soft hands through impact.

4. Bunker Shots (1 Minute)

- **Green-Side Bunker:** Take 5 practice shots from distances focusing on good bunker technique—using an open clubface and splashing the sand. Visualize your ball flying out high and landing softly. Visualization Routine (1-minute):
- As you step up to each shot, take a moment to *see* the shot in your mind. Picture the ball's flight, the landing spot, and the roll towards the target. Visualization helps you stay calm, focused, and committed to your swing.

5. Pre-Shot Routine Practice (2 minutes):

- Practice your pre-shot routine before each shot. Hit shots from different distances within 100 yards of the green. Take a deep breath, pick your target, and rehearse your swing mentally before you make your move. This will help you stay relaxed and confident, even under pressure.
- While practicing, repeat positive affirmations like "I trust my swing" or "I see the shot, I feel the shot." Training your mind to stay positive will help you commit to each shot and build confidence in your short game.

By focusing on different distances within 100 yards, you're practicing in the most crucial scoring zone in golf. Mastering these short shots can significantly lower your scores without requiring a major swing overhaul. This daily practice plan is designed to build consistency and confidence when you're within that critical range, helping you capitalize on opportunities and convert them into lower scores. Over time, you'll start to feel more in control and capable of executing these shots under pressure, turning your approach into a true scoring advantage.

8. Practice Plan: Driving

Objective: The objective of this plan is to help weekend golfers improve their driving accuracy and distance by refining swing technique, using the tee box effectively, increasing swing speed, and harnessing the power of mental visualization. This routine will help you gain more confidence with the driver, landing the ball in the fairway, setting you up for lower scores.

1. Warm-Up (2 Minutes)

- **Dynamic Warm-Up Routine:** The warm-up is crucial before hitting your driver because it's the longest and most powerful swing in your bag. The driver requires maximum clubhead speed, which comes from a full, fluid turn and an athletic, well-timed motion. If your body is cold or tight, you won't be able to rotate as much or swing as freely, which can lead to shorter, less accurate drives. A good warm-up loosens your muscles, increases your range of motion, and helps you achieve the dynamic rotation needed for a strong, effortless driver swing. Plus, it reduces the risk of injury by preparing your body to handle the demands of a high-speed swing. You can find more pre-round warm-up routines in the [CardioGolf® App](#) to help prevent tightness and prepare your muscles efficiently.
- **Practice Swings with a Tempo Focus:** Take 5 practice swings with no ball, focusing on a smooth and balanced tempo. This will help loosen up and prepare for powerful, controlled drives.

2. Swing Technique (3 Minutes)

- **Set-Up and Stance:**
 - Tee the ball high and position it forward in your stance, off the inside of your lead foot.
 - Ensure your body is slightly tilted away from the target, with your weight evenly distributed between both feet.
- **Balanced Turn:**
 - Focus on making a full shoulder turn while keeping your head steady. Allow your hips to rotate freely for power.
 - Take 5 swings focusing on solid contact and balance at the finish. The key is to avoid swinging too hard—let your body naturally generate the power.

3. Use of Tee Box Strategy (2 Minutes)

- **Maximize the Tee Box:**
 - On the course, use the tee box to your advantage by teeing up on one side to aim down the wider part of the fairway. For practice, set up a similar scenario where you visualize the ideal ball flight path.
- **Visualize the Shot Shape:**

- Before each shot, take a moment to mentally visualize the shot you want to hit—whether it's a slight fade or draw—and focus on aligning yourself with that shot. This helps you stay committed to your swing and target.

4. Improving Swing Speed (2 Minutes)

- **Speed Drills:**
 - Without a ball, take a few swings focusing purely on speed. Start slow, then gradually increase speed while maintaining balance and rhythm. This will train you to swing faster without losing control.
- **Controlled Aggression:**
 - Hit 3 balls with your driver focusing on generating speed from the ground up—start with a smooth backswing and drive through the ball with your lower body leading the charge. Make sure to keep your balance and finish in a controlled position.

5. Mental Visualization & Pre-Shot Routine (1 Minute)

- **Pre-Shot Visualization:**
 - Before each drive, stand behind the ball and visualize the shot you want to hit. Picture the ball taking off, reaching its peak, and landing exactly where you want it on the fairway. This mental rehearsal helps you commit to the shot and execute with confidence.
- **Deep Breaths for Focus:**
 - Take a deep breath and relax before stepping up to the ball. Calm your mind, trust your swing, and let the visualization guide you through the shot.

6. Cool Down (1 Minute)

- **Reflect & Stretch:**
 - Reflect on your driving practice, focusing on what felt right and areas to improve. Finish with light stretching to loosen your back and shoulders, so that your body can recover from the session so that you will be fresh for your next round.

By dedicating 10 minutes to working on your driving, you'll notice better distance, accuracy, and consistency off the tee. Using your body efficiently and practicing mental visualization will give you the confidence to hit longer, more accurate drives, leading to better scoring opportunities from the fairway.

10. Practice Plan: Smart Game Management for Lower Scores

As part of the CardioGolf® method, this 10-minute practice plan is designed to help weekend golfers better manage their games and improve scoring through smart decisions. By focusing on basic fundamentals, shot selection, yardage control, and green-reading skills, you'll learn to play within your ability and get the most out of each round.

1. Warm-Up (2 Minutes)

- **CardioGolf® Dynamic Stretching:** Begin with light stretching to get your muscles warm and ready. Focus on your core and shoulders to ensure fluid motion throughout your swing.
- **Swing Tempo Drill:** Take 5 practice swings with a smooth tempo to get your rhythm and balance locked in for the session.

2. Focus on Fundamentals (3 Minutes)

- **Grip, Posture, and Alignment:**
 - Practice your setup fundamentals by reviewing your grip (neutral, not too strong or weak), posture (athletic stance with slight knee flex), and alignment (clubface aimed at the target, body parallel).
 - Take 5 short iron shots to a specific target while maintaining proper fundamentals.

3. Shot Selection & Yardage Control (3 Minutes)

- **Playing Within Your Skill Level:**
 - Work on hitting shots that you know you can execute well. Avoid risky shots you haven't practiced. For example, instead of trying to hit a 7-iron over a hazard, aim for a safe layup and rely on your short game.
 - Use your practice to get a feel for your reliable distances with each club. Take 5 swings with a mid-iron, focusing on controlling distance rather than hitting full power shots.
 - **Tip:** Commit to taking one extra club if you're in between yardages, focusing on smooth swings to maintain accuracy.

4. Green-Reading Skills (2 Minutes)

- **Basic Green Reading Routine:**
 - Stand behind the ball and assess the slope of the green. Does it break left or right? Up or downhill?
 - Practice putting by reading the line and speed. Set up 3 putts from different distances (5, 10, 15 feet), reading each putt before making your stroke.
 - **Tip:** Always play for the high side, aiming for a smooth roll that trickles into the hole rather than a fast pace that might miss entirely.

5. Cool Down & Reflect (1 Minute)

- **Review Your Session:** Mentally note how well you stuck to your fundamentals, shot selection, and putting routine. Reflect on what worked and what you can refine for next time.
- **Post-Practice Stretch:** Finish with light static stretching to lengthen muscles in your back, hips and shoulders, so that your body can recover from the session so that you will be fresh for your next round.

By practicing these key fundamentals, shot management, and green-reading skills in just 10 minutes a day, you'll learn to play smarter and improve your ability to score. Weekend golfers often struggle by trying shots outside their skill level or by misreading greens. With this plan, you'll build the confidence to make better decisions on the course and lower your scores.