

WOODIES' WORKSHOP

SMART PRACTICE SERIES | VOL. 1

The 45-Minute Session That Gets You Ready for the Weekend

A structured warm-up for golfers who want to arrive on the first tee feeling sharp, not just tired from the range.

[FREE GUIDE](#)

How to use this guide

Most golfers arrive at the range, pull out their driver and hit balls until they're tired. They leave feeling like they've done something. This guide changes that. Every minute of this session has a purpose, and the order matters. Follow it consistently and you will feel the difference.

The 3 rules of purposeful practice

- Every shot needs a target. Pick a specific flag, yardage marker, or landing zone before you swing.
- Quality over quantity. 50 focused balls beats 150 on autopilot every single time.
- Follow a structure. Short, structured practice will leave you feeling a sense of achievement when you walk off.

What should I bring?

- Wedges: LW, SW, GW and a PW/9-iron for the warm-up phase
- Irons: Three mid/long irons, e.g. 8, 6 & 4 iron or 9, 7 & 5 iron
- Driver / Fairway Wood: Your preferred tee-shot club(s)
- Alignment sticks: Optional, a spare club works just as well
- This guide: Printed or on your phone

Session at a glance

Time	#	Focus	Session content	Balls
0-5 min	1	Warm-Up	Stretches, tempo swings, weight transfer feel	--
5-10 min	2	Shortened Swings	PW -- feel the shallowing, strike then turf	5
10-15 min	3	Wedge Shots	PW at 85-90% -- react, don't analyse	5
15-25 min	4	Wedge Targets	LW, SW, GW, PW -- 5 balls each, pick your split	20
25-35 min	5	Iron Targets	3 irons x 3 balls each -- full pre-shot routine	9
35-40 min	6	Pick a Fairway	Driver -- block practice, fairway corridor	3
40-45 min	7	Simulate a Real Hole	Drive + iron combos -- 4 holes	8

BLOCK 1 -- WARM-UP

0 -- 5 min | No balls

DRILL 1 -- DYNAMIC STRETCHES

5 min -- no balls

10 arm circles forward and back. 10 hip rotations each direction. Hold your PW across your shoulders and make slow torso rotations. Add in any other stretches you like.

DRILL 2 -- SLOW-MOTION TEMPO SWINGS

2 swings, very slow

Take your PW with no ball. Make 2 full swings at 20% speed. Feel where the club is at every point in the swing. Check your balance at the finish. You should be able to hold your follow through without wobbling.

DRILL 3 -- WEIGHT TRANSFER FEEL

5 swings -- feel the ground

Swing the club forward to 4 o'clock (just past address), then sweep back feeling how your feet push into the ground as you load. Follow through normally to your finish. Feel the sequence: forward, back, then through. No need for full speed. Just notice it. This is a great drill for training tempo and learning to use the ground to load into the backswing and getting a full follow through.

DRILL 4 -- ALIGNMENT CHECK

30 seconds

Place an alignment stick, or a spare club, on the ground pointing at your target. Check feet, hips and shoulders are all parallel. Do this at the start of every block. Most misses start here.

BLOCK 2 -- SHORTENED SWINGS

5 -- 10 min | PW -- 5 balls

DRILL 5 -- HALF SWINGS -- FEEL THE SHALLOW

5 balls, half swing

Hit 5 balls with your PW using a half swing, backswing to hip height. Once there, feel the clubhead do a small semi-circle, before coming through the ball. Let your weight get through. Full follow through. If you're doing it right, you'll hit a controlled draw.

BLOCK 3 -- WEDGE SHOTS

10 -- 15 min | PW or GW -- 5 balls

DRILL 6 -- 85-90% SWINGS -- REACT, DON'T ANALYSE

5 balls, smooth

Hit 5 balls at 85-90% effort with your PW or GW. Pick a target. Then just react, let your body feel the shot. The concept of shallowing from Block 2 is still in your mind. Trust it and swing freely.

BLOCK 4 -- WEDGE TARGETS

15 -- 25 min | LW, SW, GW, PW -- 20 balls

Work through your wedges from most loft to least (LW to SW to GW to PW). Hit 5 balls with each. Pick a specific landing zone before every shot: a flag, a yardage marker, a patch of grass. For each club, choose your own split between 75% and 90% swings. Wedges are about feel and craft. Not power.

DRILL 7 -- THE LADDER -- PICK YOUR SPLIT

5 balls per club = 20 shots

For 75%, think 9-10 o'clock on your backswing. For 90%, think 11-12 o'clock. Keep your stance narrow, feet just inside shoulder width, 55% weight on the front foot, 45% on the back. Pick a landing zone for each shot and commit to it.

WOODIE'S TIP

Wedges are all about feel. Set up narrow, weight slightly forward, and let the swing do the work.

BLOCK 5 -- IRON TARGETS

25 -- 35 min | 3 irons -- 3 balls each (9 total)

Pick three irons with a gap between each: 8, 6 and 4 iron or 9, 7 and 5 iron. Hit 3 balls with each. Every single shot: stand behind the ball, pick your target, take your stance, one trigger thought, then go.

DRILL 8 -- TARGET IRON PLAY -- FULL PRE-SHOT ROUTINE3 balls x 3 clubs =
9 shots

Pick a flag or yardage marker before each shot. Commit to it. After each shot, notice where it landed: left, right, long, short. You're not just hitting balls. You're building awareness of your natural shot shape and tendencies. That awareness is what brings down your handicap.

WOODIE'S TIP

Your pre-shot routine is not decoration. It is the single biggest thing that separates practice from performance. If you can't do it on the range, you won't do it on the course. Make it a habit.

BLOCK 6 -- PICK A FAIRWAY

35 -- 40 min | Driver or Fairway Wood -- 3 balls

Before you simulate holes, commit to the tee shot. Pick two targets that act as your fairway boundaries: two flags, two yardage markers, anything that creates a corridor. Your goal is to land the ball between them. Full pre-shot routine on every shot.

DRILL 9 -- PICK A FAIRWAY -- DRIVER BLOCK PRACTICE3 balls -- full
routine

Hit 3 balls with your driver or fairway wood. Before each shot, stand behind the ball and visualise the corridor. Pick your entry point, take your routine, commit. This forces genuine focus and replicates the decision-making of a real tee shot far better than just aiming at a yardage marker down range.

WOODIE'S TIP

Don't stand there trying to hit it as far as you can. Swing the way you would on the course.

BLOCK 7 -- SIMULATE A REAL HOLE

40 -- 45 min | Driver + Iron -- 8 balls

Now bring it all together. Hit your drive into the fairway corridor from Block 6, then select the matching iron from Block 5 and hit your second shot to a target. That's one hole. Repeat four times, working through your irons.

DRILL 10 -- DRIVE + IRON COMBOS4 drives + 4 irons
= 8 balls

Hole 1: Driver + 8-iron. Hole 2: Driver + 6-iron. Hole 3: Driver + 4-iron. Hole 4: your choice. Full pre-shot routine on every shot. You are not testing power, you are simulating a round. Swing like you would on the golf course, not like you're trying to win a longest drive competition.

WOODIE'S TIP

The best practice comes from changing clubs and targets after each shot. Your body will need to adjust to a different set of requirements before each shot, forcing you to focus harder. It also adds an element of fun to end the session.

Notes & Reflections

What felt good today?

What felt off?

Focus for next session:

Before you head out, take a moment to think about what felt good today, and what didn't. Make a mental note of where you'd like to focus next time, then park it. Your prep is done. The focus now is your next round. Trust the swing. Go enjoy yourself.

Keep an eye out for the next guides in this series:

- > **Vol. 1 -- The 45-Minute Session That Gets You Ready for the Weekend**
- Vol. 2 -- Attack or Lay Back? Breaking Down Tee Shot Decisions
- Vol. 3 -- The Chipping Framework -- Simple Decisions That Get the Ball Close