

JUNIORS COACHING ADVANCED GOAL PLANNING TOOL

Now that you keep your statistics, the areas to work on should stand out. If not then please discuss the stats with your pro. And if you have been working hard, practicing on a particular aspect of your game, the stats should give you the feedback you need. Is the practice paying off; do you hit more greens in regulation, have fewer putts per round or get more sand saves?

Here are some well used sayings about goals

- What gets measured gets done
- Something committed to paper is usually achieved
- Pin your goals up in a visible place to remind you of them daily

Below follow three help sections

1. *How do I know what to work on?*
2. *Practice and lessons*
3. *What about goals, how do I write them?*

What to work on?

I am sure that Tiger Wood's targets might look like the list below. That's how good you have to be to be no 1 in the world!

Fairways in regulation	14
Greens in regulation	14
Par threes hit in regulation	4
Hitting greens within 10 feet of the pin	18
Putts	25
Sand saves	100%

However our goals are a bit more modest and look like these:-

Fairways in regulation	8
Greens in regulation	12
Par threes in regulation	3
Hitting greens within 10 feet of the pin	8
Putts	29
Sand saves	50%
Up and down from off the green	50%
Hitting fades and draws to order	75%
Hitting low and high shots to order	75%
Getting up and downs from awkward lies	75%

The answer to "what do I need to work on?" is; look at your stats. The stats will tell or help you identify the weakest part of your game.

Practice and lessons: Bad things happen in threes. Golf is a strange game where, often, many small things can upset the balance. You par four or five holes in succession and then suddenly you have two bad holes on the trot! Why? Do you recognise what was the cause of the problem or did you let a bad shot be followed by a bad decision?

Learning point:

Always keep a log of lessons, what was it you and the pro worked on?
By recording your lessons you are able to review what you worked on and remind yourself of a small adjustment that made all the difference at the time.

Learning point:

Practice competitively when you are with your friends!
Make a game of it and try and win the putting game or chip more balls closer to the hole than anyone else.

Learning point:

If you practice on your own, make it challenging!
Take 25 good balls from your practice bag and chip 5 balls to 5 different pins on the practice green and do not give up until you have got all of them within 3 feet of the hole. Now do the same exercise with a different iron, a rescue wood or a three wood.

Take 20 balls and putt 5 balls from 5 feet from North, South, East and West of the hole and do not give up until you holed 20 in succession. Now do the same from 10 feet and when you have holed 18 in a row and miss the 19th putt, start all over again.

Writing SMART goals and WHAM goals!

Smart stands for	Specific Measurable Achievable Realistic Time bound	Wham means	What How Action Measurement
------------------	---	------------	--------------------------------------

To say that “one day you’ll be a better golfer”, the statement is not specific, measurable or time bound. It might be achievable but it may not even be realistic!

On the other hand if you were to say that ‘my handicap will go down from 11 – 9 by June 30th of next year’, we can see that this statement is very specific, it is measurable, it is probably very achievable, it is realistic and has a timescale to it.

Lesson 1: Make sure it is SMART

Lesson 2: Make it WHAM proof. Having decided what you are going to improve, you need to write down how you are going to do.

If the goal is to get your putts down from 32 to 28, then you might want to practice putting three times a week using the North South East West technique from 5 feet, 7 feet and 10 feet.

Maybe it is a combination of things and you may want to have a lesson from your pro as well to practice *releasing* the club head.

If the goal is to improve your up and downs from off the green then you might want to say that you want to practice chipping to within 3 feet and do that with a wedge, an 8 iron and a rescue club, 25 balls with each until you get 100%!

And how did you do?

Lesson 3: Keep a log of your practice you'll soon see the improvements. Over time the stats will also show that your hard work has paid off. If none of that works, just get lucky!

After all it was Gary Player who famously said;

“The more I practice the luckier I get!”