



Matt	Score (0 bad - 5 good)	Times used in a round	Issue	Fix
Long tee club: 3 wood/ <b>driver</b>	●●○○○	5-6	Driver is not consistent enough to use on 10 holes	Need to practice it on a quiet course, hitting it with junk balls, carefree. Find a feeling.
Go-to tee club: <b>2 iron</b>	●●●●○	8	I could be better off the fairways	I only ever practice it off the tee, must find grass to practice off
Long irons 3-5	●●○○○	2-3	Hardly ever practice them and accept they fade	No need to fix them as I hardly use them except on a very long hole
Mid irons 6-9	●●●○○	4-5	I try to over shape them when I can trust my reliable draw	Loss of focus and concentration, this is mental. If I want to shape, I must practice it on the range
Full wedges	●●●●○	8-9	I can get too steep on the ball with wedges huge divots	I must hit through the ball with a release – this needs to be grooved.
Pitch 20-40	●●○○○	2-3	I don't get it close enough to the hole, distance control	I avoid them as much as possible which is fine, but I should practice these to become LETHAL
Pitch 40-70	●●●○○	4-5	I can do it relatively well, but deep divots aren't ideal	I need to find a feeling on my backswing for distance control to gauge carry and spin
Greenside chip	●●●●○	7-10	BAUS! But I can get a bit handsy under pressure	I'll use my shoulder rocking with no wrist movement to prevent chunks
Long putting to inside 3'	●●●●○	A LOT	I could be holing more of these	I'm too defensive; I should be looking to HOLE the putt
5'-15' putting	●●●○○	A LOT	I would like to make 50% of 8 -10 footers	Pure practice is needed to get the feeling that my arms and putter are ONE unit
Inside 5' putting	●●●●○	THE MOST	BAUS level	
Greenside bunker	●●●●○	1-2	I am the BAUS	
Fairway bunker	●●●●○	1-2	Nothing wrong – love it I don't even care about going in them	

Mental problems Sometimes doubting that I can keep hitting the driver straight, I think that something will go wrong. Not trusting instincts on line reads and club choices. Not staying IN the shot mentally.

Common doubts/fears Off the tee: There's a hook coming.... I can't see the line of this putt, I know it's left edge but I don't believe it

Specific shots that scare you Driver to tight fairway, fading approach shots, Very wide fairways – I don't focus enough on my specific target

Best shots in your bag 2 iron off the tee. 50 degree wedge from 100-130. Faded/sliced driver, 80 yard LW, PW and 50 degree chip shot, bunker splash, fairway bunker shot, 6 iron from 185. PW from 145.

Common negative talk I lose interest if the greens have been cored and sanded.

Biggest issue affecting my golf I don't **sleep** enough before rounds a lot of the time. This affects my short game and concentration VERY BADLY.  
**Fitness** is terrible as I can feel my newly acquired spare tire jiggling as I jog or walk fast on the course  
**Strength and stamina** needs serious work as sitting on a chair most of the day wreaks havoc on joints and muscles  
**Flexibility** is quite good but it could be so much better which will make those first 4-5 holes MUCH easier.