

20-MINUTE PRACTICE PLAN

sharp sessions for busy humans

Arm circles, hip openers, 10 easy putts from 3 metres. Get the body moving before the

WARM UP

0-3 MIN

Putt 5 discs from 3 m, 5 m, 7 m and 9 m. Score each set out of 5. Beat your own score
anytime.

PUTTING LADDER

3-8 MIN

Pick two targets 15-20 m apart. Throw 10 controlled backhands through the gap, focusing
on a flat release.

BACKHAND GAPS

8-13 MIN

10 forehand approach shots to a landing zone. Aim for the disc to sit down, not skip

FOREHAND TOUCH

13-18 MIN

5 slow putts to finish, then write one thing that worked and one thing to improve next
session.

COOL DOWN

18-20 MIN