

ELITE GOLFER IMPROVEMENT SYSTEM – Greenside Trouble Shots Assessment

Skill Assessment Schedule	Week 1	Week 1 Score Total	Week 4	Week 4 Score Total	Week 8	Week 8 Score Total	Week 12	Week 12 Score Total	Total Stroke Volume
Skill Assessment Date									
SKILL – LOB SHOT (Flop)	R = 6ft/2m								
10 Yards / 10 Metres	1 x 10		40						
15 Yards / 15 Metres	1 x 10		40						
20 Yards / 20 Metres	1 x 10		40						
25 Yards / 25 Metres	1 x 10		40						
Stroke Volume Total	40 Shots		40 Shots		40 Shots		40 Shots		160
Skill Assessment Schedule	Week 1	Week 1 Score Total	Week 4	Week 4 Score Total	Week 8	Week 8 Score Total	Week 12	Week 12 Score Total	Total Stroke Volume
Skill Assessment Date									
SKILL – ROUGH PITCH	R = 9ft/3m								
10 Yards / 10 Metres	1 x 10		40						
15 Yards / 15 Metres	1 x 10		40						
20 Yards / 20 Metres	1 x 10		40						
25 Yards / 25 Metres	1 x 10		40						
Stroke Volume Total	40 Shots		40 Shots		40 Shots		40 Shots		160
Skill Assessment Schedule	Week 1	Week 1 Score Total	Week 4	Week 4 Score Total	Week 8	Week 8 Score Total	Week 12	Week 12 Score Total	Total Stroke Volume
Skill Assessment Date									
SKILL – BUNKER (BURIED)	R = 9ft/3m								
10 Yards / 10 Metres	1 x 10		40						
15 Yards / 15 Metres	1 x 10		40						
20 Yards / 20 Metres	1 x 10		40						
25 Yards / 25 Metres	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 trouble shots require your full pre-shot routine and competition intensity.

Lob shots require a minimum of 60 percent of the distance as carry to qualify as a lob shot. E.g. 16 yards = 10 yards of carry and 6 yards roll

Rough is defined as 50 percent or more of ball sitting down in the grass and the shot is played with one of your wedges.

R = 9ft/3m means Radius of circle around the hole is 9 feet or 3 metres for greenside trouble shots.