



INSIDE MY PRACTICE PRO — MONTHLY TRACKER

Focus: Distance Control with Wedges

Develop precise distance control by improving strike, launch, and carry yardages — so wedges become a scoring tool.
When you know your numbers, you swing with confidence.

Skill	Description	■ Done	■ Keep Training
Solid Contact	Center-face contact 8/10 (check with foot spray or impact tape).	■	■
Consistent Launch	Train low / medium / high flights and repeat in 3 sessions.	■	■
Carry Distance	Use your clock system to record exact carry for 1–2 wedges.	■	■
Tempo & Rhythm	Match backswing-to-throughswing tempo (metronome or 1–2 count).	■	■

Weekly Practice Plan (use this month's videos)

Week	Focus	Goal
1	40–60 yard contact + tempo drill	Build solid strike and rhythm
2	Swing length / clock checkpoints	Create consistent distance pattern
3	Random practice (different lies / heights)	Train adaptability and feel
4	On-course distance challenge	Test wedge system and write results

Reflection & Awareness

- What did you learn about your wedge tendencies?
- What is your most repeatable distance right now?
- Which drill or adjustment helped the most?
- What will you keep working on next month?

Completion: aim to check every box by the end of the month — consistency builds confidence.