



PERFORMANCE SCORECARD

Turning Insights into
Performance Driven
Results

FOR AMATEUR GOLFERS

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How to Use This Guide

Turning Insights into Performance Driven Results on the Golf Course

The purpose of this performance scorecard is to help you gather quality information to help you identify areas of weakness in your golf game. This information is valuable as you set goals and create practice plans in order to develop and improve your game.

Many golfers have blind spots about areas of weakness in their own games and gathering objective data can be very beneficial in making sure that what you're working on in your game is what will give you the most impact for the time spent. Far too many players have a tendency to practice the things that they are already proficient at, or working on the things that they simply "like" to practice. This is a far cry from the valuable training that will help you take your game to the next level.

Keeping the statistics you derive from this scorecard will assist you in lowering your scores. Seeing trends in your putting, driving, chipping, etc. will aid you in defining your practice. Remember, EFFICIENT practice is much more productive than LENGTHY practice.

FILLING OUT YOUR PERFORMANCE SCORECARD

Your performance scorecard will serve as a starting point for you to set goals and evaluate your rounds. Keeping careful statistics will allow you to practice with purpose and set relevant goals that are achievable and measurable and also provide focus when you are playing.

As you can see, there is an area for your drive, fairway shots, approach shots, chipping/pitching and putting. At the bottom of the card, there is a place for you to fill in the PAR of the golf hole you are playing as well as YOUR SCORE for that particular hole. At the top of the record, there is a spot for you to put the NAME of the GOLF COURSE, DATE, your nine-hole scores (OUT/IN) and your TOTAL SCORE as well as the WEATHER conditions for that day.

Note the KEY at the bottom of the scorecard. This KEY will assist you in making sense of your rounds and again, setting the appropriate practice and playing goals.

EXAMPLE

In the following example Jim Golfer has filled out his performance scorecard. Let's take a look at his round. Jim is a 25 handicap. Because of this, he will most likely not be hitting as many greens as a 10 handicap. He will be hitting more FAIRWAY shots on PAR 4's than the lower handicapper, who will be making APPROACH shots (a legitimate attempt to hit the green in regulation).

An explanation on a few holes:

The first hole at his golf course is a PAR 4. Jim hits the FAIRWAY on the first hole and marks that box with "X". His next shot hits the FAIRWAY and again marks that box with an "X". Jim skips the approach shot area and moves to the CHIP/PITCH as he hit it fairly close to the green. He puts a CP in the GREEN box because her chip went on the green. He then hit a putt from outside of 25 feet short ("SH") and made the 3-foot putt ("X")

Hole number 12 is a par three, so in the "DRIVE" section there is also a box for the GREEN. Jim hit the green on his drive so he puts an "X" in the GREEN box. Jim takes three putts to get in to the hole from 35 feet, coming up short on his first two putts and tapping in his third.

On hole 16, he hits her drive in the left rough ("L"), hits his fairway shot in the right rough ("R"), hits the fairway on his third shot ("X"), pitches the ball ("PC") inside of 15 feet where he hits his first putt long ("LO"), his second putt short ("SH") and makes his third putt for a score of 7.

WHAT DO MY PERFORMANCE SCORECARDS MEAN?

Once you have filled out 3 to 5 scorecards, you are ready to set some goals for your practice and playing. There are a number of different scenarios that we can look at when using Jim Golfer's scorecard. We will look at this one scorecard for example purposes. You, however, are going to look at patterns in the 5 scorecards that you have kept of your own playing.

When we look at Jim's card, we notice that he has 42 putts. This is 6 more than what the average is for someone with his handicap. He has 3 three putts over 25 feet, 2 three putts in the 15-25 foot range and 2 three putts in the 5-15 range. Most of his misses are short or long, rather than left or right. Distance control sounds like Jim's problem. I would suggest he work on putting drills that improve and enhance his distance control, so that he can make headway toward reducing the number of three-putts that he's having.

Another observation is that Jim hit 5 fairways and when he misses, it is mostly to the left. Recognizing his predominant miss is to the left, and recognizing how few fairways he hits could help Jim set some plans for practice. In this instance, Jim could check his alignment. Perhaps his ball striking is such that he's hitting the ball relatively straight, but is aligning himself to the left. If this is the case, picking an intermediate target will allow him to aim more accurately. Something that is 12-18 inches away is much easier to aim at than something 200 yards away.

If the ball is actually drawing or hooking to the left off the tee, Jim could check the way he holds the golf club. If his hands are turned too far to the right, his ball will typically curve left. If the ball is starting left and then curving, that is yet another scenario to address.

For you, look at your total putts. This is the easiest way to improve your score. If you have over 36 putts consistently, you will want to take a look at where you are finding that you have more than two putts on a hole.

As an example, is it the over- 25-foot range or is it the 5-15 foot range? If it is your 25+ range, practice your lag putting. A drill to improve lag putting might be to take five balls out onto the putting green. Put the five balls 30 feet from a hole. Take the flagstick and place it three feet behind the hole. Roll the five putts keeping the balls between the hole and the flagstick. Do this three times trying to improve each time.

Look at the number of fairways that you hit. Typically, there are 14 possible fairways that you can hit on a regulation golf course. If you are only hitting too few, attempt to discern a pattern in your misses. Are you hitting the ball consistently one way? If so, check the way your hands are placed on the golf club. If your hands are too far to the right you will make the ball spin left. If your hands are too far to the left, you will make the ball spin right. Another practice session you might go to the driving range and practice hitting your driver between two markers on the driving range. Make your range "fairway" really wide for a while, but imagine that it is a fairway, rather than just pounding balls out into the range. As your hitting improves narrow the imagined fairway. In this way, your practice is efficient and focused rather than just hitting away.

In general, note the patterns of misses, (e.g. are they left, right, short, long?), the timing of mistakes (e.g. more early in the round, late in the round?), and/or the circumstances that might influence mistakes (e.g. par 3s, cold days).

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