

GOLF

MAGAZINE

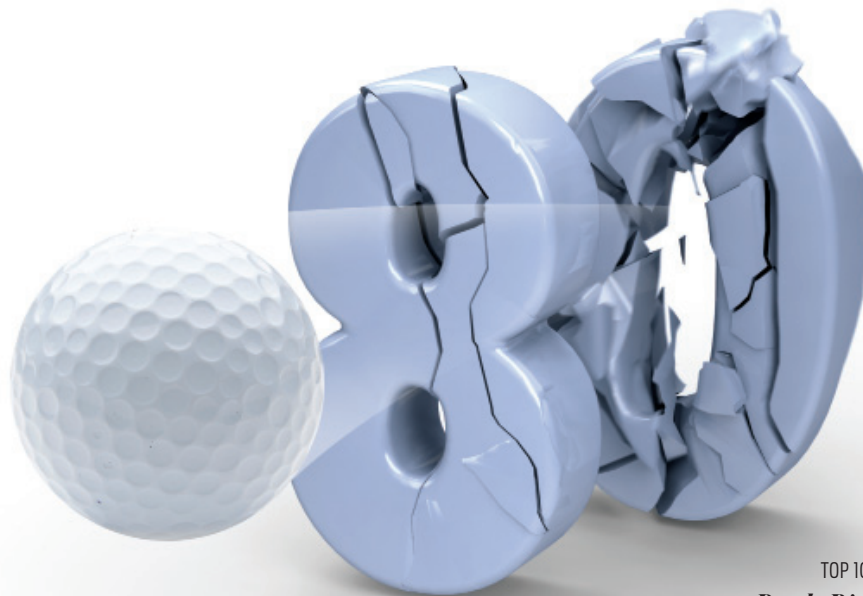
Break 80 Planner

Introduction

Your 6-Week Plan to a Lifetime of Low Scores

Your plan to finally break 80 requires you to do a number of things, the first of which is to accept that striking the ball like Ben Hogan and knocking down every flag is probably not going to happen. This is a common misconception among amateur golfers—that you need to be a shotmaking machine to shoot in the 70s. Not only is this not true, it's also an unrealistic goal for the vast majority of recreational players. Instead, you need to take an honest look at six parts of your game, each of which can gain or cost you strokes, and make a concerted effort to improve each.

The six critical areas are: 1) your scoring shots, 2) driving accuracy, 3) short game, 4) putting, 5) strategy, and 6) bunker play. Before you start working, however, you need to do the most important thing possible for your golf game: make a commitment. The final 10 or so strokes you need to save to break 80 aren't going to magically drop off by themselves. You're going to have to dedicate at least three hours a week to the process, and during those hours you're going to have to work in an organized fashion. But if you follow the plan, the videos (watch them at golf.com/break80, and the worksheets provided here, I guarantee that your overall game—and your scores—will improve.



TOP 100 TEACHER
Brady Riggs, PGA
WOODLEY LAKES G.C.
VAN NUYS, CALIF.



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Week-by-Week Action Plan



Week 1 (3 hours)

1. Gear Check

(60 minutes)

Have your scoring clubs (8-iron through LW) checked by a clubmaker. You want 4- or 5-degree increments between each club. Be certain your lofts are correct and that the gaps are appropriate.

2. Scoring Club Check

(60 minutes)

Hit 10 balls with each club until you can confidently say how far you hit each club when you make solid contact.

3. Scoring Club Practice

(60 minutes)

Mark off the yardage for each club from 8-iron to your shortest wedge and hit 10 balls with each club to each corresponding target.

Week 2 (3 hours)

1. Find Your Go-To Drive

(60 minutes)

Decide if your "get it in play" drive will be a draw or fade. Shore up your setup for the shot you choose and spend some time working on hitting that shot consistently.

2. Cross-the-Line Drill

(60 minutes)

If at first you don't succeed, stick with it. Your goal at the end of six weeks is to hit 7 out of 10 drives in the correct area of the fairway.

3. Scoring Club Practice

(60 minutes)

Week 3 (3 hours)

1. Carry vs. Roll Assessment

(60 minutes)

Make sure your setup is sound and that your stroke can produce solid, ball-first contact every time. Practice with your pitch, sand and lob wedges until you feel confident.

2. Pitch/Chip Drill

(60 minutes)

Go to a practice green with different-length pins, or set up some targets yourself that correspond with the distances you pitch each of your wedges using the same swing and your pre-determined carry-to-roll ratios.

3. Cross-the-Line Drill

(30 minutes)

4. Scoring Club Practice

(30 minutes)

Week 4 (3 hours)

1. Lock In Your Speed

(30 minutes)

Consistent pace is key for three-putt avoidance, which is one of the most common causes of double bogeys. Perform the Speed Drill for 30 minutes and chart your results.

2. Make 10 5-Footers

(45 minutes)

Take 10 balls and line them up 5 feet from a practice hole. The goal is to make all 10, and if you miss one, you have to start over. Chart your progress and see how long it takes you to make all 10.

3. Play "Sinks"

(45 minutes)

Hone your competitive edge against your best golf buddy.

4. Cross-the-Line Drill

(30 minutes)

5. Pitch/Chip Drill

(30 minutes)

Week 5 (3 hours)

1. Make a Plan

(30 minutes)

Go through the yardage book from your home course and devise a strategy for each hole. Pay attention to the par-3s and par-5s.

2. Lock in Your Speed

(30 minutes)

3. Make 10 5-Footers/"Sinks"

(30 minutes)

4. Scoring-Club Practice

(30 minutes)

5. Cross-the-Line Drill

(30 minutes)

6. Pitch/Chip Drill

(30 minutes)

Week 6 (3 hours)

1. 10 Balls Out

(30 minutes)

Find a practice bunker and drop 10 balls in the sand. Hit all 10 with the simple goal of getting each one out on the first try. When you leave one in the sand, start over until you can get all 10 out in a row.

2. Lock in Your Speed

(30 minutes)

3. Scoring Club Practice

(30 minutes)

4. Cross-the-Line Drill

(30 minutes)

5. Pitch/Chip Drill

(30 minutes)

6. Performance Review

(30 minutes)

Use the worksheets to see how close you are to each of the goals associated with the main drills.

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Week 1: Scoring Club Assessment

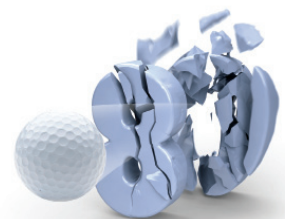
DIRECTIONS: At your practice facility, take your 8-iron through LW and hit 10 practice balls with each (if possible, the balls you normally play, not range balls). Hit these shots from a good flat spot on the range. It's important to do this on a quiet day with little wind. It's also important to know your yardages as accurately as possible, so I recommend using a rangefinder for this exercise. Mark the average yardage you hit with each club using the form below.

	8-IRON	9-IRON	PW	SW	GW	LW
SWING 1						
SWING 2						
SWING 3						
SWING 4						
SWING 5						
SWING 6						
SWING 7						
SWING 8						
SWING 9						
SWING 10						
TOTAL						
/ 10						
AVERAGE						

PROGRESS CHECK: CONSISTENT GAPS

GOAL: You should notice a 10- to 15-yard gap between the distance you hit successive clubs (for example: 60-yard LW, 75-yard SW, 90-yard GW, etc.).

YOU'RE FALLING BEHIND IF: You're not noticing consistent gaps between the distance you hit each iron. Check the lofts on your scoring clubs to make sure they're equally spaced. **For more on this exercise, watch the video at golf.com/break80.**



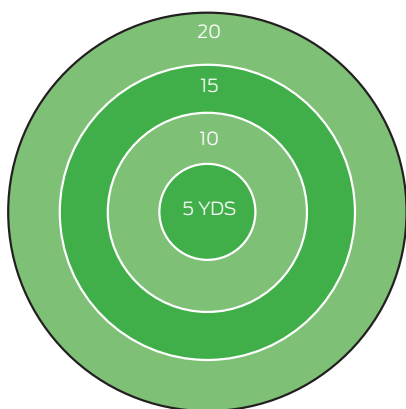
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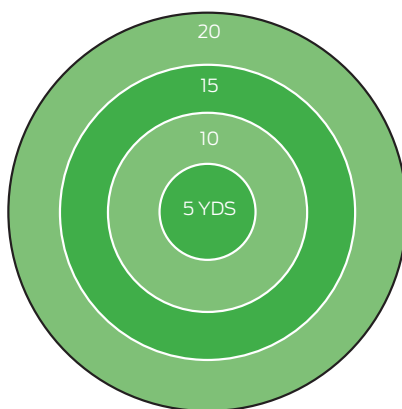
Week 1: Scoring Club Distance Practice

DIRECTIONS: Hit 10 solid shots with each of your scoring clubs (8-iron through LW) to a target. Your goal here is to see how consistently you can hit each club (plot each shot using the charts below). As you do this, determine which scoring club is your favorite, or the most reliable. If you're going to cut those last few strokes and break 80, you'll need to have a go-to lay-up distance. **For more on this exercise, watch the video at golf.com/break80.**



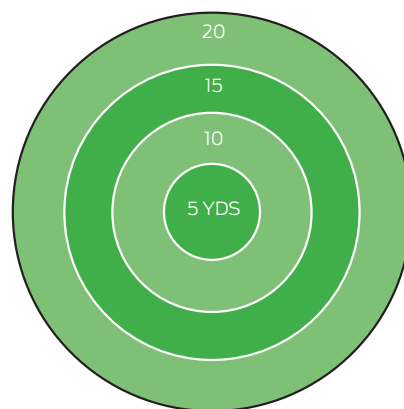
8-IRON RESULTS

Within 10 yards ___ out of 10
Outside 10 yards ___ out of 10



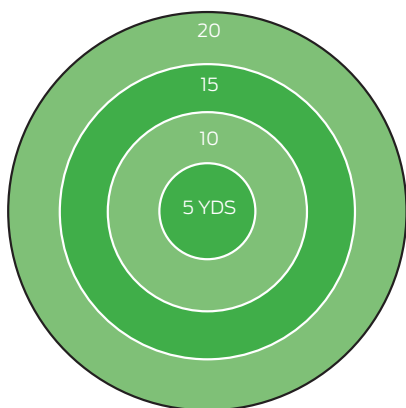
9-IRON RESULTS

Within 10 yards ___ out of 10
Outside 10 yards ___ out of 10



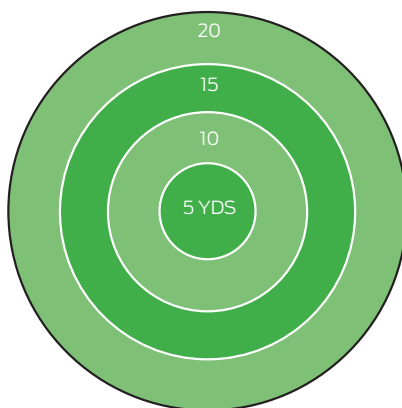
PW RESULTS

Within 10 yards ___ out of 10
Outside 10 yards ___ out of 10



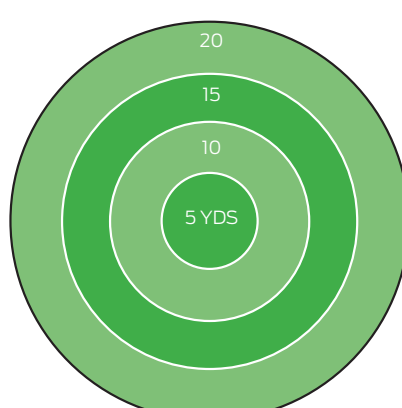
GW RESULTS

Within 10 yards ___ out of 10
Outside 10 yards ___ out of 10



SW RESULTS

Within 10 yards ___ out of 10
Outside 10 yards ___ out of 10



LW RESULTS

Within 10 yards ___ out of 10
Outside 10 yards ___ out of 10

PROGRESS CHECK: 70% WITHIN 10 YARDS

GOAL: At the end of 6-week plan you should be able to consistently land about 70 percent of your shots with each of these clubs in a 10-yard radius

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, then visit the short-game lesson tips on golf.com/shortgame.



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Week 2: Cross-the-Line Drill

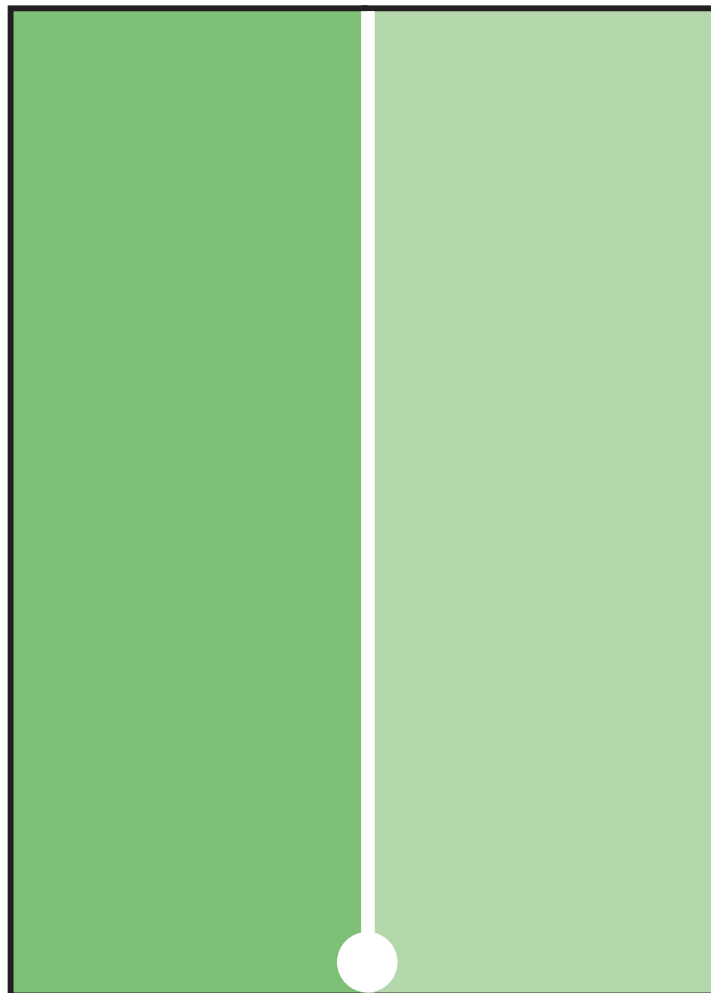
DIRECTIONS: Determine what shot shape you're going to use as your go-to drive and test yourself and improve your ability to play it under pressure. Find a practice fairway or area of the range with plenty of flat ground in front of you. Picture a centerline to your target and use that as your guide. If you're going to use an anti-right shot (draw) as your go-to drive, for example, your goal should be to start every drive right of the centerline and draw it back toward the line without crossing over it. If you want to fade the ball (anti-left), do the opposite. Hit 10 balls and try to get as many as you can in your target area (plot each shot trajectory with a pen using the charts below). If you can learn to do this, you'll be on your way to breaking 80.

MY "ANTI-SHOT" SHOT IS A

- DRAW** (Start right of center and curve back to middle, but don't cross the centerline).
- FADE** (Start left of center and curve back to middle, but don't cross the centerline).

RESULTS:

Correct	___ out of 10
Start in wrong half	___ out of 10
Cross the line	___ out of 10



FADES START HERE
DRAWS NEVER FINISH HERE

DRAWS START HERE
FADES NEVER FINISH HERE

PROGRESS CHECK: 70% IN TARGET AREA

GOAL: At the end of the 6-week plan you should be able to consistently land about 70 percent of your anti-shots in your target area.

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique. **For more on this hitting draws and fades on command, watch the video at golf.com/break80.**



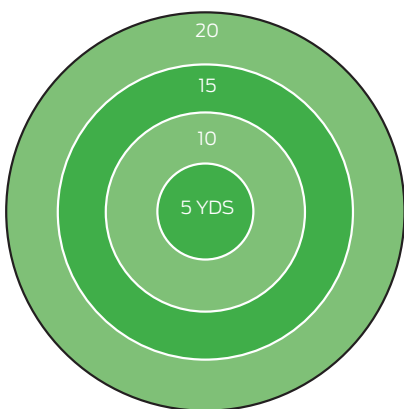
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Week 2: Scoring Club Distance Practice

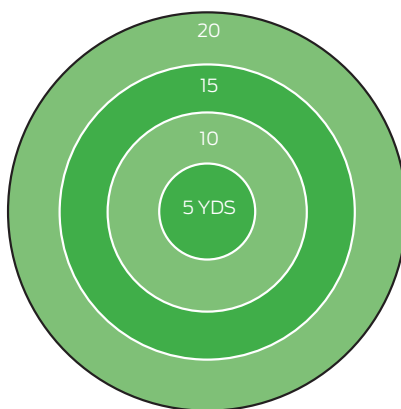
DIRECTIONS: Hit 10 solid shots with each of your scoring clubs (8-iron through LW) to a target. Your goal here is to see how consistently you can hit each club (plot each shot using the charts below). As you do this, determine which scoring club is your favorite, or the most reliable. If you're going to cut those last few strokes and break 80, you'll need to have a go-to lay-up distance. **For more on this exercise, watch the video at golf.com/break80.**



8-IRON RESULTS

Within 10 yards ___ out of 10

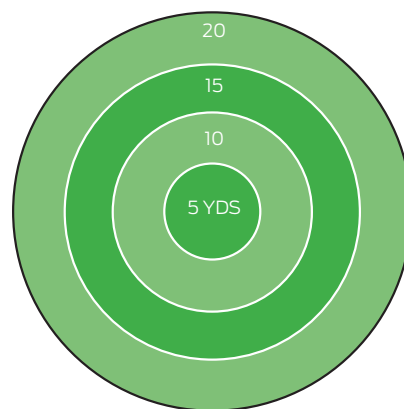
Outside 10 yards ___ out of 10



9-IRON RESULTS

Within 10 yards ___ out of 10

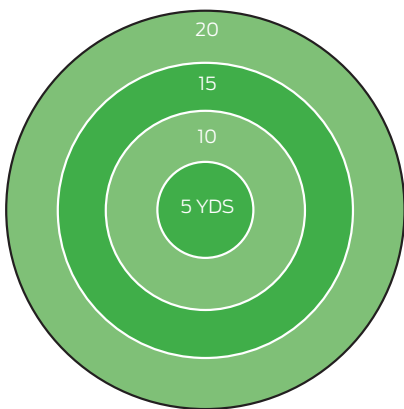
Outside 10 yards ___ out of 10



PW RESULTS

Within 10 yards ___ out of 10

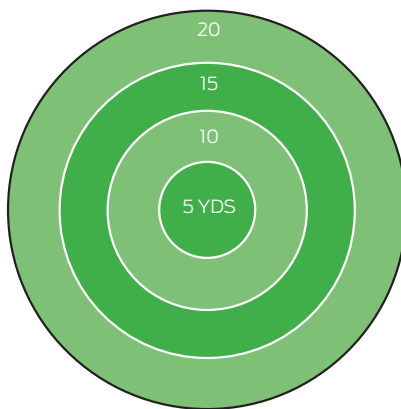
Outside 10 yards ___ out of 10



GW RESULTS

Within 10 yards ___ out of 10

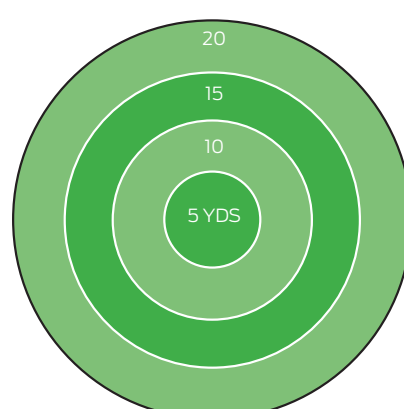
Outside 10 yards ___ out of 10



SW RESULTS

Within 10 yards ___ out of 10

Outside 10 yards ___ out of 10



LW RESULTS

Within 10 yards ___ out of 10

Outside 10 yards ___ out of 10

PROGRESS CHECK: 70% WITHIN 10 YARDS

GOAL: At the end of 6-week plan you should be able to consistently land about 70 percent of your shots with each of these clubs in a 10-yard radius

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, then visit the short-game lesson tips on golf.com/shortgame.



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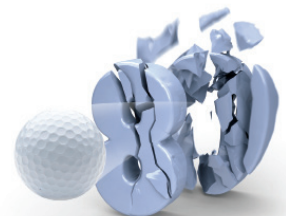
Week 3: Pitch/Chip Carry vs. Roll Assessment

DIRECTIONS: Pick a basic landing spot on the practice chipping green and see how much roll you get with each club after landing the ball in your spot (hit at least three shots with each of your scoring clubs, and keep track of your results using the chart below). Learn to produce this same combination of carry vs. roll every time and you'll find it much easier to get the ball close to the pin consistently. **For more on this technique, watch the video at golf.com/break80.**

	CARRY	ROLL	TOTAL
8-iron			
8-iron			
8-iron			
9-iron			
9-iron			
9-iron			
PW			
PW			
PW			
GW			
GW			
GW			
SW			
SW			
SW			
LW			
LW			
LW			

PROGRESS CHECK: RATIO KNOWLEDGE

GOAL: Becoming proficient around the greens depends largely on knowing how much carry and roll your shots produce with every club. Chart your results carefully and concentrate on using the same swing every time. This will help you build confidence in your ability to stop the ball close to the pin on a consistent basis.



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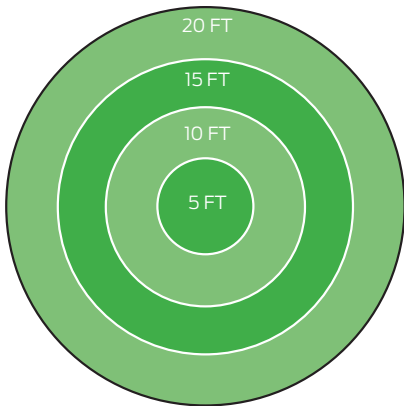
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Week 3: Pitch/Chip Drill

DIRECTIONS: To hone the proper technique, find a practice green with flags of varying distances (close, medium and far) and take all of your wedges and scoring irons (8- and 9-iron). You should hit 10 balls to each target with the goal of getting every shot within 5 feet of the pin. Remember to use the same basic swing every time but with a variety of clubs. To do this drill successfully, you'll have to pick your landing spots carefully and be conscious of how much roll you get from each of your short-game clubs.

CLOSE PIN
(10 BALLS)



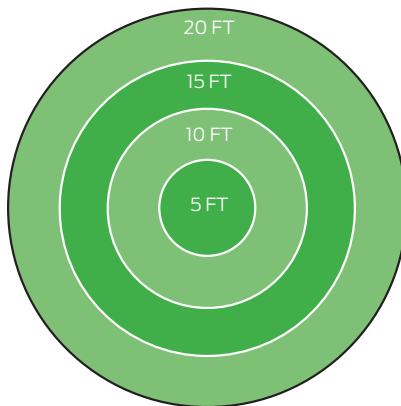
RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

MIDDLE PIN
(10 BALLS)



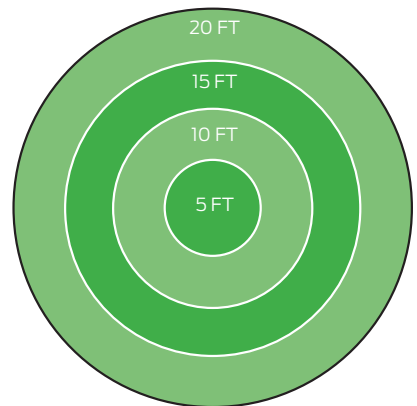
RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

FAR PIN
(10 BALLS)



RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

PROGRESS CHECK: 100% WITHIN 5 FEET

GOAL: At the end of the 6-week plan you should be able to consistently stop every pitch and chip you hit within 5 feet of your target.

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, or re-assess the carry and roll distances you achieve with each scoring club using the one-swing technique demonstrated on page 128 in the April issue of *GOLF Magazine*.



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Week 3: Cross-the-Line Drill

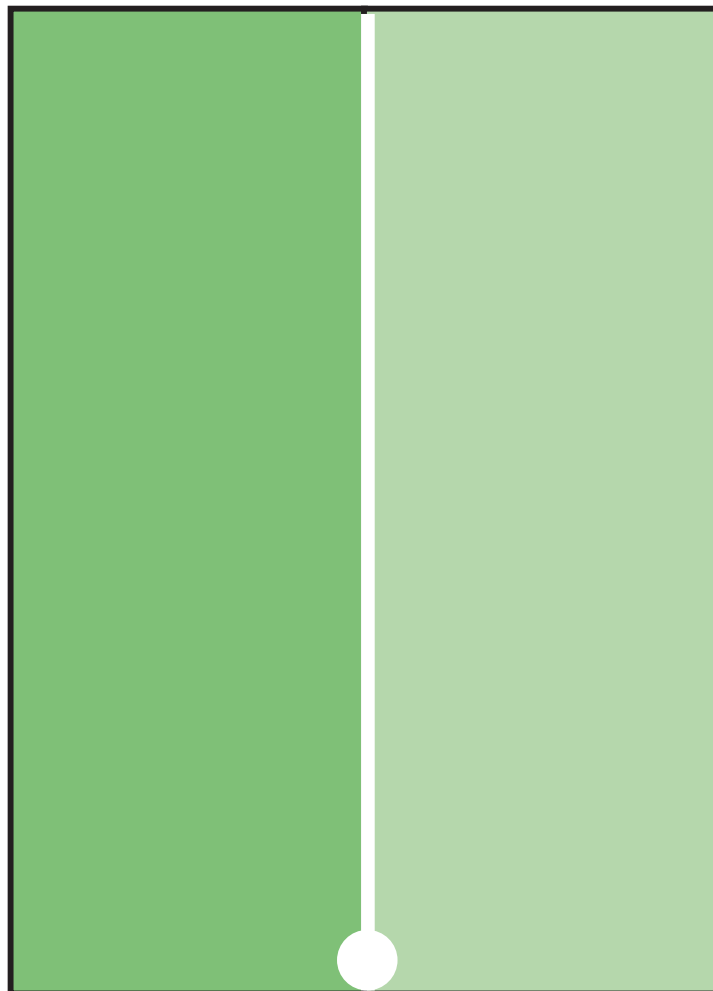
DIRECTIONS: Determine what shot shape you're going to use as your go-to drive and test yourself and improve your ability to play it under pressure. Find a practice fairway or area of the range with plenty of flat ground in front of you. Picture a centerline to your target and use that as your guide. If you're going to use an anti-right shot (draw) as your go-to drive, for example, your goal should be to start every drive right of the centerline and draw it back toward the line without crossing over it. If you want to fade the ball (anti-left), do the opposite. Hit 10 balls and try to get as many as you can in your target area (plot each shot trajectory with a pen using the charts below). If you can learn to do this, you'll be on your way to breaking 80.

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- FADE** (Start left of center and curve back to middle, but don't cross the centerline).

RESULTS:

Correct	___ out of 10
Start in wrong half	___ out of 10
Cross the line	___ out of 10



FADES START HERE
DRAWS NEVER FINISH HERE

DRAWS START HERE
FADES NEVER FINISH HERE

PROGRESS CHECK: 70% IN TARGET AREA

GOAL: At the end of the 6-week plan you should be able to consistently land about 70 percent of your anti-shots in your target area.

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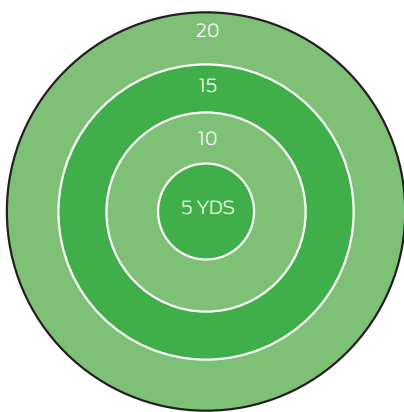
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Week 3: Scoring Club Distance Practice

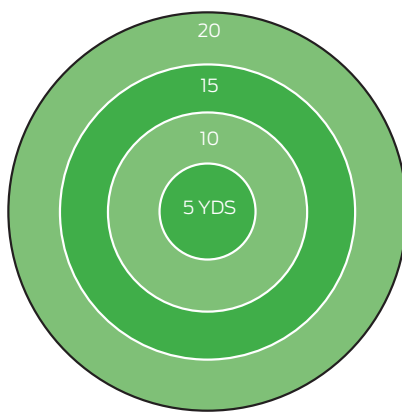
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8-IRON RESULTS

Within 10 yards ___ out of 10

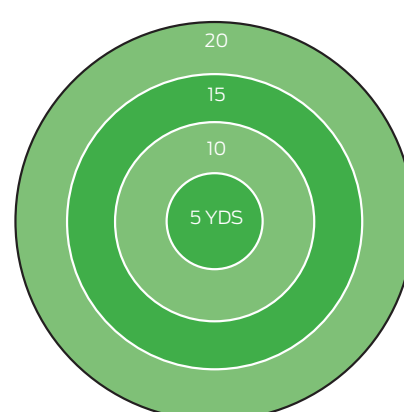
Outside 10 yards ___ out of 10



9-IRON RESULTS

Within 10 yards ___ out of 10

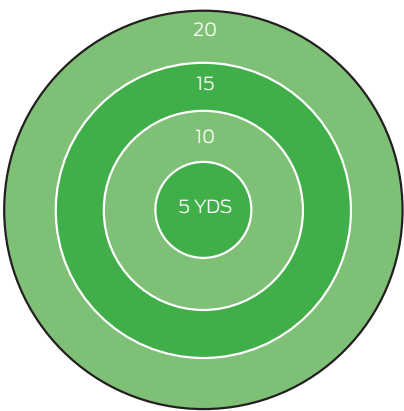
Outside 10 yards ___ out of 10



PW RESULTS

Within 10 yards ___ out of 10

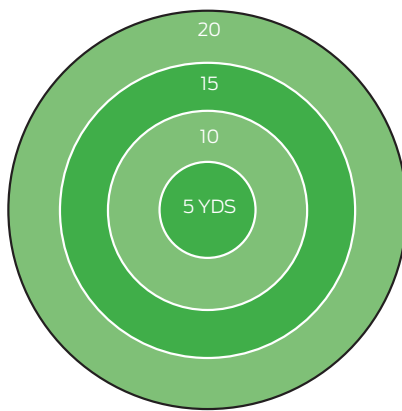
Outside 10 yards ___ out of 10



GW RESULTS

Within 10 yards ___ out of 10

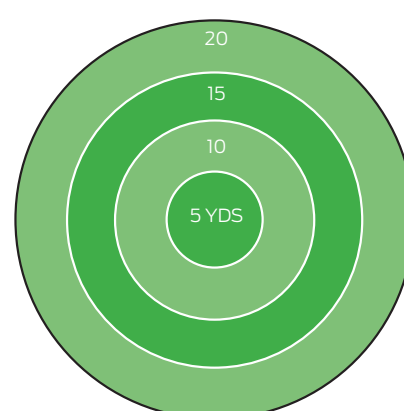
Outside 10 yards ___ out of 10



SW RESULTS

Within 10 yards ___ out of 10

Outside 10 yards ___ out of 10



LW RESULTS

Within 10 yards ___ out of 10

Outside 10 yards ___ out of 10

PROGRESS CHECK: 70% WITHIN 10 YARDS

GOAL: At the end of 6-week plan you should be able to consistently land about 70 percent of your shots with each of these clubs in a 10-yard radius

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Week 4: Putting Practice

LOCK IN YOUR SPEED

DIRECTIONS: Pick a spot about 10 feet away on the practice green and try to roll a ball directly onto the spot. Once the ball comes to rest, try to roll another ball just past the first, but as close to it as you can. Don't come up short—if you do, you have to start over. Your goal is to get 10 balls into a 10-foot area, each one just a bit farther away than the previous ball. **For more on this drill, see my video at golf.com/break80.**

RESULTS

1st attempt: ___ lagged in a row

2nd attempt: ___ lagged in a row

3rd attempt: ___ lagged in a row

4th attempt: ___ lagged in a row

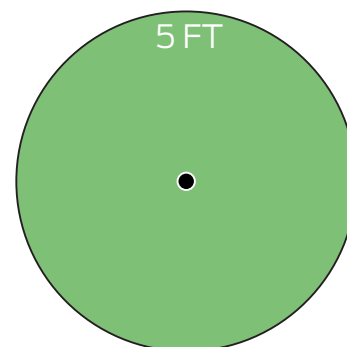
5th attempt: ___ lagged in a row

"SINKS

DIRECTIONS: You need some competition that mimics on-course pressure. My favorite is a one-on-one game called "Sinks." Find a friend and play nine holes on the putting green, with each hole a par 2. One-putts count for a point, two-putts are zero, and three-putts are negative one. Make winning this game important by letting the loser buy lunch and soon enough your lag putting, and short putting, will get a lot sharper—especially if you lose the first game or two.

5-FOOT DRILL

DIRECTIONS: Take 10 balls and line them up 5 feet from a practice hole. The goal is to make all 10, and if you miss one, you have to start over. Chart your progress and see how long it takes you to make all 10. Phil Mickelson does this with 100 balls, so it's up to you to work as hard as you want.



RESULTS

1st attempt: ___ made in a row

2nd attempt: ___ made in a row

3rd attempt: ___ made in a row

4th attempt: ___ made in a row

5th attempt: ___ made in a row

PROGRESS CHECK: IMPROVED PUTTING

GOAL: At the end of the 6-week plan you should be able to lag 10 balls in a row consistently using the "Lock in Your Speed" drill; make at least 8 5-footers in a row using the "5-Foot" drill; and consistently take your opponent to the cleaners when playing "Sinks."

YOU'RE FALLING BEHIND IF: You're not hitting the consistency marks above. Check your technique, **and watch the video on golf.com/break80.**



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Week 4: Cross-the-Line Drill

DIRECTIONS: Determine what shot shape you're going to use as your go-to drive and test yourself and improve your ability to play it under pressure. Find a practice fairway or area of the range with plenty of flat ground in front of you. Picture a centerline to your target and use that as your guide. If you're going to use an anti-right shot (draw) as your go-to drive, for example, your goal should be to start every drive right of the centerline and draw it back toward the line without crossing over it. If you want to fade the ball (anti-left), do the opposite. Hit 10 balls and try to get as many as you can in your target area (plot each shot trajectory with a pen using the charts below). If you can learn to do this, you'll be on your way to breaking 80.

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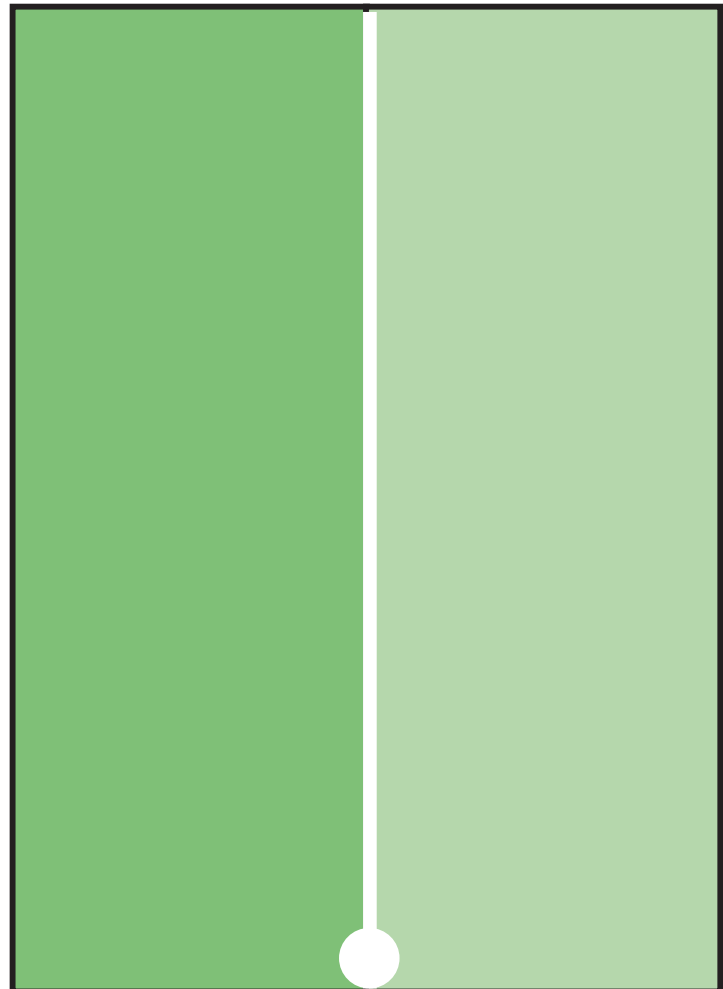
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- FADE** (Start left of center and curve back to middle, but don't cross the centerline).

RESULTS:

Correct _____ out of 10

Start in wrong half _____ out of 10

Cross the line _____ out of 10



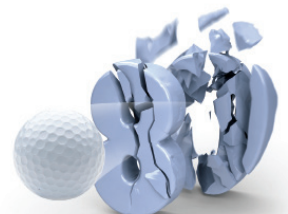
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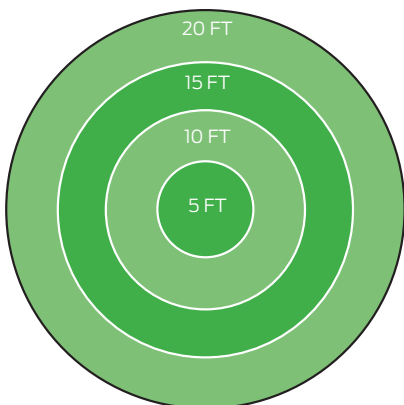
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Break 80 Planner

Week 4: Pitch/Chip Drill

DIRECTIONS: To hone the proper technique, find a practice green with flags of varying distances (close, medium and far) and take all of your wedges and scoring irons (8- and 9-iron). You should hit 10 balls to each target with the goal of getting every shot within 5 feet of the pin. Remember to use the same basic swing every time but with a variety of clubs. To do this drill successfully, you'll have to pick your landing spots carefully and be conscious of how much roll you get from each of your short-game clubs.

CLOSE PIN
(10 BALLS)



RESULTS

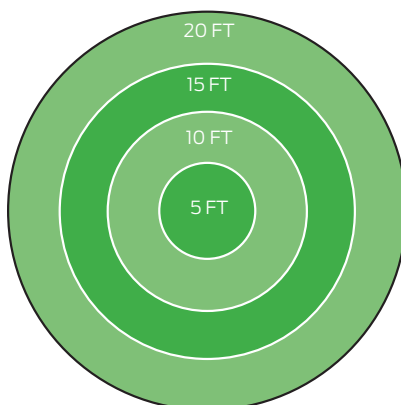
Within 5 feet: ___ out of 10

Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

MIDDLE PIN
(10 BALLS)



RESULTS

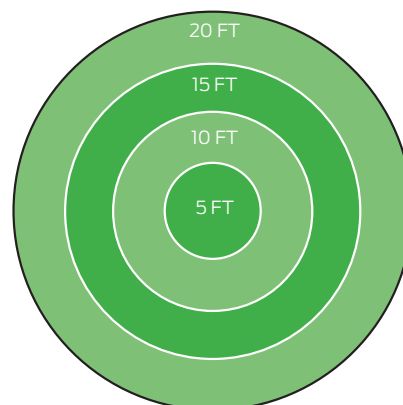
Within 5 feet: ___ out of 10

Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

FAR PIN
(10 BALLS)



RESULTS

Within 5 feet: ___ out of 10

Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

PROGRESS CHECK: 100% WITHIN 5 FEET

GOAL: At the end of the 6-week plan you should be able to consistently stop every pitch and chip you hit within 5 feet of your target.

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, or re-assess the carry and roll distances you achieve with each scoring club using the one-swing technique demonstrated on page 128 in the April issue of *GOLF Magazine*.



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MAGAZINE

Break 80 Planner

Week 5: Strategy

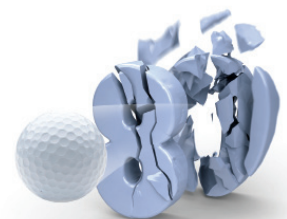
DIRECTIONS: For every single round you play during the remaining days of the 6-week Break 80 plan (and beyond if you're serious about dropping your handicap to all-new lows), use this chart to take special note of your scores on all par-3s and par-5s. The key for shaving strokes on par-3s is to think of them, especially the longer and harder ones, as par-3.5s. When you face a long par-3, take a good look at your possible miss areas, almost as you would when surveying a fairway from the tee. Your goal should be to find the least penal area to miss and aim for that part of the green. The worst thing you can do is to shoot at a flag that's surrounded by trouble and wind up making double- or triple-bogey. On these holes, be happy with a "4" and think of a "3" as a bonus. Forget about birdies here.

On par-5s, you need to carefully consider whether or not you have a realistic chance to reach the green in two, even with your very best drive. If not, hit a more conservative club off the tee. Use the same thought process from the fairway: don't automatically assume you're going for the green in two. In fact, the only time you should go for the green is if you can reach the greenside bunkers with a comfortable shot with your longest club. If you can't, you're better off laying up to a nice wedge distance (use your go-to layup developed in Week 1).

	Par 3 (+-)	Par 5 (+/-)
Round 1		
Round 2		
Round 3		
Round 4		
Round 5		
Round 6		
Round 7		
Round 8		
Round 9		
Round 10		
Round 11		
Round 12		
Round 13		
Round 14		
Round 15		
Round 16		
Round 17		
Round 18		

PROGRESS CHECK: PARS OR BUST

GOAL: By the end of the 6-week plan the majority of your par-3 and par-5 scores should be 3s and 5s, respectively. Think of a "3" on a par 3 as birdie, and consider a bogey on a par 5 as a double.



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Break 80 Planner

Week 5: Putting Practice

LOCK IN YOUR SPEED

DIRECTIONS: Pick a spot about 10 feet away on the practice green and try to roll a ball directly onto the spot. Once the ball comes to rest, try to roll another ball just past the first, but as close to it as you can. Don't come up short—if you do, you have to start over. Your goal is to get 10 balls into a 10-foot area, each one just a bit farther away than the previous ball. **For more on this drill, see my video at golf.com/break80.**

RESULTS

1st attempt: ___ lagged in a row

2nd attempt: ___ lagged in a row

3rd attempt: ___ lagged in a row

4th attempt: ___ lagged in a row

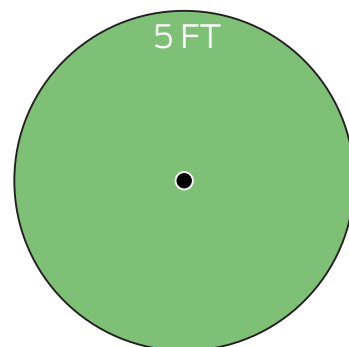
5th attempt: ___ lagged in a row

"SINKS

DIRECTIONS: You need some competition that mimics on-course pressure. My favorite is a one-on-one game called "Sinks." Find a friend and play nine holes on the putting green, with each hole a par 2. One-putts count for a point, two-putts are zero, and three-putts are negative one. Make winning this game important by letting the loser buy lunch and soon enough your lag putting, and short putting, will get a lot sharper—especially if you lose the first game or two.

5-FOOT DRILL

DIRECTIONS: Take 10 balls and line them up 5 feet from a practice hole. The goal is to make all 10, and if you miss one, you have to start over. Chart your progress and see how long it takes you to make all 10. Phil Mickelson does this with 100 balls, so it's up to you to work as hard as you want.



RESULTS

1st attempt: ___ made in a row

2nd attempt: ___ made in a row

3rd attempt: ___ made in a row

4th attempt: ___ made in a row

5th attempt: ___ made in a row

PROGRESS CHECK: IMPROVED PUTTING

GOAL: At the end of the 6-week plan you should be able to lag 10 balls in a row consistently using the "Lock in Your Speed" drill; make at least 8 5-footers in a row using the "5-Foot" drill; and consistently take your opponent to the cleaners when playing "Sinks."

YOU'RE FALLING BEHIND IF: You're not hitting the consistency marks above. Check your technique, **and watch the video on golf.com/break80.**



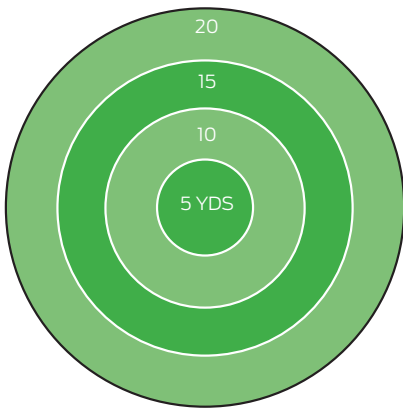
GOLF

MAGAZINE

Break 80 Planner

Week 5: Scoring Club Distance Practice

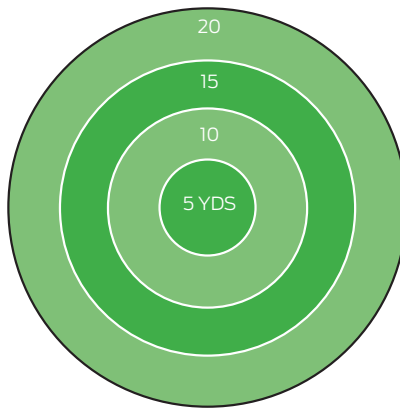
DIRECTIONS: Hit 10 solid shots with each of your scoring clubs (8-iron through LW) to a target. Your goal here is to see how consistently you can hit each club (plot each shot using the charts below). As you do this, determine which scoring club is your favorite, or the most reliable. If you're going to cut those last few strokes and break 80, you'll need to have a go-to lay-up distance. **For more on this exercise, watch the video at golf.com/break80.**



8-IRON RESULTS

Within 10 yards ___ out of 10

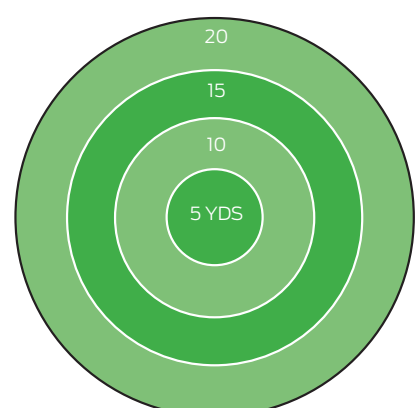
Outside 10 yards ___ out of 10



9-IRON RESULTS

Within 10 yards ___ out of 10

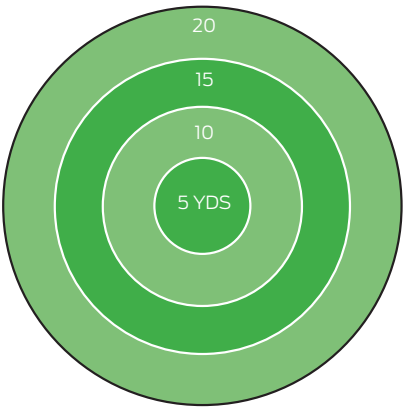
Outside 10 yards ___ out of 10



PW RESULTS

Within 10 yards ___ out of 10

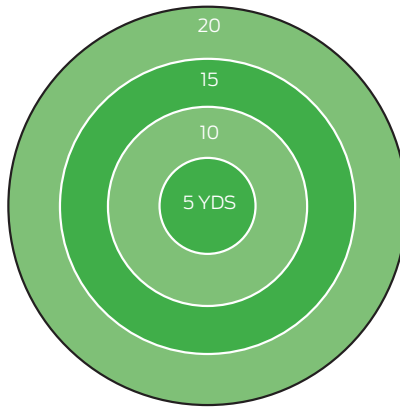
Outside 10 yards ___ out of 10



GW RESULTS

Within 10 yards ___ out of 10

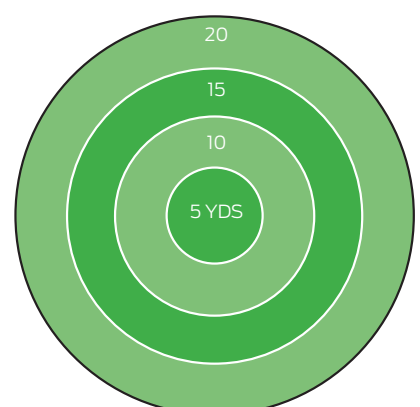
Outside 10 yards ___ out of 10



SW RESULTS

Within 10 yards ___ out of 10

Outside 10 yards ___ out of 10



LW RESULTS

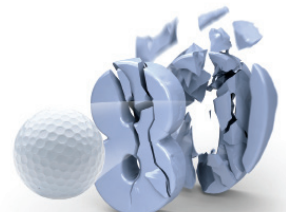
Within 10 yards ___ out of 10

Outside 10 yards ___ out of 10

PROGRESS CHECK: 70% WITHIN 10 YARDS

GOAL: At the end of 6-week plan you should be able to consistently land about 70 percent of your shots with each of these clubs in a 10-yard radius

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, then visit the short-game lesson tips on golf.com/shortgame.



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Break 80 Planner

Week 5: Cross-the-Line Drill

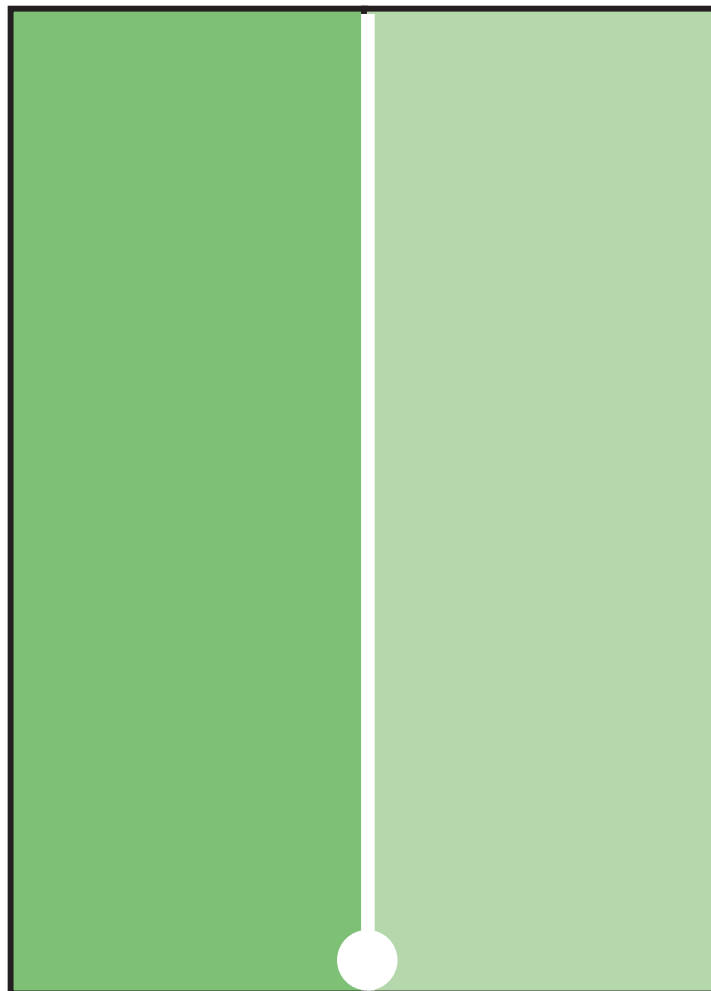
DIRECTIONS: Determine what shot shape you're going to use as your go-to drive and test yourself and improve your ability to play it under pressure. Find a practice fairway or area of the range with plenty of flat ground in front of you. Picture a centerline to your target and use that as your guide. If you're going to use an anti-right shot (draw) as your go-to drive, for example, your goal should be to start every drive right of the centerline and draw it back toward the line without crossing over it. If you want to fade the ball (anti-left), do the opposite. Hit 10 balls and try to get as many as you can in your target area (plot each shot trajectory with a pen using the charts below). If you can learn to do this, you'll be on your way to breaking 80.

MY "ANTI-SHOT" SHOT IS A

- DRAW** (Start right of center and curve back to middle, but don't cross the centerline).
- FADE** (Start left of center and curve back to middle, but don't cross the centerline).

RESULTS:

Correct	___ out of 10
Start in wrong half	___ out of 10
Cross the line	___ out of 10



FADES START HERE
DRAWS NEVER FINISH HERE

DRAWS START HERE
FADES NEVER FINISH HERE

PROGRESS CHECK: 70% IN TARGET AREA

GOAL: At the end of the 6-week plan you should be able to consistently land about 70 percent of your anti-shots in your target area.

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique. **For more on this hitting draws and fades on command, watch the video at golf.com/break80.**



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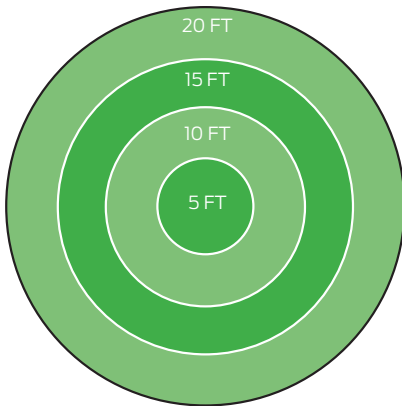
MAGAZINE

Break 80 Planner

Week 5: Pitch/Chip Drill

DIRECTIONS: To hone the proper technique, find a practice green with flags of varying distances (close, medium and far) and take all of your wedges and scoring irons (8- and 9-iron). You should hit 10 balls to each target with the goal of getting every shot within 5 feet of the pin. Remember to use the same basic swing every time but with a variety of clubs. To do this drill successfully, you'll have to pick your landing spots carefully and be conscious of how much roll you get from each of your short-game clubs.

CLOSE PIN
(10 BALLS)



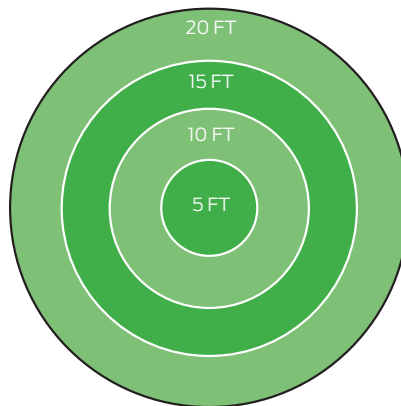
RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

MIDDLE PIN
(10 BALLS)



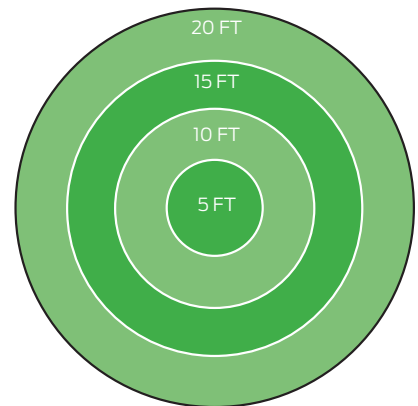
RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

FAR PIN
(10 BALLS)



RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

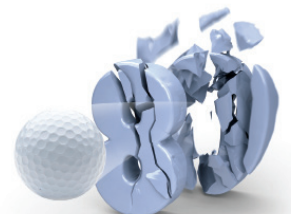
SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

PROGRESS CHECK: 100% WITHIN 5 FEET

GOAL: At the end of the 6-week plan you should be able to consistently land every pitch and chip you hit to within 5 feet of your target.

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, or re-assess the carry and roll distances you achieve with each scoring club using the one-swing technique demonstrated on page 128 in the April issue of *GOLF Magazine*.



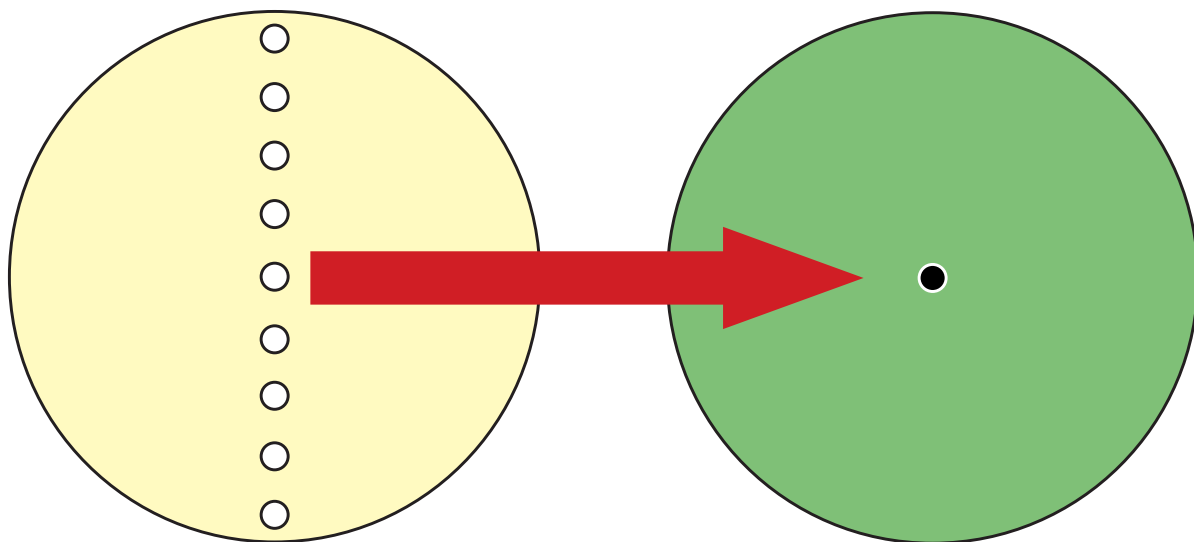
GOLF

MAGAZINE

Break 80 Planner

Week 6: Blast 10 Balls Out

DIRECTIONS: Find a practice bunker and drop 10 balls in the sand. Hit all 10 with the simple goal of getting each one out on the first try. When you leave one in the sand, start over until you can get all 10 out in a row. Perform at least four 10-ball sessions to firm up your bunker play.



SESSION 1 RESULTS

Got it out: ___ out of 10

Didn't get it out: ___ out of 10

SESSION 2 RESULTS

Got it out: ___ out of 10

Didn't get it out: ___ out of 10

SESSION 3 RESULTS

Got it out: ___ out of 10

Didn't get it out: ___ out of 10

SESSION 4 RESULTS

Got it out: ___ out of 10

Didn't get it out: ___ out of 10

PROGRESS CHECK: 100% SUCCESS

GOAL: At the end of the plan you should be able to consistently get all 10 balls out of the bunker.

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, or make sure you're focused on simply getting the ball up and out, and not necessarily extra close. **For more on how to escape sand, watch the video on golf.com/break80.**



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Break 80 Planner

Week 6: Putting Practice

LOCK IN YOUR SPEED

DIRECTIONS: Pick a spot about 10 feet away on the practice green and try to roll a ball directly onto the spot. Once the ball comes to rest, try to roll another ball just past the first, but as close to it as you can. Don't come up short—if you do, you have to start over. Your goal is to get 10 balls into a 10-foot area, each one just a bit farther away than the previous ball. **For more on this drill, see my video at golf.com/break80.**

RESULTS

1st attempt: ___ lagged in a row

2nd attempt: ___ lagged in a row

3rd attempt: ___ lagged in a row

4th attempt: ___ lagged in a row

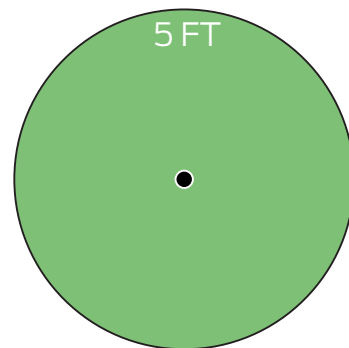
5th attempt: ___ lagged in a row

"SINKS

DIRECTIONS: You need some competition that mimics on-course pressure. My favorite is a one-on-one game called "Sinks." Find a friend and play nine holes on the putting green, with each hole a par 2. One-putts count for a point, two-putts are zero, and three-putts are negative one. Make winning this game important by letting the loser buy lunch and soon enough your lag putting, and short putting, will get a lot sharper—especially if you lose the first game or two.

5-FOOT DRILL

DIRECTIONS: Take 10 balls and line them up 5 feet from a practice hole. The goal is to make all 10, and if you miss one, you have to start over. Chart your progress and see how long it takes you to make all 10. Phil Mickelson does this with 100 balls, so it's up to you to work as hard as you want.



RESULTS

1st attempt: ___ made in a row

2nd attempt: ___ made in a row

3rd attempt: ___ made in a row

4th attempt: ___ made in a row

5th attempt: ___ made in a row

PROGRESS CHECK: IMPROVED PUTTING

GOAL: At the end of the 6-week plan you should be able to lag 10 balls in a row consistently using the "Lock in Your Speed" drill; make at least 8 5-footers in a row using the "5-Footer" drill; and consistently take your opponent to the cleaners when playing "Sinks."

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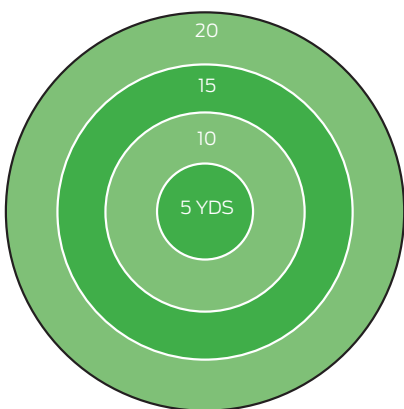
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Break 80 Planner

Week 6: Scoring Club Distance Practice

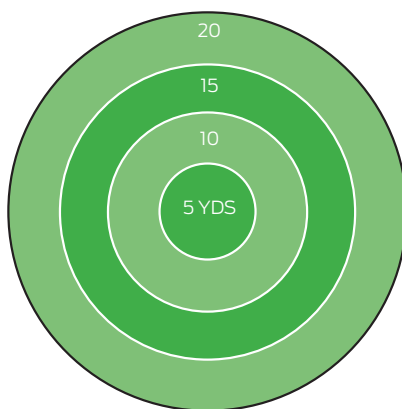
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8-IRON RESULTS

Within 10 yards ___ out of 10

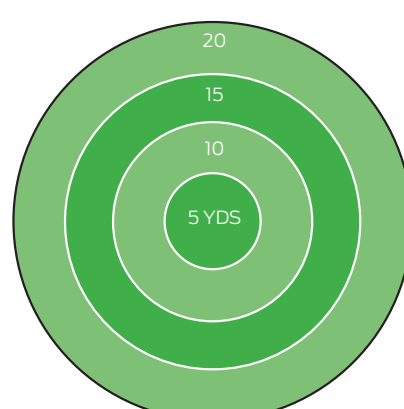
Outside 10 yards ___ out of 10



9-IRON RESULTS

Within 10 yards ___ out of 10

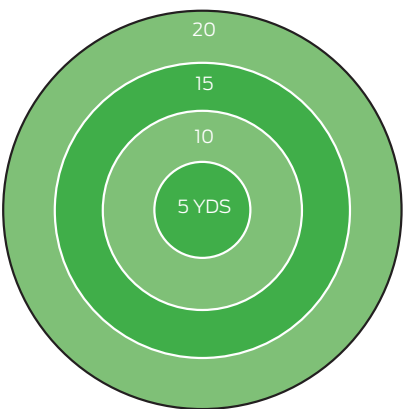
Outside 10 yards ___ out of 10



PW RESULTS

Within 10 yards ___ out of 10

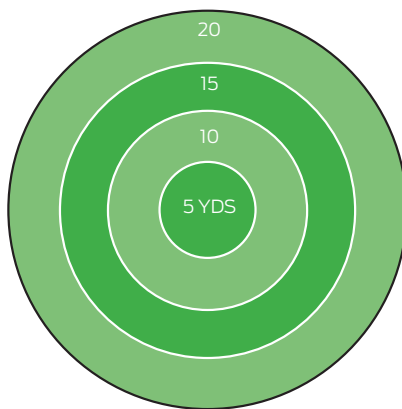
Outside 10 yards ___ out of 10



GW RESULTS

Within 10 yards ___ out of 10

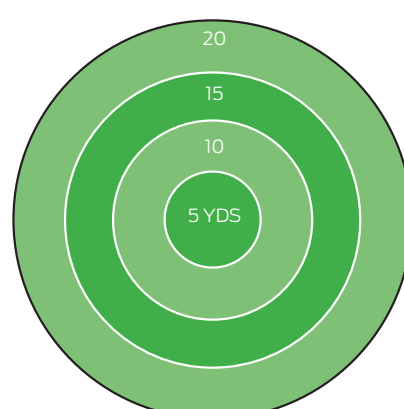
Outside 10 yards ___ out of 10



SW RESULTS

Within 10 yards ___ out of 10

Outside 10 yards ___ out of 10



LW RESULTS

Within 10 yards ___ out of 10

Outside 10 yards ___ out of 10

PROGRESS CHECK: 70% WITHIN 10 YARDS

GOAL: At the end of 6-week plan you should be able to consistently land about 70 percent of your shots with each of these clubs in a 10-yard radius

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, then visit the short-game lesson tips on golf.com/shortgame.



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Break 80 Planner

Week 6: Cross-the-Line Drill

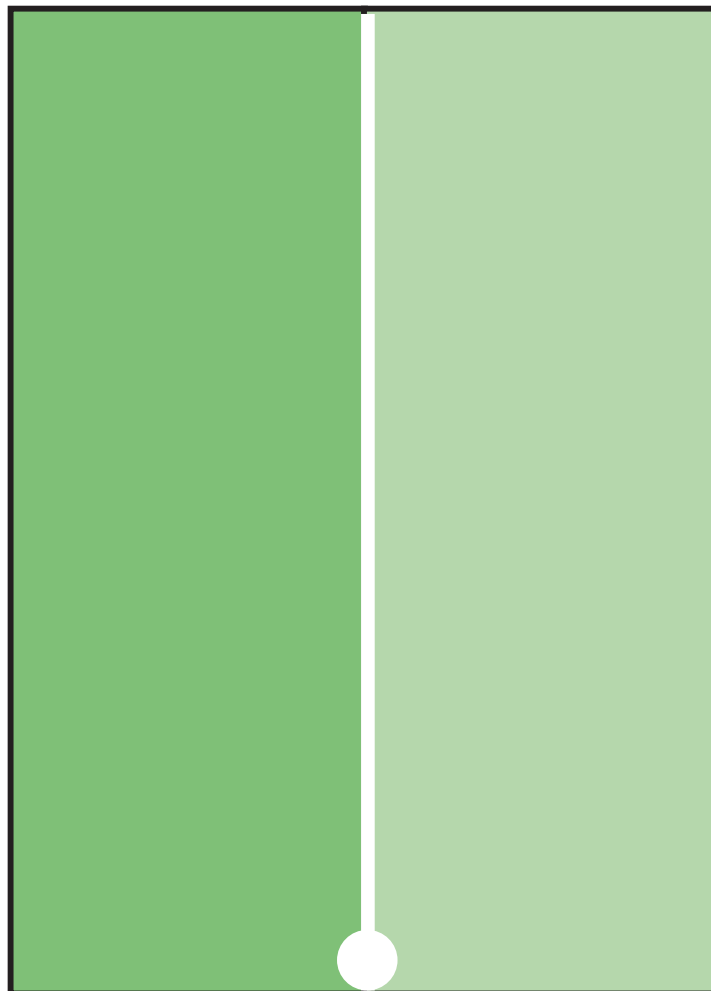
DIRECTIONS: Determine what shot shape you're going to use as your go-to drive and test yourself and improve your ability to play it under pressure. Find a practice fairway or area of the range with plenty of flat ground in front of you. Picture a centerline to your target and use that as your guide. If you're going to use an anti-right shot (draw) as your go-to drive, for example, your goal should be to start every drive right of the centerline and draw it back toward the line without crossing over it. If you want to fade the ball (anti-left), do the opposite. Hit 10 balls and try to get as many as you can in your target area (plot each shot trajectory with a pen using the charts below). If you can learn to do this, you'll be on your way to breaking 80.

MY "ANTI-SHOT" SHOT IS A

- DRAW** (Start right of center and curve back to middle, but don't cross the centerline).
- FADE** (Start left of center and curve back to middle, but don't cross the centerline).

RESULTS:

Correct	___ out of 10
Start in wrong half	___ out of 10
Cross the line	___ out of 10



FADES START HERE
DRAWS NEVER FINISH HERE

DRAWS START HERE
FADES NEVER FINISH HERE

PROGRESS CHECK: 70% IN TARGET AREA

GOAL: At the end of the 6-week plan you should be able to consistently land about 70 percent of your anti-shots in your target area.

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique. **For more on this hitting draws and fades on command, watch the video at golf.com/break80.**



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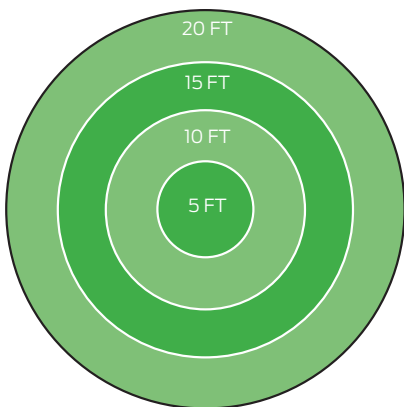
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Break 80 Planner

Week 6: Pitch/Chip Drill

DIRECTIONS: To hone the proper technique, find a practice green with flags of varying distances (close, medium and far) and take all of your wedges and scoring irons (8- and 9-iron). You should hit 10 balls to each target with the goal of getting every shot within 5 feet of the pin. Remember to use the same basic swing every time but with a variety of clubs. To do this drill successfully, you'll have to pick your landing spots carefully and be conscious of how much roll you get from each of your short-game clubs.

CLOSE PIN
(10 BALLS)



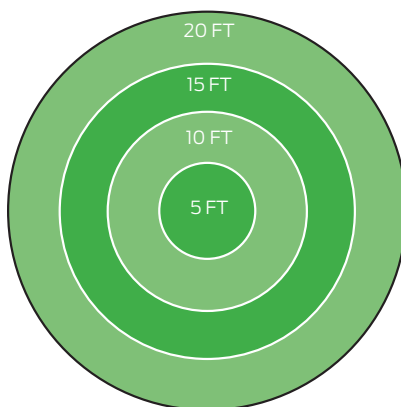
RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

MIDDLE PIN
(10 BALLS)



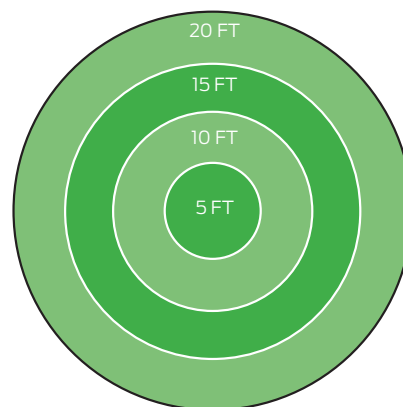
RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

FAR PIN
(10 BALLS)



RESULTS

Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

SUCCESSFUL CLUBS

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 8-iron | <input type="checkbox"/> 9-iron |
| <input type="checkbox"/> PW | <input type="checkbox"/> GW |
| <input type="checkbox"/> SW | <input type="checkbox"/> LW |

PROGRESS CHECK: 100% WITHIN 5 FEET

GOAL: At the end of the 6-week plan you should be able to consistently stop every pitch and chip you hit within 5 feet of your target.

YOU'RE FALLING BEHIND IF: You're not hitting the consistency mark above. Check your technique, or re-assess the carry and roll distances you achieve with each scoring club using the one-swing technique demonstrated on page 128 in the April issue of *GOLF Magazine*.



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M A G A Z I N E

Break 80 Planner

Performance Review

DIRECTIONS: Use the worksheets to see how close you are to each of the goals associated with the five main drills. Then, perform each drill one more time and use the chart below to map out how close you are to nailing the 6 key needs to dropping those last, nagging strokes and break 80 not only the next time you play, but every time you play.

	PASSED	NOT PASSED
Scoring Club Distance		
Cross-the-Line Drill		
Chip/Pitch Practice Drill		
Lock In Your Speed Drill		
Make 10 5-Footers Drill		
Par-3/Par-5 Performance		
Blast 10 Balls Out		

