

ELITE GOLFER IMPROVEMENT SYSTEM – Chipping/Pitching/Bunker Shot Assessment

Skill Assessment Schedule	Week 1	Week 1	Week 4	Week 4	Week 8	Week 8	Week 12	Week 12	Total Stroke Volume
Skill Assessment Date		Shot Total		Shot Total		Shot Total		Shot Total	
SKILL – CHIP SHOTS	R = 6ft/2m		R = 6ft/2m		R = 6ft/2m		R = 6ft/2m		
10 Yards / 10 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
15 Yards / 15 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
20 Yards / 20 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
25 Yards / 25 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
Stroke Volume Total	40 Shots		40 Shots		40 Shots		40 Shots		160
Skill Assessment Schedule	Week 1	Week 1	Week 4	Week 4	Week 8	Week 8	Week 12	Week 12	Total Stroke Volume
Skill Assessment Date		Shot Total		Shot Total		Shot Total		Shot Total	
SKILL – PITCH SHOTS	R = 6ft/2m		R = 6ft/2m		R = 6ft/2m		R = 6ft/2m		
10 Yards / 10 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
15 Yards / 15 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
20 Yards / 20 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
25 Yards / 25 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
Stroke Volume Total	40 Shots		40 Shots		40 Shots		40 Shots		160
Skill Assessment Schedule	Week 1	Week 1	Week 4	Week 4	Week 8	Week 8	Week 12	Week 12	Total Stroke Volume
Skill Assessment Date		Shot Total		Shot Total		Shot Total		Shot Total	
SKILL – BUNKER SHOTS	R = 6ft/2m		R = 6ft/2m		R = 6ft/2m		R = 6ft/2m		
10 Yards / 10 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
15 Yards / 15 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
20 Yards / 20 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
25 Yards / 25 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
Stroke Volume Total	40 Shots		40 Shots		40 Shots		40 Shots		160
TOTAL STROKE VOLUME	120 Shots		120 Shots		120 Shots		120 Shots		480

Practice Notes:

All greenside shots require your full pre-shot routine and competition intensity.

The ratio of carry to roll for chip shots is 20 to 30 percent carry and 70 to 80 percent roll.

The ratio of carry to roll for pitch shots is between 30 and 50 percent carry and 50 to 70 percent roll.

R = 6ft/2m means Radius of circle around the hole is 6 feet or 2 metres for chip, pitch and bunker shots