

Strengths and Weaknesses

	Skills/Techniques	Strategies/Tactics	Fitness
Strengths	Chipping Putting (Short) Balance Technique	Course Management Attacking Play	Flexibility Suppleness
Weaknesses	Driving Long Irons Putting (Long)	Defensive Play	Mental Stamina

Improving My Weaknesses

Driving and Long Irons.

As a golfer I feel that my driving is the main area of my game that needs the most improvement. I have made this my main weakness, as I am not able to produce consistent shots with my woods off the tee box. I feel that good practice and a result would drastically reduce my score around the course. The area of my driving in which I am struggling with is the positioning of the ball in my stance; this leads to shots with poor trajectory, leading to poor distance. This is also the same problem with my long irons. As a tall player it has been difficult to attain a good stance over the ball. Although I have power this affects the length of my shots. To achieve better results I am aiming to practice driving and my long irons (3 to 5) four times a week, twice in my general practices and twice in my games (as shown on fitness plan.) I will also retrieve advice from books and other resources to investigate how to achieve a better shot with longer clubs. If possible I will also attempt to attain advice from the professional and other players at my golf club.

Putting (long)

On the greens I currently find it difficult to judge the correct speed of the ball from a fairly lengthy putts. This problem has led to me three putting from distances as small as twenty feet. This dilemma has led to shots being added on to my score, averaging around one every other hole. These shots could decrease my handicap considerably if I was to improve on long distance putts. I feel this problem is due to an inconsistent rhythm in my putting stroke, which can lead to deceleration through the shot and also a crooked swing, leading to an inaccurate direction. As a result I believe I must change my stroke through keeping my arms straighter with the putter, giving more solidity in the stroke. To achieve this I will practice wholly on my putting once a week and twice a week in my games.

Defensive Play

I have chosen this as one of my weaknesses as I believe I should know how and when to execute defensive play on the course to my advantage. Currently I do not play defensive golf effectively to benefit my score and ability. In competitions I know I should play defensive golf near the end of the round when I am playing well, so I can keep a good score. However I constantly play attacking golf and most of the time face the consequences. A defensive tactic could win a match, especially in match play. Defensive golf is not something that can be practiced, but something that can be learned and performed, to assist in close fought competition; it is a skill, not an ability. To be able to use this to my advantage I will need to learn all the different ways of playing defensive golf and when. I will retrieve information from books, magazines and other resources and use the information on the course. This should benefit me when it comes down to holding the lead and my courage.

Mental Stamina

My final weakness is mental stamina. This must be strong throughout a round of golf to ensure consistent and positive play through all eighteen holes. I believe as I have poor mental stamina my focus and concentration begins to fade as the round proceeds further. Mental stamina can be interrupted through the pressure of the crowd and other environmental factors such as weather and surroundings. To improve, I must focus on the game in hand and filter out all the irrelevant information. This can only be practiced over time in games and competitions, where I will be under the most pressure. To try and improve further I will look into and investigate how other golfers focus. I feel that if this is improved I will be able to complete a round of golf with more constant scores throughout all eighteen holes.

I will present my progress in a diary of weaknesses. This will show what I have learnt and how I have applied it to my game. the diary will also say if the change or information has produced a positive result.