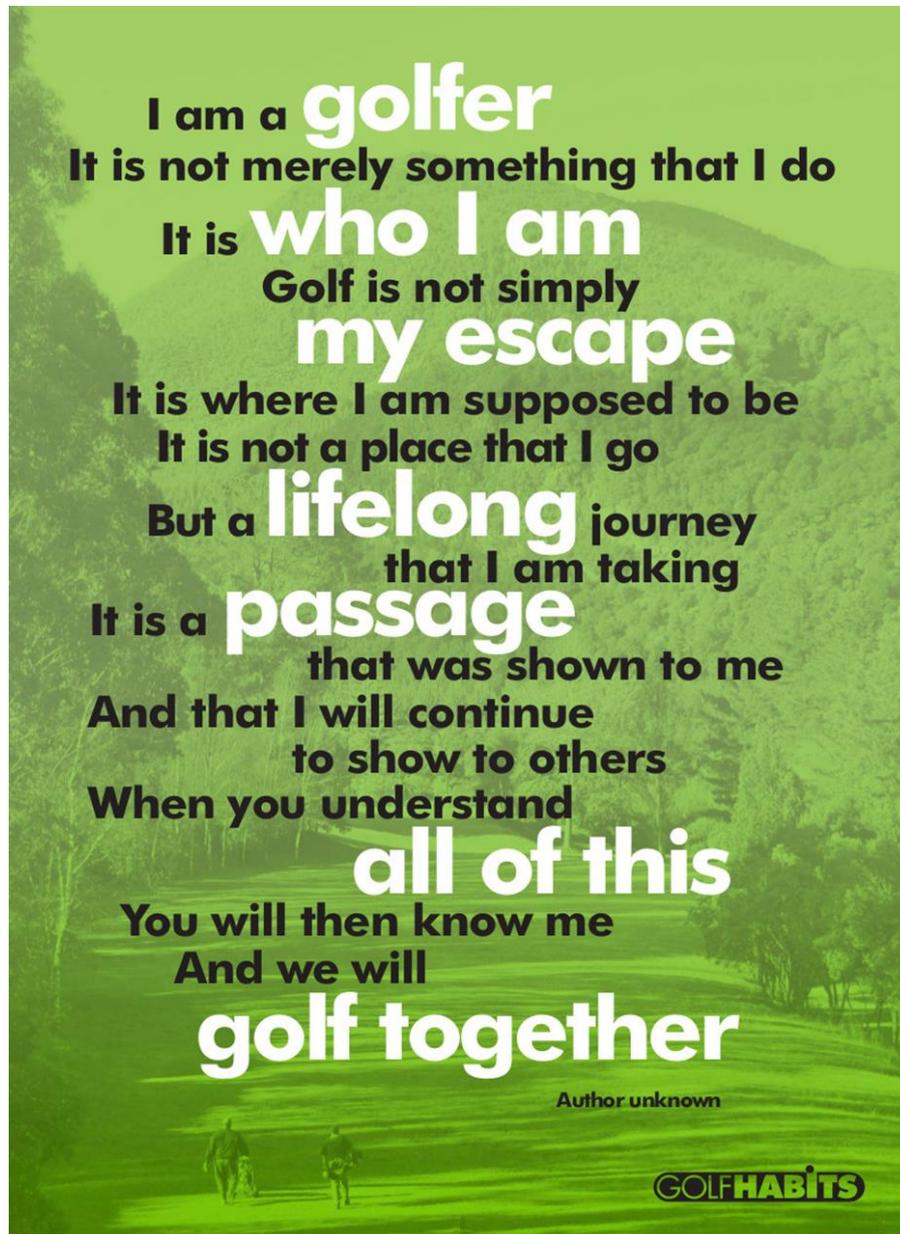


Coaching Plus Assessment and ongoing,  
prioritised improvement plan for Sample Golfer.



Thanks for the opportunity to assist you to transform your golf game using my Coaching Plus service, I look forward to being a part of your journey to take your golf game to the level you'd like it to be.

Ian Hardie

## History.

Current handicap 16.3 but about to go out!!

My average score at the moment around 92 or worse.

Only play once a week during winter but at least twice a week in summer plus at least one twilight.

During daylight saving usually practice once a week but not enough daylight during winter so practice in winter very limited.

Lowest handicap has been 15

Previously have been regional Champion of Champions winner

## Current Challenges.

Due to several injuries this year my swing has gone AWOL and have no confidence when swinging as have no idea which direction the ball will go!

The injuries you told me about were to your back / bottom vertebrae and your right shoulder, which impacts your ability to lift your right arm.

Neither injury seemed to be causing a problem during our session together.

You mentioned that you have been finding distance control a challenge which I observed when you hit your first few shots and was confirmed to me, when you were unable to easily tell me how far your driver and #7 iron went on average.



# Assessment – Date

## **Short Putts, Medium Putts and Long Putts**

Almost all of the putts that I watched you attempt missed the hole, with some variation in terms of both distance and direction being evident.

*(You can see what I mean by reviewing the video on Coach Now)*

This can be improved quickly with a session on technique and distance control.

## **Running Chip and Lofted Chip**

The chip shots you played had a similar variation to your putts in terms of both distance and direction being evident.

*(You can see what I mean by reviewing the video on Coach Now)*

This can also be improved quickly with a session on technique and distance control.

## **Pitch Over Sand**

The shots you played over the sand were good, however I noted a lack of confidence, especially when I put the last ball on a worse lie

*(You can see what I mean by reviewing the video on Coach Now)*

Over time we can work on that but it's not currently a priority.

## **Sand Shot**

The shots you played out of the sand were mostly good, however much like your pitch over the sand, I noted a lack of confidence in the sand.

*(You can see what I mean by reviewing the video on Coach Now)*

This can also be improved quickly with a session on technique and distance control.



## **Pitch Shot**

The first full shots I saw you play were pitch shots to a flag approx. 60 metres away, they had a similar variation to your putts and chips in terms of both distance and direction being all over the show.

*(You can see what I mean by reviewing the video on Coach Now)*

This can be improved quickly with a session on technique and distance control but may already be better after the first coaching session we did.

## **Full Iron Shot**

The next full shots I saw you play were #5 iron shots to a flag approx. 90 metres away, they had a similar variation to your pitch shots, putts and chips in terms of both distance and direction being all over the show.

*(You can see what I mean by reviewing the video on Coach Now)*

This variation may already be better after the first coaching session we did.

## **Driver**

The first drives I saw you play were pretty good, in fact I'd suggest (although I didn't ask) that driving has probably been the strength of your golf game over the years.

*(You can see what I mean by reviewing the video on Coach Now)*

However, you did mention that you are looking to improve your distance which can be improved over the next few sessions we do.

## **Equipment**

I was glad to see a matched set of new, good quality golf clubs with suitable size (and good condition) grips and a good selection of different clubs.

I don't have any concerns about your equipment, with the exception of the golf ball you use.



## **Golf ball**

You told me that you used quite a few different types of golf ball and that you hadn't really ever paid attention to the type you use.

I gave you a brief rundown on how they work and how they can affect your golf game, which finished with me suggesting 4 different types to begin trying to find that one golf ball you will play with – Callaway ERC, Taylor made Project A, Titleist Tour Soft or Srixon Q Star.

## **Consistent Golf Rating.**

As part of your initial assessment I asked you to rate yourself in the following areas, which I believe are the critical factors in producing the consistent golf game that almost all golfers want.

You will see how you currently stand in relation to the ideal for each of the areas below in the chart that follows.

### **Self-talk**

How well do you control your level of self-talk before, during and after a game of golf?

Is your self-talk positive, negative, how quick and in what way (if at all) do you verbally react to things that happen to you on the golf course?

Poor self-talk can destroy a golfer quicker than poor technique!

**You rated yourself currently at 4 out of 10**

### **Expectations**

Why do we have them?

How do you feel before each round of golf or especially on the night before a 'big game'?

Do you expect better performance as a result of doing more practice or hitting good shots when you do practice?

**You rated yourself currently at 7 out of 10**



## **Physical skills**

The reason I ask you to rate your physical skills at the game is that your brain likes to keep consistent with the image it has created of your golf game!

When faced with a tough shot or an unusual situation, the higher you rate your golf skills, the more likely it is that your brain will allow you to play that tough shot or to your actual ability in a tournament or big match.

**You rated yourself currently at 5 out of 10**

## **Focus**

An average golfer has around 90 shots and each shot takes about 2 seconds, which means that they are playing shots for a mammoth 3 minutes per round!

An average golfers pre-shot routine takes anywhere from 5 – 20 seconds, which adds another 30 minutes to the game.

That gives 33 minutes of actual engagement out of 4 hours or to express it as a percentage – during a round of golf you will spend 1.25% of your time hitting shots, a further 13.5% of your time preparing for them.

With the bulk of your time - 86.25% being spent doing nothing related to playing at all.

The ability to focus on the right thing at the right time, is crucial in improving your golf game.

**You rated yourself currently at 7 out of 10**

## **Practice**

Most golfers will blame their failure to repeat the same quality of golf shots time after time on a lack of skill or ability but in reality it doesn't have much to do with that, as if you have hit a good shot before – it's entirely possible to reproduce it.

But that's not the actual reason you need to practice golf.

If that surprised you, you may want to consider getting me to create you practice plans as we go along.

**You rated yourself currently at 7 out of 10**



## **Adaptability**

How do you react to things that happen to you on the golf course such as, your golf ball not going where you'd like it to, ending up in the trees, or the sand, over the fence?

What changes in your golf game if the rain begins to fall or it's a windy day?

The good news is that adaptability can be learnt and improved, so that your golf game will suffer little effect when things don't go as expected.

**You rated yourself currently at 7 out of 10**

## **Pre-game habits**

What things do you have to do the night before a game?

What things do you have to do pre-game?

What things upset you if they happen before your golf game?

All of those things above combine to affect your performance on the golf course and add to the inconsistent way that most golfers play the game and score.

**You rated yourself currently at 3 out of 10**

## **Pre-shot routine**

A good pre-shot routine can literally transform your golf game but sadly, most golfers neglect this powerful part of their golf game.

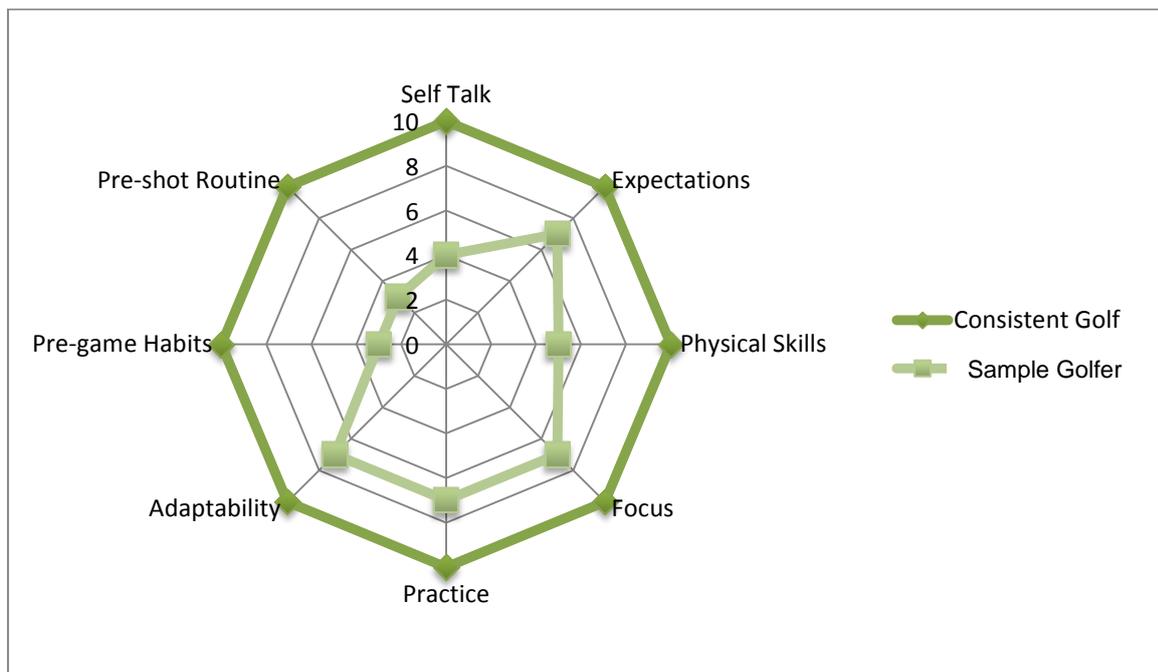
Think about this for a minute.

If you approach each golf shot differently, what are your chances of ever producing consistent golf shots?

**You rated yourself currently at 3 out of 10**



Take a look at a chart that shows your assessment vs the ideal levels for Consistent Golf.



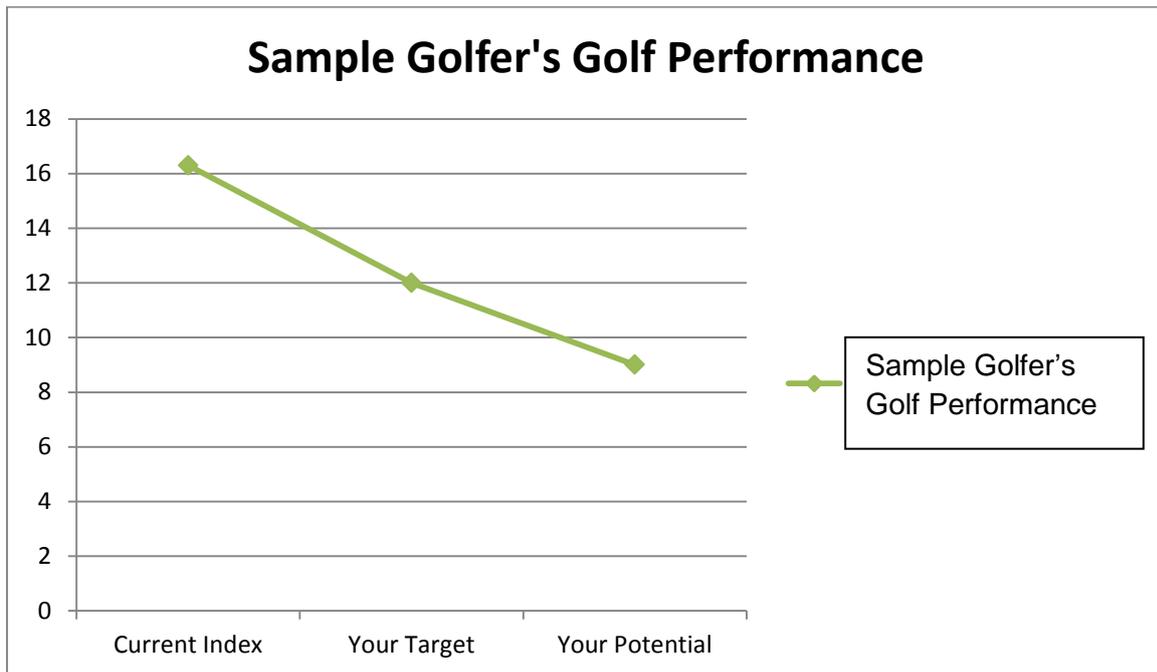
Here's how you have described your ideal outcome and performance that you'd like to achieve through coaching.

I would like to be more consistent and more accurate with my game in 1years time and that will lead to better scores going forward.

I would like to be able to swing with more power to increase my distance.

Below is a chart that tracks what we talked about last week.





I'm confident after seeing your current skills that I can assist you down to a single figure handicap over time but initially, I think we can get you to the handicap of 12 within the next nine months.



# Your First Coaching Session.

Sorry, that's something you'll have to find out about yourself!

**Sample Golfer, here's your ongoing, prioritised improvement plan that will transform your golf game.**

We began your improvement with that great session last week and in order of priority, here's what I suggest going forward to get you to that 12 handicap over the next nine months:

Session 1 – A follow-up session on your Full Shots, as well as introducing a pre-shot routine

Session 2 – A session on Putting Technique and Distance Control

Session 3 – A session on Chipping Technique and Distance Control

Session 4 – A session on Driving Technique and Distance Control

Session 5 – An on-course session looking at how you play shots, holes and trouble shots

Session 6 – A session on Pitching Shots and Distance Control

Session 7 – A session on Sand Shots

Session 8 – A follow-up session on putting (because it's 40% of your score!)

Session 9 – An on-course session looking at how you play shots, holes and trouble shots

Also, somewhere during these next few months, it will be beneficial for you to do my Practical Golf Psychology Workshop either in-person or online.



With my Coaching Plus service, you have three options going forward.

### **Option One – Single Sessions**

If you'd rather do the majority of the work yourself, a single coaching session each month on the areas of the game that I have outlined above – which will include the ability to review all your stuff on the app and ask me limited questions (*with a minimum of one session every three months to keep your Coach Now access going*).

**Your ongoing, prioritised improvement plan suggests a minimum of 9 sessions over the next 9 months to transform your golf game.**

### **Option Two – Monthly Coaching**

A monthly commitment to your golf game (by both of us) that will include one coaching session, the ability to review all your stuff on the app, fortnightly check-ins from me to see how you are progressing or adjust things if needed, a monthly written practice plan to follow and unlimited questions.

**Your ongoing, prioritised improvement plan suggests a minimum of 9 monthly coaching sessions, fortnightly check-ins and monthly practice plans to transform your golf game.**

### **Option Three – Something different**

By now you have had some time to think about how this can all work to your best advantage, so option three can be basically anything that we agree on, if the two options I've suggested above aren't quite right for you.

**Email me to discuss the possibilities with option three.**

