

Figure 2.3A & B Player Evaluation Form: Applied Anchors and Oars/Key Segments of your game*

Name:	Date:
Email:	Phone:

- 1.) What is your current handicap index (if you have one)? _____
- 2.) What is your current average score? _____ 9 holes or _____ 18 holes
- 3.) Do you currently take golf lessons? Y / N
- 4.) Do you have physical conditions that affect your swing? Y / N
- 5.) If yes, please describe: _____
- 6.) Do you practice regularly? Y / N
- 7.) If yes, how many hours per week (on average)? _____
- 8.) Do you have a fitness program? Y / N Hours per week _____
- 9.) How many rounds do you play per week? Less than 1 _____ 1 _____ 2 _____ 3 or more _____

- 10) How long is your average drive (yards)? _____

- 11) How far do you hit your seven iron (yards)? _____

- 12) Have you been professionally fit for the following types of golf clubs?
Driver Y / N Long game Y / N Irons Y / N Wedges Y / N Putter Y / N

- 13) What is your "well hit" ball flight with a driver?
Draw Straight Fade

- 14) What is your most common miss with a driver?
Too low Too high Hook Slice Push Pull Not sure

- 15) How would you describe your driver launch?
Too low Medium Too high Not sure

- 16) How would you describe your driver's trajectory?
Falling Penetrating Rising Not sure

- 17) How would you describe your tempo?
Smooth Medium Quick Not sure

- 18) Where do you use a 3 wood (or your longest fairway wood) more often?
Off the tee Off the turf

- 19) What is the strongest lofted iron in your current set?
2 iron 3 iron 4 iron 5 iron 6 iron

- 20) What is your "well hit" ball flight with your irons?
Draw Straight Fade Not sure

21) What is your most common miss with your irons?

Hook Pull Push Slice Thin Fat Not sure

22) What distance do you hit your wedges?

Pitch _____ Gap _____ Sand _____ Lob _____ Not sure _____

23) What is the most common miss with your wedges?

Thin _____ Fat _____

24) If you lay up on a par 5, what yardage are you most comfortable with for your third shot?

Yardage: _____

25) During your average practice session, what percentage of time do you spend in each area (total 100%)?

Driver _____ Woods/Hybrids _____ Irons _____ Wedges _____
Partial shots _____ Bunker _____ Pitching _____ Chipping _____ Putting _____

Areas of focus: Indicate below how confident you are in your current abilities in the following areas (circle the closest description below)

26) Grip:

No confidence Progressing Average ability Good confidence Proficient

27) Stance:

No confidence Progressing Average ability Good confidence Proficient

28) Set-up:

No confidence Progressing Average ability Good confidence Proficient

29) Wrist action and Takeaway:

No confidence Progressing Average ability Good confidence Proficient

30) Swing path (not swing plane)

No confidence Progressing Average ability Good confidence Proficient

31) Ball Striking/Timing

No confidence Progressing Average ability Good confidence Proficient

32) Extension/Release – Through swing

No confidence Progressing Average ability Good confidence Proficient

33) Short Game (Chipping & pitching)

No confidence Progressing Average ability Good confidence Proficient

34) Putting

No confidence Progressing Average ability Good confidence Proficient

35) Strategy – Mental planning and playing

No confidence Progressing Average ability Good confidence Proficient

36) Preparation and pre-shot routine

No confidence Progressing Average ability Good confidence Proficient

**In case you are not familiar with some terms, these have been included in the definitions section at the end of this volume for reference.*