

PGI GOLF EVALUATION SUMMARY

Athlete: John Smith

Coach: Zack H

Evaluation Type: Initial Golf Evaluation

Location: Peak Golf Institute

Date: December 16, 2025

ATHLETE OVERVIEW

John is a motivated recreational golfer with a strong athletic background and a clear performance goal. He practices consistently and has a long-term objective of reaching a single-digit handicap. His prior exposure to coaching and competitive athletics provides a solid base for structured skill development.

Background Highlights

- Current Handicap: 16
- Target Handicap: Single digit (9)
- Practice Frequency: 2–3x per week
- Play Frequency: 18 holes once per week
- Athletic History: Cross country, track, wrestling

BASELINE FINDINGS

Setup & Fundamentals

- Moves feet and club simultaneously during setup (violates the "golden rule" of setup stability)
- Club is set too far behind the ball at address
- Head pitch slightly high at setup
- Finish is limited; eyes leave the ball early

Implications

- Setup instability contributes to inconsistent low point and strike location •
Early head movement limits contact reliability and visual feedback

CONTACT & STRIKE CONTROL

Contact Pattern

- Primary Strike Bias: Heel
- Shot Direction: Left-biased
- Preferred Shape: Draw
- Pattern: Draw with short irons, fade with longer clubs

Contact Awareness Testing

- Awareness Level: Somewhat aware (1–2 mistakes)
- Language used ("probably") indicates low confidence in strike identification

Implications

- Partial awareness limits in-round self-correction
- Heel bias directly impacts start direction and curvature consistency

Contact Control Testing

Heel Test

- Skill Level: High
- Recipe Used: Incorrect ("in-to-out path with open face")

Toe Test

- Skill Level: Limited
- Recipe Used: Correct conceptually ("closer to body on downswing"), execution inconsistent

VISION & NEUROLOGY

Vision Testing

- 4-Line Vision: Limited
 - Eyes move off target too early
 - Visual system moves too slowly to stabilize contact
- Eye Dominance: Right
- Eye Tracking: Does not visually locate the ball immediately after impact

Implications

- Visual inefficiencies reduce strike consistency, especially at speed
- Limits John's ability to confirm contact and adjust patterns

START DIRECTION CONTROL

Left Start Test

- Skill Level: Limited
- Awareness: Initially unaware of primary start-direction influencer
- Contact quality declined during test
- Recipe Used: Incorrect (out-to-in path focus)

Right Start Test

- Skill Level: Low
- Recipe Used: Incorrect (in-to-out path focus)

Implications

- John relies on path manipulation rather than face control •
- Start-direction variability increases dispersion and scoring volatility

CURVE CONTROL

- Draw Bias: Natural tendency, but not fully understood
- Fade Control: Present with longer clubs, not intentionally produced

Implications

- Shot-shape outcomes are pattern-based rather than command-based •
- Limits adaptability on the course and in pressure situations

GROUND FORCE & PRESSURE OBSERVATIONS

Force Plate Data (Smart2Move)

- Sets up with line of pressure biased toward the heels

- Insufficient pressure shift into the trail side by P2 (target ~60–68% not achieved)
- All force vectors peak late (lateral, rotational, and vertical)
- Lateral force amplitude is low (9.8%)
- Rotational force amplitude is strong (81 Nm/mass)
- Vertical force amplitude is strong (173%)

Implications

- Heel-biased pressure at address can disrupt balance and early sequencing
- Limited early trail-side pressure reduces the ability to organize forces earlier in the swing
- Late peaking forces shift energy production closer to impact, increasing timing demands
- Low lateral force limits horizontal control and consistency of low point
- Strong rotational and vertical forces indicate good power potential once sequencing improves

INITIAL COACHING TAKEAWAYS

- Setup structure is a primary leverage point for improvement
- Contact issues stem more from awareness and visual control than effort
- Directional control is face-dominated but misunderstood
 - Athletic background supports higher ceiling once perception and process are refined

PRIORITY FOCUS AREAS (MOVING FORWARD)

- 1. Setup Stability & Organization**
 - Separate foot motion and club motion at address
 - Rebuild consistent ball and club positioning
- 2. Contact Awareness Development**
 - Improve ability to correctly identify heel, toe, and center contact
 - Build confidence in strike feedback
- 3. Contact Control Progressions**
 - Learn correct recipes for heel, toe, and center strikes
 - Reduce heel bias under neutral conditions
- 4. Vision System Training**
 - Implement 4-Line Vision routines
 - Improve post-impact tracking and fixation
- 5. Start Direction Education**
 - Train clubface awareness and control
 - Reduce reliance on path manipulation

SUMMARY

John Smith demonstrates strong commitment and athletic potential. His performance ceiling is currently limited by setup inconsistencies, incomplete contact awareness, and underdeveloped visual control. With structured training focused on perception, setup stability, and face control, John is well-positioned to make meaningful strides toward his single-digit handicap goal.