

## Golf Student Assessment Form

- Name: \_\_\_\_\_
- Age: \_\_\_\_\_ Gender: \_\_\_\_\_
- Date: \_\_\_\_\_
- Golf Experience (Beginner, Intermediate, Advanced): \_\_\_\_\_
- Current Handicap (if applicable): \_\_\_\_\_

### Section 1: Goals

*Short-Term Goals (1-3 months):*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Long-Term Goals (6-12 months):*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Section 2: Golf Positions

*Assessment Key:*

- 1 = Beginner: Minimal understanding, requires significant improvement.
- 2 = Novice: Basic understanding but inconsistent execution.
- 3 = Developing: Shows progress, performs with some consistency.
- 4 = Competent: Regularly demonstrates correct technique.
- 5 = Proficient: Solid performance with minor adjustments needed.
- 6 = Advanced: Executes with confidence, strong consistency.
- 7 = Skilled: High level of control and accuracy.
- 8 = Expert: Rarely makes mistakes, performs at a superior level.
- 9 = Mastery: Exemplary skill and precision under all conditions.
- 10 = Elite: Pinnacle of performance, maintains excellence consistently.

<b>Position</b>	<b>Score</b>	<b>Comments</b>
Grip		
Stance		
Posture		
Alignment		
Ball Position		
Weight Transfer		
Swing Plane		
Finish Position		

### **Section 3: Skills Development**

<b>Skill</b>	<b>Score</b>	<b>Comments</b>
Putting		
Chipping		
Pitching		
Full Swing (Irons)		
Full Swing (Woods)		
Sand Shots		
Course Strategy		
Mental Focus		

#### **Full Swing (P1-P9):**

<b>Position</b>	<b>Score</b>	<b>Comments</b>
P1 (Address)		Hands in correct position; proper posture
P2 (Takeaway)		Clubface square to spine, connected
P3 (3/4 swing)		Lead arm parallel to target line
P4 (Top of Swing)		Balanced position; proper wrist set
P5 (Start of Downswing)		Back to lead arm parallel to the target line
P6 (Post impact)		Shaft parallel to ground, hands pocket high
P7 (Impact)		Hands in front of the ball, backwards "K"
P8 (Follow-Through)		Full arm extensions - forearm rotation
P9 (Finish)		Stable and balanced finish position

**Section 4: On-Course Metrics**

<b>Metric</b>	<b>Current Average</b>	<b>Goal</b>	<b>Comments</b>
Fairways Hit			
Greens in Regulation (GIR)			
Putts Per Round			
Sand Saves			
Up and Downs			
Average Score			
Par or Better %			

**Section 5: Practice and Progression**

*Weekly Practice Plan:*

- Days/Week: \_\_\_\_\_
- Focus Areas: \_\_\_\_\_
- Practice Duration: \_\_\_\_\_

*Monthly Progress Review:*

1. Strengths: \_\_\_\_\_
2. Areas to Improve: \_\_\_\_\_
3. Adjustments to Goals: \_\_\_\_\_

**Instructor Comments:**

- Overall Assessment: \_\_\_\_\_
- Recommended Next Steps: \_\_\_\_\_

**Instructor Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_