

HOW TO USE

This basic shot tracker is designed to help us collect stats on what truly matters.

By gathering this data, it will better inform your practice sessions, so you can dedicate your time to what's actually costing you shots. This will lead to lower scores much quicker.

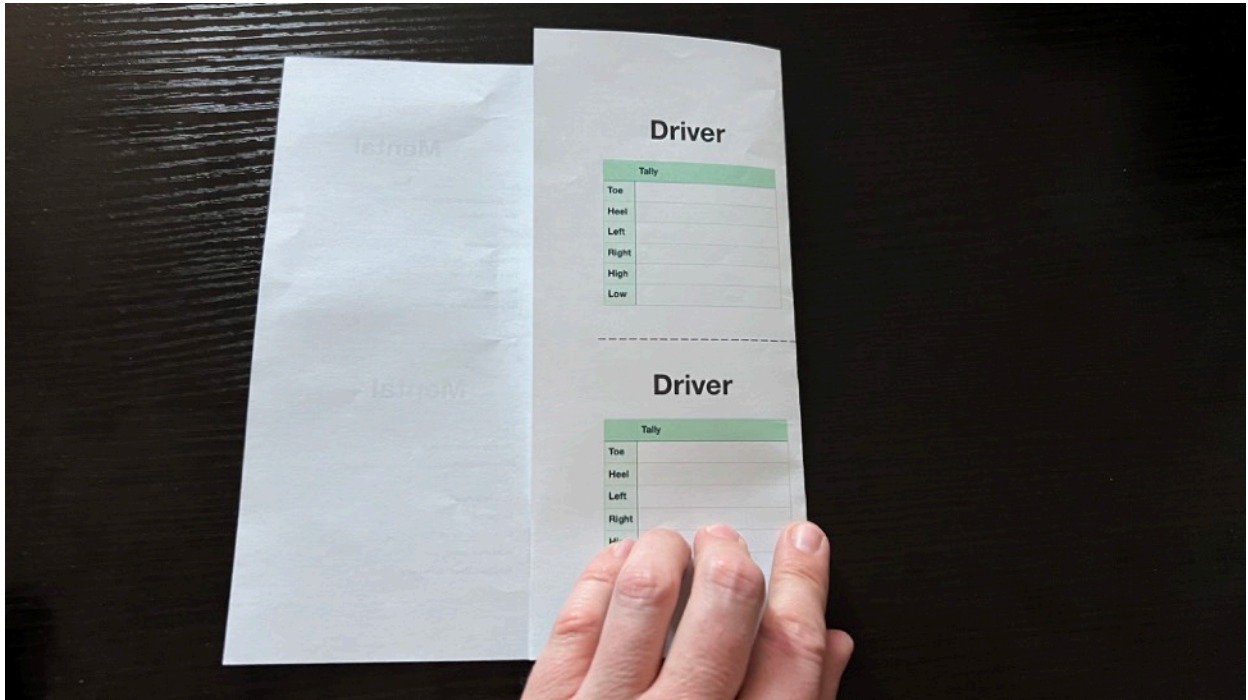
STEP 1

Print the file



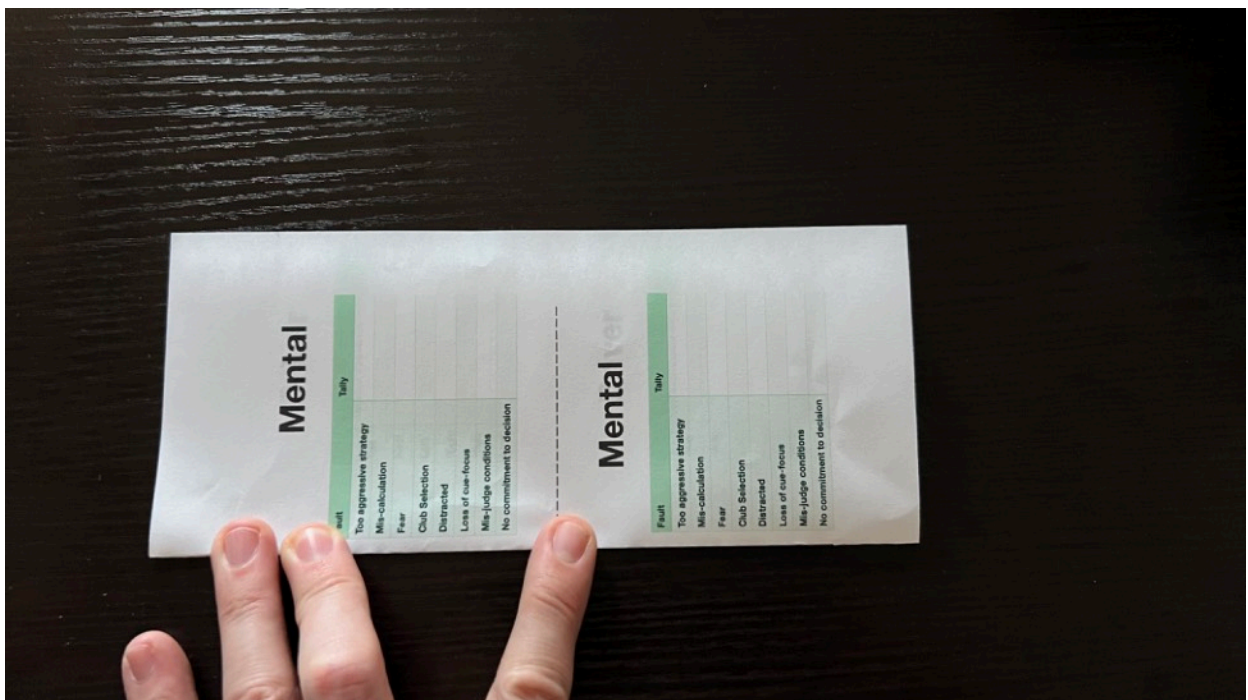
STEP 2

Fold along black line



STEP 3

Fold again



STEP 4

Cut along dotted line



You now have your data collecting sheets to take to the course with you.

INSTRUCTIONS FOR DATA

For both driver and iron, you are monitoring whether the shot was toe or heel, and left or right.

With driver, you are also measuring whether the strike was high or low on the face (only if you feel it hurt your score)

With irons, this changes to fat or thin contact monitoring.

ONLY NOTE ERRORS

If a shot is acceptable/good, for example,

- in the fairway with a driver, and within ~20 yards of your normal drives
- on the green and within 10 yards of desired distance with an iron

then don't worry about noting down anything.

However, if it falls outside of these ranges, or you feel it has cost you shot(s), then you would note down why.

Dual/extreme faults

Sometimes, we will have combination faults. E.g. we may hit fat and left. In this case, add a tally mark to both rows.

If you have an extreme fault that cost you more, you can double the tally marks for that error. For example, if you hit a drive out of bounds left, you can add two tally marks in the driver table, "left" row.

MENTAL ERRORS

Occasionally, we will strike the ball well, and hit on our intended line, but the shot outcome is still poor. This, in many cases, can be attribute to a mental error. Here are some of the ones you will track (see table below/next page).

Fault	Tally
Too aggressive strategy	
Mis-calculation	
Fear	
Club Selection	
Distracted	
Loss of cue-focus	
Mis-judge conditions	
No commitment to decision	

Too aggressive strategy

Some examples of this

- Taking on a shot that has a low % chance of being pulled off
- A shot that lands in a bunker, but is only a few yards from your intended target (e.g. going for a tucked pin and pulling it slightly).
- Getting too aggressive to a front pin, leaving a little short

Mis-calculation

This could happen if you make a mathematical error - such as not adjusting for elevation, or not adding yards to reflect the fact the pin is on the back of the green instead of the middle.

Fear

In itself, fear is not always a bad thing. However, if you truly believe it interfered with your shot, then note it down. For example, if you miss right because you were fearing the out of bounds down the left side.

Club selection

This one is more obvious - if you hit a great shot but it flies too long or short due to poor club selection, note it down in that row.

Distracted

If something takes away your focus and you feel it created the poor shot, note it down here

Loss of cue-focus

If you have a swing thought that you know is working, but you forget to do it and it creates the poor outcome, note it here. For example, if you have been suffering with fat shots and a thought of “shift my weight” cures it, but you forget to do it on one swing and hit the fat shot.

Mis-judge conditions

You may hit the shot as desired, but it bounces and/or rolls unexpectedly.

No commitment to decision

Perhaps you second guess yourself over a shot. For example, you think the club you have is going to go too long, so you hold back on it, only to hit it short of your target.

IMPROVE YOUR GAME

Now that you are armed with the knowledge of what is costing you shots, you can dedicate your practice time more effectively to the right areas.

Strike Issues

If you are suffering with face strike (toe/heel) and/or ground contact (fat/thin), make sure you check out my Strike Plan program to improve this.

CLICK HERE TO LEARN MORE ABOUT
THE STRIKE PLAN

Directional Issues

If your problems are more left/right/hooks/slices, then make sure to check out my Accuracy Plan to improve this.

CLICK HERE TO LEARN MORE ABOUT
THE ACCURACY PLAN

Go Deep

Or, if you want to go really deep into the topics of game-improvement, looking at all aspects, from strike, direction, strategy, stats keeping, practice strategies, psychology, swing technique, skill development and more, check out Next Level Golf, by clicking the links below.

**CLICK HERE TO LEARN MORE ABOUT
NEXT LEVEL GOLF**

Or visit my game-improvement area to see what else I have that can help you get to the next level in your game.

