

CORE EVALUATION SUMMARY

Athlete: John Smith

Current Handicap: 10

Target Handicap: 7

Coach: Adam Smith

Player Objective

John is a competitive mid-handicap player whose primary goal is to reduce scoring variability and progress from a 10 handicap to a 7. The evaluation focused on identifying performance gaps in **contact quality, visual control, physical capability, and swing efficiency** that directly influence distance control, start line, and consistency.

Shot Pattern Overview

Primary Miss Pattern: Pulls and blocks

Strike Pattern: Heel-biased, inconsistent contact

This combination suggests variability in face control and low-point consistency, compounded by strike location bias toward the heel. These tendencies create start-line errors and distance loss, particularly under speed or pressure.

CONTACT & AWARENESS TESTING

Golf Contact Awareness

- **5-Shot Contact Awareness:**
Somewhat Aware (1–2 mistakes out of 5)
 - Center-biased intention
 - Inconsistent strike (heel, toe, high, low)

Implication:

John has developing awareness but cannot reliably self-diagnose strike location. This limits his ability to make in-round corrections and contributes to repeated miss patterns.

Contact Control Test

- **Heel Contact:** Success on 3rd attempt → **Low Skill**
- **Toe Contact:** Success on 1st attempt → **High Skill**
- **Center Contact:** Success on 1st attempt → **High Skill**

Implication:

John demonstrates good access to center and toe strike but struggles to intentionally access the

heel. This asymmetry aligns with his heel-biased miss pattern and indicates limited control across the full clubface.

VISION & NEUROLOGY

4-Line Vision Test

- Limited ability to keep eyes locked on the center dot
- 2 or more mistakes
- Eye movement was **too slow**

Effect:

Slower visual tracking and fixation instability make it difficult to maintain consistent contact at higher swing speeds.

Eye Dominance & Hard Focus

- Aware of dominant eye
- Aware of hard focus

Effect:

Strong baseline knowledge. The limitation is execution speed and consistency, not understanding.

PHYSICAL & POWER ASSESSMENT

Key Movement Screens

Strengths

- Pelvic Tilt: Good
- Pelvic Rotation: Good mobility and stability (knee-driven pattern)
- Torso Rotation: Good stability, strong left rotation
- Lat Extension: Pass (both sides)
- Toe Touch: Pass
- Cervical Rotation: Pass bilaterally
- Seated Torso Rotation: Pass bilaterally

Limitations

- Deep Squat: Assisted; limited calf mobility bilaterally
- Shoulder 90/90:
 - Left: Below spine (standing & golf posture)

- Right: Below spine in golf posture
- Single-Leg Balance: Limited (0–5 seconds both sides)
- Lower Quarter Rotation: Left hip internal rotation limited
- Single-Leg Bridge: Glute cramping bilaterally

Implication:

John has adequate rotational capacity but shows **deficits in lower-body stability, calf mobility, hip internal rotation, and glute endurance**, all of which affect pressure control, low point, and face stability through impact.

POWER & SPEED METRICS

- **Vertical Jump:** 13.8 in
- **Sit-Up Throw:** 16'5"
- **Chest Pass:** 15'6"
- **Clubhead Speed:** 88 mph

Implication:

Power output is below optimal for handicap goal. Improving force production and sequencing efficiency would support both speed and consistency without increasing injury risk.

3D & SWING OBSERVATIONS

- S-posture at address
- Low segmental speeds
- Flat shoulders at top of backswing
- Good overall rotation
- Proper peaking order
- **Transition sequence:** Pelvis → Arms → Torso → Club

Implication:

While sequencing order is acceptable, low segmental speeds and setup posture limit efficiency. These factors contribute to inconsistent face delivery and strike location.

PERFORMANCE PRIORITIES (SUMMARY)

1. Improve strike awareness and full-face contact control
2. Increase visual tracking speed and fixation stability
3. Build lower-body stability and glute endurance

4. Improve pressure control and low-point consistency
 5. Increase swing efficiency without adding unnecessary effort
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RECOMMENDED EXERCISES & DRILLS

Physical Exercises (3)

1. **Single-Leg Glute Bridge Hold**
 - Focus: Glute endurance & pelvic stability
 - 3 sets of 20–30s per side
 2. **Half-Kneeling Hip IR Rotation Drill**
 - Focus: Left hip internal rotation
 - 2–3 sets of 8–10 reps
 3. **Calf Mobility – Knee-to-Wall Drill**
 - Focus: Ankle mobility for improved squat depth & pressure control
 - Daily, 2–3 sets per side
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Golf Drills (2)

4. **Toe–Center–Heel Contact Ladder (Foot Spray)**
 - Goal: Full-face strike access and awareness
 - Call out contact before checking the face
 5. **4-Line Vision Drill (PEAK Protocol)**
 - Eyes stay locked on center dot, head stable
 - 4 reps × 4 sets, hit 3–5 balls between sets
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CONCLUSION

John has a solid foundation of mobility and rotational capacity but is limited by **strike awareness, visual speed, lower-body stability, and efficiency**. Addressing these areas systematically will reduce his pull/block pattern, improve centered contact, and support his progression from a 10 to a 7 handicap.

This evaluation provides clear direction for **Coach Adam Smith** to prioritize training that produces measurable gains in consistency, distance control, and scoring reliability.