

6■Week High School Golf Training Planner

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This planner is designed to help you prepare for your upcoming high school golf season with purpose, structure, and confidence. Use it daily to track your practice, mindset, and performance. Remember: preparation builds belief.

Core Focus Areas

- Smart, efficient practice
- Short game and putting excellence
- Course management and scoring mindset
- Physical readiness and recovery
- Calm, confident mental approach

Week 1 Training Planner

Weekly Intent: What is my main focus this week? (example: fairways, putting speed, confidence under pressure)

Day	Practice Focus	Key Drills / Notes	Time Spent	Confidence (1–10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday (Recovery)				

Weekly Performance Check

- Fairways hit (%): _____
- Greens in regulation (%): _____
- Average putts per round: _____
- Short game confidence (1–10): _____
- What improved the most this week? _____
- What needs attention next week? _____

Week 2 Training Planner

Weekly Intent: What is my main focus this week? (example: fairways, putting speed, confidence under pressure)

Day	Practice Focus	Key Drills / Notes	Time Spent	Confidence (1–10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday (Recovery)				

Weekly Performance Check

- Fairways hit (%): _____
- Greens in regulation (%): _____
- Average putts per round: _____
- Short game confidence (1–10): _____
- What improved the most this week? _____
- What needs attention next week? _____

Week 3 Training Planner

Weekly Intent: What is my main focus this week? (example: fairways, putting speed, confidence under pressure)

Day	Practice Focus	Key Drills / Notes	Time Spent	Confidence (1–10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday (Recovery)				

Weekly Performance Check

- Fairways hit (%): _____
- Greens in regulation (%): _____
- Average putts per round: _____
- Short game confidence (1–10): _____
- What improved the most this week? _____
- What needs attention next week? _____

Week 4 Training Planner

Weekly Intent: What is my main focus this week? (example: fairways, putting speed, confidence under pressure)

Day	Practice Focus	Key Drills / Notes	Time Spent	Confidence (1–10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday (Recovery)				

Weekly Performance Check

- Fairways hit (%): _____
- Greens in regulation (%): _____
- Average putts per round: _____
- Short game confidence (1–10): _____
- What improved the most this week? _____
- What needs attention next week? _____

Week 5 Training Planner

Weekly Intent: What is my main focus this week? (example: fairways, putting speed, confidence under pressure)

Day	Practice Focus	Key Drills / Notes	Time Spent	Confidence (1–10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday (Recovery)				

Weekly Performance Check

- Fairways hit (%): _____
- Greens in regulation (%): _____
- Average putts per round: _____
- Short game confidence (1–10): _____
- What improved the most this week? _____
- What needs attention next week? _____

Week 6 Training Planner

Weekly Intent: What is my main focus this week? (example: fairways, putting speed, confidence under pressure)

Day	Practice Focus	Key Drills / Notes	Time Spent	Confidence (1–10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday (Recovery)				

Weekly Performance Check

- Fairways hit (%): _____
- Greens in regulation (%): _____
- Average putts per round: _____
- Short game confidence (1–10): _____
- What improved the most this week? _____
- What needs attention next week? _____