

March 2026

- Example:**
- 5-min drill
Grip & Posture
 - Deliberate practice
Driver pre-shot routine

5-min drill: **daily**
 Deliberate Practice: **try for 2 to 3 times a week**

Drills are assigned at lessons, available on your web page



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	2 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	3 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	4 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	5 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	6 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	7 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____
8 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	9 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	10 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	11 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	12 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	13 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	14 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____
15 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	16 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	17 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	18 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	19 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	20 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	21 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____
22 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	23 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	24 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	25 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	26 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	27 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	28 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____
29 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	30 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	31 <input type="checkbox"/> 5-min drill _____ <input type="checkbox"/> Deliberate Practice _____	NAME: _____		POINT TOTAL: _____	
5-min drill (1 point) Deliberate Practice (5 points)						