

BEFORE YOUR FIRST SESSION

Player Profile & Evaluation

This questionnaire helps me understand your golf, your goals and how you perform under pressure before we start. Fill it in on screen, save it, and send it back. It takes around 20–30 minutes.

ABOUT YOU

Full name

Date

Mobile

Email

Golf club(s)

Professional or amateur

☐ Professional ☐ Amateur

Left or right handed

☐ Right ☐ Left

How long have you been playing?

Practice and play per week

Current handicap

Lowest ever handicap

Previous coaching (if any, with whom)

Do you consider yourself a technical or feel player?

☐ Technical ☐ Feel ☐ A mix

Do you have any TrackMan, 3D, putting or scoring data? Please list or describe it, and send any files with this form.

Your goals and mindset

Take your time. Honest, specific answers are far more useful than polished ones.

What are your long-term goals and ambitions in golf? Think one, three and five years ahead.

What are the biggest challenges in your game that could stop you reaching those goals?

What are your expectations of yourself, and how would you describe your work ethic?

What motivates you to succeed in golf?

Your approach

Rate how true each statement is for you today. Your first instinct is usually the most accurate answer.

1 = not true at all · 5 = neutral · 10 = absolutely true

1 2 3 4 5 6 7 8 9 10

01 Self-belief and expectations

1.1	I believe in myself, even after a bad round	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.2	My self-belief holds me back from achieving my goals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.3	I have to succeed, or I, or the 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	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

02 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	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

03 Confidence

3.1	I am confident I can perform better than the golfers 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 stays high even after a few poor shots or bad holes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

04 Composure under pressure

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

Your approach *continued*

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1 2 3 4 5 6 7 8 9 10

05 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 20–30 seconds during my pre-shot routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5.4	I think about my score and the result, and struggle to focus on the process	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5.5	I find it difficult to focus when I have to play a critical shot in competition	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

06 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	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

07 Routines

7.1	I have a specific pre-shot routine for every shot, chip and putt	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7.2	I am aware when I step out of my normal pre-shot routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7.3	I commit to the club and the shot before I address the ball	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7.4	My mental and physical routine feels natural and effortless	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7.5	When I get distracted or doubtful, I stop and restart my routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

08 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 with playing under pressure	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8.3	Working hard in practice in order to improve is rewarding	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8.4	I feel at my best playing golf, compared with other sports or activities	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8.5	I give up other activities because of my dedication to golf	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Your approach *continued*

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1 2 3 4 5 6 7 8 9 10

09 Motivation

9.1	I spend more time working on my technique and skills than my competitors do	☐	☐	☐	☐	☐	☐	☐	☐	☐
9.2	I want to win so badly that I get tense, anxious and steer my swing	☐	☐	☐	☐	☐	☐	☐	☐	☐
9.3	My motivation to achieve my goals is high	☐	☐	☐	☐	☐	☐	☐	☐	☐
9.4	I have high performance expectations	☐	☐	☐	☐	☐	☐	☐	☐	☐
9.5	I become frustrated when I don't perform to my expectations	☐	☐	☐	☐	☐	☐	☐	☐	☐

10 Social approval

10.1	One of my goals is to impress others with my golf	☐	☐	☐	☐	☐	☐	☐	☐	☐
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	Being acknowledged (for example by media or TV) is very satisfying	☐	☐	☐	☐	☐	☐	☐	☐	☐
10.5	I wonder what other people think of my golf	☐	☐	☐	☐	☐	☐	☐	☐	☐

SECTION 3

Your work ethic

1 = not true at all · 5 = neutral · 10 = absolutely true

1 2 3 4 5 6 7 8 9 10

01 Practice

1.1	I am confident I practise efficiently and work on the right things	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.2	Practice gives me confidence that I take to the course	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.3	I draw confidence from my training	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.4	I use practice to build confidence, not just to hit balls	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.5	My confidence stays high even after a poor practice session	☐	☐	☐	☐	☐	☐	☐	☐	☐

Your work ethic *continued*

1 = not true at all · 5 = neutral · 10 = absolutely true

1 2 3 4 5 6 7 8 9 10

02 Course management

2.1	I always have a strategy on the tee before I play a hole	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.2	I have a specific aiming spot on every shot	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.3	I always have a game plan in tournaments	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.4	I stick to my game plan regardless of my score	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.5	I make a course map and plan my strategy before important tournaments	☐	☐	☐	☐	☐	☐	☐	☐	☐

03 Learning

3.1	I like to listen to the opinions of many different golf coaches	☐	☐	☐	☐	☐	☐	☐	☐	☐
3.2	I do whatever any golf coach tells me	☐	☐	☐	☐	☐	☐	☐	☐	☐
3.3	I already know everything I need to improve; I just need to practise	☐	☐	☐	☐	☐	☐	☐	☐	☐
3.4	I can remember all the information from my lessons this year	☐	☐	☐	☐	☐	☐	☐	☐	☐
3.5	Learning is fun, and I'm excited to learn new skills and techniques	☐	☐	☐	☐	☐	☐	☐	☐	☐

04 Tournament preparation and review

4.1	I mentally rehearse my round before competition	☐	☐	☐	☐	☐	☐	☐	☐	☐
4.2	After a tournament round, I review what went well and what can improve	☐	☐	☐	☐	☐	☐	☐	☐	☐
4.3	I keep statistics from my tournament rounds	☐	☐	☐	☐	☐	☐	☐	☐	☐
4.4	I review each important tournament with my coach	☐	☐	☐	☐	☐	☐	☐	☐	☐
4.5	I review my tournament statistics regularly (for example, monthly)	☐	☐	☐	☐	☐	☐	☐	☐	☐

05 Time management

5.1	I have a weekly or monthly practice and tournament plan	☐	☐	☐	☐	☐	☐	☐	☐	☐
5.2	I prioritise my time each day	☐	☐	☐	☐	☐	☐	☐	☐	☐
5.3	I often procrastinate over my practice plan or tournament stats	☐	☐	☐	☐	☐	☐	☐	☐	☐
5.4	I set myself lots of tasks each day or week so I can improve as much as possible	☐	☐	☐	☐	☐	☐	☐	☐	☐
5.5	I have the discipline to stick to the plans I make	☐	☐	☐	☐	☐	☐	☐	☐	☐

Physical preparation

1 = not true at all · 5 = neutral · 10 = absolutely true

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01 Physical preparation

1.1	I see a physiotherapist for a screening at least once a year	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.2	I follow a training plan to develop my flexibility	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.3	I follow a training plan to develop my core stability and strength	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.4	I follow a training plan to develop my agility, coordination and stamina	☐	☐	☐	☐	☐	☐	☐	☐	☐
1.5	My physical training plan is designed to support my golf swing	☐	☐	☐	☐	☐	☐	☐	☐	☐

02 Nutrition

2.1	Off the course, I am disciplined and mostly eat foods that nourish my body	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.2	During a tournament round, I eat specific foods and drink mainly water	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.3	I plan when and what I eat before a tournament round	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.4	On the course, I eat and drink only when I'm hungry or thirsty	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.5	I never drink much alcohol the night before a tournament	☐	☐	☐	☐	☐	☐	☐	☐	☐

Rate your game

How would you rate each part of your game at the moment?

1 = poor · 10 = excellent

12345678910

Core skills

1	Full swing	☐	☐	☐	☐	☐	☐	☐	☐	☐
2	Pitching	☐	☐	☐	☐	☐	☐	☐	☐	☐
3	Chipping	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	Bunker play	☐	☐	☐	☐	☐	☐	☐	☐	☐
5	Putting	☐	☐	☐	☐	☐	☐	☐	☐	☐

In detail

6	Driving accuracy	☐	☐	☐	☐	☐	☐	☐	☐	☐
7	Driving distance	☐	☐	☐	☐	☐	☐	☐	☐	☐
8	Fairway woods and hybrids	☐	☐	☐	☐	☐	☐	☐	☐	☐
9	Long irons (2–4)	☐	☐	☐	☐	☐	☐	☐	☐	☐
10	Mid irons (5–7)	☐	☐	☐	☐	☐	☐	☐	☐	☐
11	Short irons (8–PW)	☐	☐	☐	☐	☐	☐	☐	☐	☐
12	Approach play (50–100 yards)	☐	☐	☐	☐	☐	☐	☐	☐	☐
13	Short game (25–50 yards)	☐	☐	☐	☐	☐	☐	☐	☐	☐
14	Greenside chipping (0–25 yards)	☐	☐	☐	☐	☐	☐	☐	☐	☐
15	Bunker play	☐	☐	☐	☐	☐	☐	☐	☐	☐
16	Lag putting (20 ft+)	☐	☐	☐	☐	☐	☐	☐	☐	☐
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, in the “zone”.

Describe your attitude and behaviour when you are not playing well.

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

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

Mental approach *continued*

What are the main distractions you face in tournaments, and how do you cope with them?

How well can you still score on a poor ball-striking day?

Do you perform better in practice and low-pressure rounds than in competition?

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

Mental approach *continued*

Do other parts of your life distract you from achieving your golfing goals?

What expectations do you have before a tournament?

How dedicated are you to training and improving your game?

Do you keep tournament or practice statistics regularly?

Progress

How could your training be improved?

What do you need to do to improve your course management?

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

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

Progress *continued*

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

What do you feel you need to do to improve your physical condition?

What are the three most important qualities a good coach should have?

Anything else you would like me to know?

Thank you

Save this form and email it back to Chris, or bring it to your first session. Your answers stay between you and your coach and are used only to plan your coaching.