

## Golf Skills - Areas of Focus

Assess these areas of your game and see where you can improve to shave strokes off your scoring average. You will find assessment form on Member Login/PDF Page

### **1. Ball striking or ball control– Go to Member Login/Full Swing Drills**

Fairways hit - how many and average per round (14 fairways possible out of 18 holes)

Greens in regulation - how many and average per round (18 greens possible)

Average distance from the hole on greens in regulation

Fairway Bunker - able to get out of and position ball for next shot.

Second shot- Par 5's, Par 4- Approach, Par 3- Tee shot

### **2. Short Game- (66% of score) - Go to Member Login/Short Game Drills**

A. Chipping- What is your average distance from hole / Up and down percentage

B. Pitching- What is your average distance from the hole / Up and down opportunities

C. Sand Play - Greenside bunker

What is your average distance from hole / Up and down opportunities

D. Putting- (43 % of score)

Speed control and Green reading

Lag putting: 41 to 50 feet (error zone: 5 feet –2 foot short, past hole +3 feet)

Lag putting: 31 to 40 feet (error zone: 4 feet -1 foot short, past hole +3 feet)

Lag putting: 20 to 30 feet (error zone: not short of hole, nor past hole +3 feet)

Make able: 11 to 19 feet (error zone: not short of hole, nor past hole +2 feet)

Make able putts: 4 to 10 feet (make 50% of 10 foot putts)

Must makes - 3 feet and shorter (98% make)

### **3. Course Management - You will find info: Member Login/Mental Techniques Page**

A. Thinking and Strategy

### **4. Mental Thoughts - You will find info: Member Login/Mental Techniques Page**

A. Confidence, Composure and Concentration

B. Toughness

C. Staying in the present and playing shot by shot

D. Managing Expectations

### **5. Emotional - You will find info: Member Login/Mental Techniques Page**

A. Nerve Control

B. Attitude

C. Anger Management

D. Understanding disappointment

### **6. Physical Fitness - You will find info: Member Login/Stretching and Core Exercises**

A. Aerobic fitness - Energy to play 18 holes

B. Stretching - Foam roll, Static, and Dynamic stretching

C. Weight Training - Core Muscles most important

D. Nutrition - Eat properly before and during rounds

E. Hydration - Hydrating Daily.



\* Need Full Membership to access Member Login Page - Join Today!