

JUNIORS COACHING QUESTIONNAIRE AND GOAL PLANNING TOOL

For our coaches to be able to help you for you to get the best out of them we really need to know from you what aspect of the game you want to work on.

This form will help you think through the answers to those questions. If you are new to our coaching programme then please use this form. If you keep statistics regularly then please use the advanced planning tool instead.

Section A Your Details

Name _____

Date of Birth _____

Home golf club _____

Handicap _____

Personal coach _____

How many hours do you practice each week? _____

What areas are you currently working on? _____

What area has most improved in the past 12 months? _____

Do you keep statistics? Yes / No

Do you keep a log of your practice Yes / No

Section B – Analysis, where do you think most attention is needed?

Putting	Much	Some	Little
Reading greens	Much	Some	Little
Pitching	Much	Some	Little
Chipping	Much	Some	Little
Shots from 100 yards	Much	Some	Little
Distance control	Much	Some	Little
Short bunker play	Much	Some	Little
Long bunker play	Much	Some	Little
Fairways bunker play	Much	Some	Little
Short irons	Much	Some	Little
Medium irons	Much	Some	Little
Long irons	Much	Some	Little
Driving	Much	Some	Little
Shaping shots	Much	Some	Little
Course management	Much	Some	Little
Other:			
Fitness	Much	Some	Little
Mental game	Much	Some	Little

Section C – preparing for coaching. Please use this section to put your thoughts down on the four most important aspects of the game.

Hitting fairways in regulation: How many fairways do you hit in regulation, if it does not go well what are the symptoms?

Hitting greens in regulation: How many greens do you hit in regulation? What goes wrong when you do not?

Putting from 10 feet and less: How far from the pin do you end up with your shot in? Is it 30 feet, 20 feet or do you manage to get the ball within 10 feet of the hole?

Competition: What happens in competitions, do you win, do you come second? Are you in the lead and then it all slips away?
