ELITE GOLFER IMPROVEMENT SYSTEM – Long Game Assessment

Skill Assessment Schedule	Week 1	Week 1 Shot Total	Week 4	Week 4 Shot Total	Week 8	Week 8 Shot Total	Week 12	Week 12 Shot Total	Total Stroke Volume
Skill Assessment Date									
SKILL – SHORT/MID IRON	D = 10/10		D =		D =		D =		
90 Yards / 90 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
100 Yards / 100 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
110 Yards / 110 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
120 Yards / 120 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
130 Yards / 130 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
Stroke Volume Total	50 Shots		50 Shots		50 Shots		50 Shots		200
Skill Assessment Schedule	Week 1	Week 1 Shot Total	Week 4	Week 4 Shot Total	Week 8	Week 8 Shot Total	Week 12	Week 12 Shot Total	Total Stroke Volume
Skill Assessment Date									
SKILL – LONG IRON/HYBRID	D = 15/14		D =		D =		D =		
140 Yards / 140 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
150 Yards / 150 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
160 Yards / 160 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
170 Yards / 170 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
180 Yards / 180 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
Stroke Volume Total	50 Shots		50 Shots		50 Shots		50 Shots		200
Skill Assessment Schedule	Week 1	Week 1 Shot Total	Week 4	Week 4 Shot Total	Week 8	Week 8 Shot Total	Week 12	Week 12 Shot Total	Total Stroke Volume
Skill Assessment Date									
SKILL – HYBRID/DRIVER	D = 21/20		D =		D =		D =		
190 Yards / 190 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
200 Yards / 200 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
210 Yards / 210 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
220 Yards / 220 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
230 Yards / 230 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
Stroke Volume Total	50 Shots		50 Shots		50 Shots		50 Shots		200
TOTAL STROKE VOLUME	150 Shots		150 Shots		150 Shots		150 Shots		600

Practice Notes:

All shots require your full pre-shot routine and competition intensity. All yardages/meterages are rounded off.