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| Intelligent Practice Session |
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| Warm Up + Stretch |
| Wedges |
| 3x Chips 10 Yards |
| 3x Chips 30 Yards |
| 3x Half Shots 50-60 Yards |
| 3x Full Wedge Shots 70-100 Yard |
| Irons |
| 3x 8 Irons |
| 3x 6 Irons |
| 3x 4 irons |
| Woods |
| 3 x Hybrid / 5 Wood |
| 3x 3 Wood |
| 3x Driver |
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| Notes: |
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