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Missie's Sample Daily Training Schedule (Each segment is 2 hours in length)

Segment 1:

1. 45 minutes working on improving ball flight – 15 minutes to 3 different target distances working on the same technical skill
2. 45 minutes of putting – 3,4,5 foot Four Corners, Alternating Birdie Distance
3. 30 minutes – Pitching Drill

Segment 2:

1. 30 minutes working on improving wedge distance control – hitting shots to 3 different wedge distances while measuring # of balls out of 10 within 6 feet of each target
2. 30 minutes of putting – 3,4,5 foot Four Corners, Alternating Long Distance
3. 30 minutes – Chipping Drill
4. 30 minutes – Sand Drill

Segment 3:

1. 45 minutes working on improving ball flight – 15 minutes to 3 different target distances working on the same technical skill (include drivers)
2. 15 minutes of putting – Alternating Birdie Distance
3. 30 minutes – Pitching Drill (difficult lies)
4. 30 minutes – Chipping Drill (difficult lies)

Segment 4:

1. 9 holes of golf striving to incorporate skills being practiced into on-course situations

As a sample weekly schedule, strive to have four 2-hour segments of training each day. When playing a tournament, you will have 3 segments, with your warm-up counting as 1 and your on-course counting as 2 segments. Therefore, still try to get in an additional 2-hour segment following your round. If you have a late tee time, and you feel up to it, strive to get at least one hour of short game (pitching and putting) in during the a.m. hours.

During non-tournament days, plan to use at least 1 segment for training on the course (periodically use 2 segments to play 18 holes – although not needed if you are getting enough tournament rounds in per month). Vary the training drills that you conduct during the other 3 segments each day, but place emphasis on the areas of your game that contribute most to your scores (e.g., ball striking, pitching, speed control in putting).

