

Logging and Measuring The Quality of Your Golf Training Experience By Lawrie Montague PGA

When you complete your golf training session how will you know how you did? Will you measure how many shots you hit within the allocated time line? Or possibly, whether you achieved your score goals in the session? These are important parts of a training session to evaluate, but I believe there's one that's even more important. *The amount of quality training you completed within the allocated training period.* When you divide the segment time into the overall time it gives you a value of how much work was performed within the training period. I have witnessed many elite golfers who quite frankly waste their time on the practice ground, and have very little to show for it by the end of a practice session.

In the training session example below, Ben was on the driving range and short game area for three hours and thirteen minutes and he completed two hundred and fifty strokes. Fifty percent of these strokes were training his short game skills, and fifty percent was training his long game skills. His segment time for the three hours and thirteen minutes was one hundred and thirty nine minutes, so between his sets he spent about fifty minutes over the three hours not hitting golf shots. If you divide Ben's 139 minutes of segment time into 193 minutes total time, you can gain a measure of the percentage of the quality of his training time, it would look like this; $139 \div 193 \times 100 = 72\%$. In my opinion this is an excellent training session because it suggests that Ben went about his work without the common distractions I witness on the golf range that dramatically reduces the effectiveness of it. Ben's result is two percent above what I call the golden standard (70%) for the qualitative and quantitative measure of your golf training session.

Name: <i>Ben Smith</i>		Venue: <i>Toondalup Golf Club</i>		Practice Start: <i>10:30am</i>				Practice Finish: <i>1:50pm (3 hours 20 minutes)</i>									
Date	Practice Skill or Drill Routine (Complexity)	Absolute Volume						Target Distance	Target Radius	Zone 1	Zone 2	Zone 3	Zone 4 >	Intensity Rating 1-5	My Goal or Outcome	My Result or Score	My Comments for Today's Golf Training Session
		Start	Finish	Segment Time	Sets	Strokes	Total										
15/7	3 Zone Putting Drill	10:35	10:48	13:00	3	10	30	1-3 m	hole	10	7	4	n/a	4	85%	35/50 70%	<i>Putted confidently today</i>
	3 Zone Long Putting – Target	11:05	11:33	28:00	5	10	50	10-20 m	1 m	32	12	5	1	3	70%	32/50 64%	<i>Focus more on stroke tempo</i>
	Chipping – 8,9,PW Random Lies	11:43	12:07	24:00	4	10	40	10-20 m	1 m	29	15	5	1	4	75%	29/50 58%	<i>Distance control must improve</i>
	Sand Shots – 56 Degree Good Lies	12:18	12:44	26:00	5	10	50	10-20 m	1 m	22	20	5	3	4	50%	22/50 44%	<i>Must keep right shoulder up!</i>
	Short Iron PW – Target	12:51	1:04	13:00	2	10	20	130 m	12 m					3	55%	6/20 30%	<i>Very happy with result</i>
	Mid Iron 7 Iron – Target	1:04	1:15	11:00	2	10	20	150 m	14 m					3	50%	7/20 35%	<i>Not good enough!</i>
	Fw Wood 5 Wood – Target	1:19	1:30	11:00	2	10	20	170 m	16 m					4	50%	5/20 50%	<i>Happy with my result</i>
	Tee Shots - Target	1:35	1:48	13:00	2	10	20	195 m	18 m					4	55%	9/20 45%	<i>Too much slice in shots</i>
Total	8 Routines	193 Minutes		139 Minutes	25	25 x 10	250			93	54	19	5	Ave 3.6	61.25%	49.5%	139m ÷ 193m x 100 = 72%

Name: _____ **Venue:** _____ **Month:** _____ **Week:** _____

Routines	Practice Skill or Drill Routine (Complexity)	Absolute Volume						Target Distance	Target Radius	Zone < ①	Zone < ②	Zone < ③	Zone ④ >	Intensity Rating 1-5	My Goal or Outcome	My Result or Score	My Comments for Today's Golf Training Session
		Start	Finish	Segment Time	Sets	Strokes	Total										
1																	
2																	
3																	
4																	
5																	
Monday Totals																	
1																	
2																	
3																	
4																	
5																	
Tuesday Totals																	
1																	
2																	
3																	
4																	
5																	
Wednesday Totals																	
1																	
2																	
3																	
4																	
5																	
Thursday Totals																	
1																	
2																	
3																	
4																	
5																	
Friday Totals																	