



SPECIALIST IN ADVANCED MOTION ANALYSIS & TOURNAMENT PERFORMANCE

PLAYER PROFILE

Name

Mobile

Home Tel

Email

Golf Club Affiliations

Are you a Professional or Amateur

How long have you been playing

What is your present handicap

What is your lowest ever handicap

Are you left or right handed

What frequency do you/can you practice/ play per week

Have you had a coach before? If so, with whom

Do you consider yourself a technical or feel player

Do you have any TrackMan, 3D, SAM, TPI or scoring stats? If so, please provide data.

YOUR GOALS AND MINDSET

What are your long term goals/ambitions in golf (one, three and five years)?

What are the biggest challenges you have in your game that may stop or prevent you from achieving your long term goals?

What are your expectations and work ethics?

What motivates you to succeed in golf?

YOUR APPROACH

Rating: 1 not true at all, 5 middle, 10 absolutely true

1 2 3 4 5 6 7 8 9 10

1. Self belief and expectations

- 1.1 I believe in myself, even if I've had a bad round
- 1.2 My self belief holds me back from achieving my goals
- 1.3 I have to succeed, otherwise I, or people around me, will be disappointed
- 1.4 Nothing but perfection is good enough for me
- 1.5 I often doubt that I can achieve my goals

2. Goals and Goal setting

- 2.1 I set short term and long term goals
- 2.2 I regularly review my goals
- 2.3 I have both performance goals and process goals
- 2.4 I visualise my goals every day
- 2.5 I'm not sure where I want to go with my golf

3. Confidence

- 3.1 I am confident in my ability to perform better than the golfers that I compete with
- 3.2 I do not lose confidence after a few poor rounds
- 3.3 Other people really believe in me and my golf
- 3.4 I embrace and enjoy playing under pressure
- 3.5 My confidence remains high even after a few poor shots or a few bad holes

YOUR APPROACH

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4. Composure under pressure

- 4.1 My confidence thrives when the tournament is mine to win or lose
- 4.2 I can easily forget mistakes and play on without dwelling on them
- 4.3 I stay composed when I make an error or stupid mistake
- 4.4 In pressure situations, I am able to play free without fear
- 4.5 I perform better when the pressure is on

5. Concentration

- 5.1 When others talk to me, I get distracted by my own thoughts
- 5.2 My mind wanders when there are outside distractions
- 5.3 I find it difficult to stay focused for 20 to 30 seconds during my pre shot routine
- 5.4 I think about my score and end results – I have trouble focussing on the process
- 5.5 I find it difficult to focus when I have to make a critical shot in competition

6. Anxiety

- 6.1 Competing against others is socially enjoyable
- 6.2 Before I compete I worry about not performing well
- 6.3 When I compete, I worry about making mistakes
- 6.4 Before I compete I am calm
- 6.5 Before I compete I am nervous

YOUR APPROACH

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7. Routines

- 7.1 I have a specific pre shot routine that I follow for each shot, chip and putt
- 7.2 I am aware when I get out of my normal preshot routine
- 7.3 I commit to the club and know what shot I am going to hit before addressing the ball
- 7.4 My mental and physical routine feels natural and effortless to perform
- 7.5 When I get distracted or have doubt, I stop and start the routine again

8. Commitment

- 8.1 I am more dedicated and committed to golf than most golfers I compete with.
- 8.2 I like the feelings that come when playing under pressure
- 8.3 Working hard in practice in order to improve is gratifying
- 8.4 I feel the best within myself when playing golf, compared with other sports/activities
- 8.5 I sacrifice doing other activities because of my dedication to golf

9. Motivation

- 9.1 I work on my technique, and use more time to perfect my skills than other of my competitors do
- 9.2 I want to win so badly that I get tense, anxious and steer my swing
- 9.3 What is your motivation level to achieve your Goals?
- 9.4 I have high performance expectations
- 9.5 I become frustrated when I don't perform up to my expectations

YOUR APPROACH

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10. Social Approval

- 10.1 One of my goals is to impress others with my golf skills
- 10.2 Gaining respect and admiration from fellow golfers is very important to me
- 10.3 I worry about embarrassing myself in front of other people
- 10.4 Getting acknowledged (e.g media, tv etc) is very satisfying
- 10.5 I wonder what other people think of my golf

WORK ETHICS

Rating: 1 not true at all, 5 middle, 10 absolutely true

1 2 3 4 5 6 7 8 9 10

1. Practice
 - 1.1 I am confident that I practise efficiently and that I work on the right things
 - 1.2 Practice gives me confidence, which I can then take to the course
 - 1.3 I derive confidence from my training
 - 1.4 I use practise to improve my confidence, not to just beat balls
 - 1.5 My confidence remains high even after a poor practice session

2. Course management
 - 2.1 I always make a strategy on the tee before I play a hole
 - 2.2 On every shot I have a specific aiming spot
 - 2.3 I always have a game plan during tournaments
 - 2.4 I always stick to my game plan regardless of score
 - 2.5 I always make a course map, and work out my strategies before I play in important tournaments

3. Learning
 - 3.1 I always like to listen to the opinions of many different golf teachers
 - 3.2 I do whatever any golf teachers says
 - 3.3 I know everything that I need to know in order to get better, I just need to practise and practise
 - 3.4 I can remember all the information from my golf lessons this year
 - 3.5 Learning is fun and I'm interested and excited to learn new skills and techniques

WORK ETHICS

Rating: 1 not true at all, 5 middle, 10 absolutely true

1 2 3 4 5 6 7 8 9 10

4. Tournament Preparation/Analysis/evaluation

4.1 I mentally rehearse my round prior to competition

4.2 After a tournament round, I review what I did well, and also what can be improved

4.3 I keep statistics from my tournament rounds

4.4 I like to discuss and review with the tournament with my coach after every major tournament

4.5 I review that statistics from my tournaments periodically (e. monthly)

1 2 3 4 5 6 7 8 9 10

5. Time Management

5.1 I have a weekly/monthly practise and tournament plan

5.2 I prioritise my time each day

5.3 I often procrastinate if I should do my practice plan/tournament stats etc

5.4 I set myself lots and lots of tasks each day/week so that I can improve as much as possible

5.5 I have the discipline to stick to plans that I make

PHYSIOLOGY

Rating: 1 not true at all, 5 middle, 10 absolutely true

1 2 3 4 5 6 7 8 9 10

1. Physiology
 - 1.1 I regularly (minimum x 1 per year) visit a Physiotherapist and have a screening/assessment
 - 1.2 I have a training plan in order to develop my flexibility and I stick to this plan
 - 1.3 I have a training plan in order to develop my core stability and strength, and I stick to this plan
 - 1.4 I have a training plan in order to develop my agility, coordination and stamina, and I stick to this plan
 - 1.5 I have a training plan in order to help me develop my physiology in order to develop my golf swing

2. Diet
 - 2.1 Off the course, I am disciplined with my diet, and mostly eat foods that nourish my body
 - 2.2 During a tournament round, I eat specific foods (e.g fruit), and only drink water
 - 2.3 I plan when and what I eat before a tournament round
 - 2.4 I eat and drink only when I'm hungry or thirsty on the course
 - 2.5 I never drink much alcohol the night before a tournament

MECHANICS

Please rate your game in the following areas 1 = poor 10 = excellent

1 2 3 4 5 6 7 8 9 10

1. Swing
2. Pitching
3. Chipping
4. Sand Play
5. Putting

6. Driving accuracy
7. Driving Distance
8. Fairway woods/hybrids
9. Long irons (1-4)
10. Medium irons (5-7)
11. Short irons (8- PW)
12. Approach play (50 – 100 yds)
13. Short game (25 – 50 yds)
14. Greenside chipping (0 – 25 yds)
15. Sand play
16. Lag putting (20 ft plus)
17. Mid range putting (3 – 10 ft)
18. Short putting (0- 3 ft)

MENTAL APPROACH

Describe your attitude and behaviour when you are playing your best golf , and are in the “zone”

Describe your attitude and behaviour when you are not playing well

How is your confidence level, and what could you do to improve your confidence?

How sturdy or fragile is your confidence? Do you lose confidence after a poor shot, hole or round?

MENTAL APPROACH

What are the major distractions you have during tournaments? How do you cope with these?

Ability to still score well on a poor ball striking day?

Do you feel that you perform better in practise, low pressure rounds, than in competition?

What do you feel you need to do in order to improve your mental game?

MENTAL APPROACH

Do other activities in your life provide a big distraction from you achieving your golfing goals?

What expectations do you have before a tournament?

How dedicated are you to training and improving your game?

Do you regularly keep tournament/practise statistics?

PROGRESS

How could your training be improved?

What do you feel you need to do in order to improve your management game?

Do you work with any mental, physical coaches? If so, who?

What do you feel you need to do better technically to improve your swing?

PROGRESS

Do you feel that your technique holds you back from improving your golf?

What do you feel you need to do to improve your physiology?

What are the three most important attributes/qualities in your opinion a good coach should have?

Other comments?