EAST LANE GOLF

Range Session Planner

One structured hour at the range

Structure the hour so the back half feels like real golf — not a mindless bucket of balls.

Block	Time	Focus
Warm-up	10 min	Wedges, half swings, find tempo
Technical	15 min	One swing thought, slow reps
Skills	20 min	Random targets, full routine
Pressure	10 min	Play 9 holes, one ball, consequences
Cool-down	5 min	Smooth swings, finish on a good one

Write one focus for the session before you start.

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Print on A4 at 100% (“Actual size”). Cut down the centre, then trim the borders — two cards.