

# GOLF AGGRESSIVE

ASSESSMENT DATE: \_\_\_ / \_\_\_ / \_\_\_

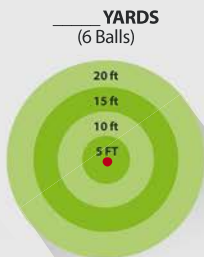
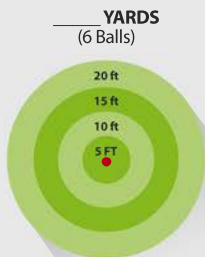
ASSESSMENT CONDITIONS: WINDSPEED \_\_\_ WET/DRY (circle one)

## PRESSURE TEST ✓

## Approach Shots 100 Yards & In

### Directions:

- \* Find a driving range or short game practice facility where you can pick 3 yardages within 100 yards.
- \* Pick one club from your bag that can reach ALL THREE targets.
- \* You will hit ONE SHOT to each target in a round robin format. Start with the closest target, move to the middle target, and finally hit to the far target. Repeat for a total of 18 holes (6 shots per target).
- \* Notate where your ball LANDED on the green images below. We are not calculating ROLL simply because this is not an accurate gauge due to the uncertainty of your practice conditions.



After striking all 18 shots, calculate your score. Each shot will be scored using the following chart:

20 ft = 1 Point | 15 ft = 2 Points | 10 ft = 3 Points | 5 ft = 4 Points | MISSES = 0 point

RESULTS		
	DISTANCE FROM PIN	SCORE
Shot 1:	_____	_____
Shot 2:	_____	_____
Shot 3:	_____	_____
Shot 4:	_____	_____
Shot 5:	_____	_____
Shot 6:	_____	_____
	TOTAL	_____

RESULTS		
	DISTANCE FROM PIN	SCORE
Shot 1:	_____	_____
Shot 2:	_____	_____
Shot 3:	_____	_____
Shot 4:	_____	_____
Shot 5:	_____	_____
Shot 6:	_____	_____
	TOTAL	_____

RESULTS		
	DISTANCE FROM PIN	SCORE
Shot 1:	_____	_____
Shot 2:	_____	_____
Shot 3:	_____	_____
Shot 4:	_____	_____
Shot 5:	_____	_____
Shot 6:	_____	_____
	TOTAL	_____

## PROGRESS CHECK: 80% HIT GREEN

### GOAL:

You should be consistently landing your ball on the green. We are not calculating roll for this particular assessment.

### YOU'RE FALLING BEHIND IF:

You're not landing the ball ON the green at least 70% of the time from 100 yards and within at the end of 4 weeks.

Check your technique and review the video lessons inside of the members area if you are under 70%.