

THE PRACTICE SESSION BUILDER

Combine your Fix Packs into one focused, structured range session – based on what your game needs.

Pick your fixes. Choose your drills. Build your session.



DIAGNOSE



BUILD



COMBINE



PRACTICE



IMPROVE



THE GOLDEN RULES

These simple rules will help you get the most out of every practice session you build.



1. FOCUS ON 1-3 WEAKNESSES

Trying to fix everything at once leads to mediocre results. Focus on what will improve your game the most.



2. MATCH DRILLS TO YOUR FAULTS

Choose drills from the Fix Packs that directly address your weaknesses. Purpose over variety every time.



3. EVERY DRILL = 8 BALLS

When creating your own session, aim for 8 balls per drill. It's the perfect amount of reps to groove quality and see improvement.



4. EVERY SESSION = 5 DRILLS (40 BALLS)

Build every session using 5 drills. That's 40 purposeful balls with a clear plan from start to finish.



5. QUALITY OVER QUANTITY

Hit every ball with a purpose. Slow down, focus, and commit to each rep. Quality practice creates real change.

HOW IT WORKS

This guide shows you how to combine drills from your Fix Packs to create a structured, balanced session.



1. CHOOSE

Use the Diagnostic Tool to identify your biggest weaknesses.



2. BUILD

Use the percentages on the next pages to decide how many drills to pick from each Fix.



3. SELECT

Pick any Practice Plan (A, B or C) from each Fix Pack and choose your drills.



4. PRACTICE

Follow your plan, hit 40 purposeful balls, and get better.



REMEMBER:
PURPOSE > RANDOM PRACTICE

A clear plan will always outperform more balls with no direction.
Practice with purpose. See real results.

STEP 1

CHOOSE YOUR FIXES

Start with the Diagnostic Tool.
Identify your biggest weaknesses on the course.

Pick the 1–3 Fix Packs you want to focus on in your next practice session.

HOW TO USE THE DIAGNOSTIC TOOL



1. ANSWER THE QUESTIONS

Work through the diagnostic tool honestly based on your recent rounds.



2. IDENTIFY YOUR TOP WEAKNESS

You'll see your biggest, second biggest and third biggest weaknesses



3. CHOOSE YOUR FIX PACKS

You'll see your biggest, second biggest and third biggest weaknesses

WHAT TO CHOOSE



BIGGEST WEAKNESS

This is where you'll spend the most time and drills.



SECOND BIGGEST WEAKNESS

This gets the next highest focus.



THIRD BIGGEST WEAKNESS (OPTIONAL)

This gets the least focus.

KEEP IT SIMPLE

More focus = better results.
Stick to 1–3 Fix Packs per session.
Do less, get better.

REMEMBER:



You can't fix everything at once. Focus on what will move the needle the most.

NEXT STEP:



Now that you've chosen your Fixes, turn the page to build your session.




STEP 2

BUILD YOUR SESSION

Use these simple formulas to decide how many drills to choose in each fix pack.
Every session = 5 drills (40 balls)

Working on 1 Fix	Working on 2 Fixes	Working on 3 Fixes
100% Focus on your biggest weakness	60% / 40% Focus on your top 2 weakness	40% / 40% / 20% Focus on your top 3 weakness
Choose 5 drills from your biggest weakness	Choose 3 drills from your biggest weakness + Choose 2 drills from your second weakness	Choose 2 drills from your biggest weakness + Choose 2 drills from your second weakness + Choose 1 drill from your third weakness
5 DRILLS	3 + 2 DRILLS (60%) DRILLS (40%)	2 + 2 + 1 DRILLS (40%) DRILLS (40%) DRILLS (20%)
✓ 5 drills x 8 balls = 40 balls	✓ 5 drills x 8 balls = 40 balls	✓ 5 drills x 8 balls = 40 balls

 <p>KEY POINTS EACH DRILL = 8 BALLS EVERY SESSION = 5 DRILLS (40 BALLS) ADJUST THE MIX BASED ON WHAT YOUR GAME NEEDS MOST YOUR BIGGEST WEAKNESS ALWAYS GETS THE MOST ATTENTION</p>	 <p>ONE BUCKET. ONE PLAN. PURPOSE OVER RANDOM.</p>
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 <p>WHY IT WORKS This Formula ensures you spend time on what matters most, while still giving attention to the other areas of your game. it s simple, flexible and get results.</p>	 <p>5 = 40 BALLS DRILLS</p>	 <p>20 MINUTES (APPROX.)</p>
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STEP 3

CHOOSE YOUR DRILLS

Now it's time to choose your drills.
 Pick any Practice Plan (A, B or C) from each Fix Pack.
 Then select the required number of drills based on the formula you chose on the previous page.

EXAMPLE : WORKING ON 2 FIXES (60/40)

BIGGEST WEAKNESS

CONTACT

3 DRILLS (60%)

choose any 3 drills from your chosen plan

3

SECOND WEAKNESS

TEMPO

2 DRILLS (40%)

choose any 2 drills from your chosen plan

2



HOW IT WORKS



1. PICK A PLAN

Choose Plan A, B or C from each Fix Pack.



2. SELECT DRILLS

Pick the number of drills required from that plan.



3. GET TO WORK

Hit your 40 balls with purpose and commit to the plan.



CHANGE IT UP

Rotate your drills each session. Use different plans over time. The more you practice with purpose, the better you'll play.




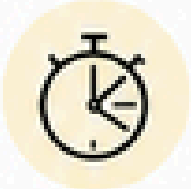

IMPORTANT

Every drill = 8 balls
 Complete each drill before moving to the next.
 Quality over quantity every time
 Stay focused on the process, not the outcome.

EXAMPLE SESSION

Here's how it all comes together.
Use this as inspiration to build your own session.

STEP 1: CHOOSE YOUR FIXES




<p>BIGGEST WEAKNESS</p>  <p>CONTACT</p>	<p>SECOND WEAKNESS</p>  <p>TEMPO</p>	<p>THIRD WEAKNESS</p>  <p>BALL FLIGHT</p>
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STEP 2: BUILD YOUR SESSION (3 FIXES = 40/40/20 RULE)

<p>BIGGEST WEAKNESS</p> <p>CONTACT 40% = 2 DRILLS</p> <p>2</p>	+	<p>SECOND WEAKNESS</p> <p>TEMPO 40% = 2 DRILLS</p> <p>2</p>	+	<p>THIRD WEAKNESS</p> <p>BALL FLIGHT 20% = 1 DRILL</p> <p>1</p>
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 **5 DRILLS TOTAL = 40 BALLS = ~20 MINUTES**

YOUR 40 BALL SESSION AT A GLANCE

FIX PACK	PLAN	DRILLS	BALLS
 CONTACT	B	• Towel Behind Ball • Narrow Gate	16 BALLS
 TEMPO	C	• Pause at the Top • Roll the Ball Back	16 BALLS
 BALL FLIGHT	A	• Stick in Bucket	8 BALLS

TOTAL | 5 DRILLS | 40 BALLS

EXAMPLE GOAL



Improve contact quality, swing tempo, and control ball flight.

BUILD A 40 BALL SESSION USING 3 FIX PACKS.

STEP 3: CHOOSE YOUR DRILLS

Pick any Practice Plan (A, B or C) from each Fix Pack and select the required number of drills.

CONTACT FIX PACK – PLAN B



- Towel Behind Ball
- Narrow Gate

2
DRILLS

TEMPO FIX PACK – PLAN C



- Pause at the Top
- Roll the Ball Back

2
DRILLS

BALL FLIGHT FIX PACK – PLAN A



- Stick in Bucket

1
DRILL

HOW TO RUN YOUR SESSION

- 1** Complete the first drill (8 balls).
- 2** Move to the next drill and repeat.
- 3** Work through all 5 drills.
- 4** Track your progress and make notes.
- 5** Next session, change the plans or drills and keep improving.



CONSISTENCY > PERFECTION

Show up. Have a plan. Get better.

BUILD YOUR SESSION WORKSHEET



YOUR GOAL

Be clear on what you want to improve in this session.

Use this page to plan your next practice session. Fill it out before you head to the range.

STEP 1: CHOOSE YOUR FIXES

List your top 1–3 weaknesses from the Diagnostic Tool.

1 BIGGEST WEAKNESS

2 SECOND WEAKNESS

3 THIRD WEAKNESS (OPTIONAL)

Focus on what matters most. Stick to 1–3 weaknesses.

STEP 2: APPLY THE FORMULA

Circle the formula you're using and note how many drills from each Fix Pack.

WORKING ON 1 FIX **100%** 5 DRILLS from 1 Fix Pack

OR

WORKING ON 2 FIXES **60%** / **40%**
3 DRILLS from #1 2 DRILLS from #2

OR

WORKING ON 3 FIXES **40%** / **40%** / **20%**
2 DRILLS from #1 2 DRILLS from #2 1 DRILL from #3

STEP 3: CHOOSE YOUR PLANS

Pick a Practice Plan (A, B or C) from each Fix Pack.

1 _____ Plan _____

2 _____ Plan _____

3 _____ Plan _____

(Add more if using other Fix Packs)

STEP 4: SELECT YOUR DRILLS

Choose the number of drills required from each Fix Pack based on the formula above.

1 Plan _____
Number of Drills: _____

1. _____
2. _____
3. _____
4. _____
5. _____

Balls: _____

2 Plan _____
Number of Drills: _____

1. _____
2. _____
3. _____
4. _____
5. _____

Balls: _____

3 Plan _____
Number of Drills: _____

1. _____
2. _____
3. _____
4. _____
5. _____

Balls: _____

0 Plan _____
Number of Drills: _____

1. _____
2. _____
3. _____
4. _____
5. _____

Balls: _____

STEP 5: SESSION SUMMARY



TOTAL DRILLS



TOTAL BALLS (DRILLS x 8)



EST. TIME (APPROX.)



MOST IMPORTANT

- ✓ Every drill = 8 balls
- ✓ Complete each drill before moving on
- ✓ Quality over quantity
- ✓ Stay focused on the process

NOTES
