

Player A's Performance Plan 1.0



Player A,

Congrats! You are on your way to achieving your goals and taking your game to the next level. Below are highlights on your total game and specific steps on how you can improve each facade of the game. I look forward to helping you reach your highest potential and honored to a part of the process. In my opinion, you have the opportunity to take your game to a very high level because of your athletic ability and understanding

Full Swing

Your full swing is probably the area of the game where you can see the biggest gains from where you currently are. After many of our conversations, it is clear that being able to narrow the misses and control a consistent flight will drastically effect your scoring. We will focus on fixing a couple of things that will functionally get your arms to swing more freely and your body to be more in sync with that arm swing. I would like to a club analysis, especially the Driver, to make sure you have equipment that matches your strength and ability.

1. Driving

- Swing mechanics (Consistent ball flight and better ball striking)
- On Course (Understanding your shot tendencies and knowing your yardages)

2. Iron Play

- Swing mechanics (Consistent ball flight and better ball striking)
- Establishing a shot shape you desire (How to practice all flights for better on course play)
- On Course (Picking good targets, shot tendencies, knowing your yardages, when to be smart vs. aggressive)

3. Wedges (40-100yds)

- Trajectory and Spin control
- On Course (Picking good targets, knowing your yardages)

4. Clubfitting

- Driver shaft weight (Trackman)
- Analysis of what you have in the bag

Recommended # of lessons: 4

Short Game

Your short game is one of the strongest parts of your game. However, we can work on adding some more shots to your arsenal to increase creativity and ability to get up and down from anywhere. Lets take advantage of your superior hand-eye skills to be able to hit all possible shots.

1. Around the Green (2-15yds)

- Chip-putt shot (Power or no-power)
- "One hop and stop" shot

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2. Pitching

- Trajectory and Spin Control (Roll out or sit soft, Picking a landing area)
- "One hop and stop" shot

3. Bunker Play

- Clubface and bounce control (Different lies)

Recommended # of lessons: 2

Putting

Putting is also an strong part of your game and some fine tuning on AimPoint Express and minor stroke mechanics will go a long way for you. The biggest point of emphasis is establishing a productive putting practice that will keep you sharp.

1. Mechanics

- Set up (grip)
- String line work

2. Short Putts

- Practice, practice, practice (String line, drills/games)

3. Lag Putts

- Practice, practice, practice (String line, drills/games)
- On Course (judging your speed, when to be aggressive vs. smart)

4. Green Reading

- AimPoint Express (Short putt calibration, re-calibrate 10'+, how to practice your green reading)
- On Course (Strategy, visual illusions, tips from the tour)

Recommend # of lessons: 2

With this plan you will receive tools that will help with your game. I will pass on reading material for you to review and help compare. As we go we will establish a practice journal and you will get a stats tracking sheet. I highly recommend you join 'Shots to Hole' for our stats program.

Please feel free to email me your thoughts on this plan. If there is anything that you would like to add to the plan or would like to know more in detail please let me know. Again, I look forward to helping you with your game. My full intention is to get you playing better and not waste your time or money on taking lessons every week for the rest of your golfing life.

Best Regards from your Coach,

Justin Blazer, PGA
Duran Academy of Golf
Director of Instruction