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.
### Break 80 Planner

#### Week-by-Week Action Plan

<table>
<thead>
<tr>
<th>Week 1 (3 hours)</th>
<th>Week 3 (3 hours)</th>
<th>Week 5 (3 hours)</th>
</tr>
</thead>
</table>
| **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. | **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. | **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. 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. | **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. | **2. Lock in Your Speed**  
(30 minutes) |
| **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. | **3. Cross-the-Line Drill**  
(30 minutes)  
Hit 10 balls with each club until you can confidently say how far you hit each club when you make solid contact. | **3. Make 10 5-Footers/”Sinks”**  
(30 minutes)  
Hone your competitive edge against your best golf buddy. |

<table>
<thead>
<tr>
<th>Week 2 (3 hours)</th>
<th>Week 4 (3 hours)</th>
<th>Week 6 (3 hours)</th>
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</thead>
</table>
| **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. | **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. | **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. 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. | **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. | **2. Lock in Your Speed**  
(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. |
| **3. Scoring Club Practice**  
(60 minutes) | **3. Play “Sinks”**  
(45 minutes)  
Hone your competitive edge against your best golf buddy. | **3. Scoring Club Practice**  
(30 minutes)  
Use the worksheets to see how close you are to each of the goals associated with the main drills. |
| | **4. Cross-the-Line Drill**  
(30 minutes) |  |
| | **5. Pitch/Chip Drill**  
(30 minutes) |  |
| | **6. Performance Review**  
(30 minutes) |  |
**Week 1: Scoring Club Assessment**

**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.

**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.

<table>
<thead>
<tr>
<th>SWING 1</th>
<th>SWING 2</th>
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<td>9-IRON</td>
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**PROGRESS CHECK:** **CONSISTENT GAPS**

**Note:** For a PDF version of the document, please visit [golf.com/break80](http://golf.com/break80).
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.

**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

**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.
**Week 2: Scoring Club Distance Practice**

**GOAL:** At the end of the 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.

**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.

**PROGRESS CHECK:** 70% WITHIN 10 YARDS

**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
Week 3: Pitch/Chip Carry vs. Roll Assessment

**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.

**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.

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**PROGRESS CHECK:** RATIO KNOWLEDGE
Week 3: Pitch/Chip Drill

**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.

**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)**
- 20 FT
- 15 FT
- 10 FT
- 5 FT

**MIDDLE PIN (10 BALLS)**
- 20 FT
- 15 FT
- 10 FT
- 5 FT

**FAR PIN (10 BALLS)**
- 20 FT
- 15 FT
- 10 FT
- 5 FT

**RESULTS**
- Within 5 feet: ___ out of 10
- Outside 5 feet: ___ out of 10

**SUCCESSFUL CLUBS**
- 8-iron
- PW
- SW
- 9-iron
- GW
- LW

**PROGRESS CHECK: 100% WITHIN 5 FEET**

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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

**PROGRESS CHECK: 70% IN TARGET AREA**
**Break 80 Planner**

**Week 3: Scoring Club Distance Practice**

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**PROGRESS CHECK: 70% WITHIN 10 YARDS**

**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
Week 4: Putting Practice

**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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**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

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**“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.

**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

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**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
Week 4: Cross-the-Line Drill

**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.

**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 the 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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**RESULTS:**

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

**PROGRESS CHECK:** 70% IN TARGET AREA
Week 4: Pitch/Chip Drill

**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.

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**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)

- 20 FT
- 15 FT
- 10 FT
- 5 FT

**MIDDLE PIN**
(10 BALLS)

- 20 FT
- 15 FT
- 10 FT
- 5 FT

**FAR PIN**
(10 BALLS)

- 20 FT
- 15 FT
- 10 FT
- 5 FT

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

**SUCCESSFUL CLUBS**

- 8-iron
- PW
- SW
- 9-iron
- GW
- LW

**PROGRESS CHECK:** 100% WITHIN 5 FEET
**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.

**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).

**Progress Check: PARS OR BUST**

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<th>Round 1</th>
<th>Par 3 (+-)</th>
<th>Par 5 (+/-)</th>
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Week 5: Putting Practice

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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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.

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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.

PROGRESS CHECK: IMPROVED PUTTING

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

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
Week 5: Scoring Club Distance Practice

**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.

**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.

**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.
**Week 5: Cross-the-Line Drill**

**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.

**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

**PROGRESS CHECK: 70% IN TARGET AREA**
Week 5: Pitch/Chip Drill

**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*.

**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)

**MIDDLE PIN**
(10 BALLS)

**FAR PIN**
(10 BALLS)

**RESULTS**

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

**SUCCESSFUL CLUBS**

8-iron 9-iron
PW  GW
SW  LW

**SUCCESSFUL CLUBS**

8-iron 9-iron
PW  GW
SW  LW

**SUCCESSFUL CLUBS**

8-iron 9-iron
PW  GW
SW  LW

**PROGRESS CHECK: 100% WITHIN 5 FEET**
**Break 80 Planner**

**Week 6: Blast 10 Balls Out**

**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.

**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**
**Week 6: Putting Practice**

**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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**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

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**“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.

**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

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**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
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**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.
Week 6: Scoring Club Distance Practice

**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.

**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.

**PROGRESS CHECK: 70% WITHIN 10 YARDS**

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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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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 the 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

PROGRESS CHECK: 70% IN TARGET AREA
Break 80 Planner
Week 6: Pitch/Chip Drill

**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.

**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)

**MIDDLE PIN**
(10 BALLS)

**FAR PIN**
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Within 5 feet: ___ out of 10
Outside 5 feet: ___ out of 10

**SUCCESSFUL CLUBS**

- 8-iron
- 9-iron
- PW
- GW
- SW
- LW

**SUCCESSFUL CLUBS**

- SW
- LW

**SUCCESSFUL CLUBS**

- PW
- GW

**PROGRESS CHECK:** 100% WITHIN 5 FEET
**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.

<table>
<thead>
<tr>
<th>Performance</th>
<th>PASSED</th>
<th>NOT PASSED</th>
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<tbody>
<tr>
<td>Scoring Club Distance</td>
<td></td>
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<tr>
<td>Cross-the-Line Drill</td>
<td></td>
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<tr>
<td>Chip/Pitch Practice Drill</td>
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<tr>
<td>Lock In Your Speed Drill</td>
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<td>Make 10 5-Footers Drill</td>
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<tr>
<td>Par-3/Par-5 Performance</td>
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<tr>
<td>Blast 10 Balls Out</td>
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