

ELITE GOLFER IMPROVEMENT SYSTEM – Approach Wedge 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		Score Total		Score Total		Score Total		Score Total	
SKILL – SHORT WEDGE	D= 6ft / 2m		D= 6ft / 2m		D= 6ft / 2m		D= 6ft / 2m		
30 Yards / 30 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
35 Yards / 35 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
40 Yards / 40 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
45 Yards / 45 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		Score Total		Score Total		Score Total		Score Total	
SKILL – MID WEDGE	D= 8ft / 3m		D= 8ft / 3m		D= 8ft / 3m		D= 8ft / 3m		
50 Yards / 50 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
55 Yards / 55 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
60 Yards / 60 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
65 Yards / 65 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		Score Total		Score Total		Score Total		Score Total	
SKILL – LONG WEDGE	D= 10ft / 4m		D= 10ft / 4m		D= 10ft / 4m		D= 10ft / 4m		
70 Yards / 70 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
75 Yards / 75 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
80 Yards / 80 Metres	1 x 10		1 x 10		1 x 10		1 x 10		40
85 Yards / 85 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 approach wedge shots require your full pre-shot routine and competition intensity.

P.T.H means Proximity to Hole. You measure the spot from where each golf shot strikes the ground in relation to your target stick and measure it with a tape measure.