

## SCORETRACKER SUGGESTIONS

The second bonus is the "ScoreTracker" software. This is an Excel spreadsheet that you can download and keep on your computer. It is designed to keep statistics on up to 10 rounds, and it can help you figure out where you need to improve your golf game and what to practice.

The program will help you identify strengths as well as areas to improve. It can be used for any golf course, and it only takes about 5 minutes to enter the data after a round.

The program comes with a sample page already filled out to give you an idea of how to enter the data. Once you have used the spreadsheet a time or two it will be straight forward to use thereafter. I encourage you to use whatever system makes the most sense to you and is the most helpful.

**Single Round Scoring Sheet SAMPLE**

This is a sample round entry. It's not included in the summary. Analysis is at the bottom.

#	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Total	%
Score	4	4	3	4	4	5	5	3	4	5	3	5	6	4	4	4	3	5	75	
Putts	1	1	2	2	1	2	1	2	2	3	1	2	2	2	2	1	2	2	31	41%
Par(P) Birdie(B) Bogey(O) Double (D) Eagle (E) Other (X)	b	p	p	p	p	o	p	p	p	o	b	p	d	p	o	b	p	o		
Fairways (Y/N)	y	n		y	n	n	n		y	y	y	n	n	y		y		n	7	50%
Greens in Regulation (Y/N)	y	n	y	y	n	n	n	y	y	y	y	y	n	y	n	y	y	n	11	61%
1st Putt average distance	8	6	30	22	8	10	3	40	15	60	6	8	10	6	6	10	15	15	15	
2nd Putt average distance			3	2		2		4	2	6			1	1	1				1	2
3-Putts (y/n)										y									1	6%
Up & Downs (Y/N)		y			y	n	y					n		y	n			n	50%	8
Penalty strokes (1,2)													2						2	
Pre Shot Routine	4	2	3	4	3	2	3	2	3	4	4	4	2	3	3	4	3		71%	71%
Other Mental Technique	4	2	3	4	3	2	3	2	2	3	4	4	2	2	1	4	3		64%	64%

(P) Pars	10	56%
(B) Birdies	3	17%
(O) Bogies	4	22%
(D) Doubles	1	6%
(E) Eagles	0	0%
(X) Other	0	0%
	18	

1st Putt Avg Dist Greens in Regulation: 20  
 1st Putt Avg Dist Up & Downs: 7.8  
 Greens missed when fairways missed: 6

Analysis: A decent round. Could save 3 shots by eliminating the penalty strokes and 3-putt by better mental focus. Only hit 50% of drives in fairway, so need driver work. Goal is 9. Only 11 greens, so need iron work. 1st putt Avg GIR is 20 feet, so probably need short iron work. Definitely need work on up&downs - 67% is the goal. Only 71% pre-shot routines - doing work here could save lots of work elsewhere!

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(this is the sample page you see in the spreadsheet. For a scoring page that relates to an actual round and the scorecard, look at the images further down the pages).

To use the ScoreTracker I usually carry my own separate score card which I use just for my own score and results. When I get home I record the results and then review the statistics to help me determine where to spend my practice time.

I have uploaded a couple of sample scorecards to help you understand how I use ScoreTracker. Here is the image below:

The image displays two sample scorecards side-by-side. The left scorecard is for the Merlot course, and the right is for the Chardonnay course. Each scorecard features a top section with hole diagrams (numbered 1-9) and a corresponding table below. The Merlot scorecard shows a total score of 100, while the Chardonnay scorecard shows a total score of 90. Below the scorecard tables are various statistics including Par, Putts, Greens in Regulation (GR), and other performance metrics for each hole and overall. The Chardonnay scorecard also includes a 'Player' column and a 'Date' field.

Hole	Score	1	2	3	4	5	6	7	8	9	Total
Black	Score	22	19	20	21	20	21	21	22	22	190
Blue	Score	19	17	20	21	21	22	22	23	23	199
White	Score	19	17	20	21	21	22	22	23	23	199
Gold	Score	19	17	20	21	21	22	22	23	23	199
Score	Putts	5 <sup>2</sup>	3 <sup>2</sup>	4 <sup>2</sup>	3 <sup>2</sup>	4 <sup>2</sup>	3 <sup>2</sup>	4 <sup>2</sup>	3 <sup>2</sup>	4 <sup>2</sup>	35
Greens in Reg.		N	-	Y	Y	N	N	Y	-	Y	
Par		4	3	4	3	4	3	4	3	4	36
1 <sup>st</sup> Putt		16	26	23	12	3	9	22	5	18	
2 <sup>nd</sup> Putt		2	3	2	-	-	1	2	-	3	
PRO SHOTS		4	3	4	3	4	5	4	3	4	
PUTTS		4	3	3	3	3	4	4	3	4	
P=Par		0	P	P	0	0	0	P	P	0	

  

Hole	Player	1	2	3	4	5	6	7	8	9	Total	GR	Putts
Black	Player	19	15	21	20	20	20	20	20	20	156	100%	35
Blue	Player	19	17	19	20	21	21	22	22	23	199	100%	35
White	Player	19	17	19	20	21	21	22	22	23	199	100%	35
Gold	Player	19	17	19	20	21	21	22	22	23	199	100%	35
Score	Putts	3 <sup>2</sup>	3 <sup>2</sup>	4 <sup>2</sup>	4 <sup>2</sup>	5 <sup>2</sup>	5 <sup>2</sup>	3 <sup>2</sup>	4 <sup>2</sup>	4 <sup>2</sup>	35	90%	35
Greens in Reg.		Y	N	-	Y	Y	Y	-	Y	Y		100%	35
Par		4	3	4	3	4	3	4	3	4	36		35
1 <sup>st</sup> Putt		6	3	6	18	12	12	26	44	8			35
2 <sup>nd</sup> Putt		-	-	1	4	1	1	2	4				35
PRO SHOTS		3	3	4	4	5	5	3	4	4			35
PUTTS		3	3	3	4	4	4	2	4	3			35
P=Par		2	0	0	P	P	0	P	P	0			35

**Let's go through the data fields on Scoretracker.**

**Score:** What you shoot on the hole. (Analysis: I shot a 70, which is a good score for me. But there are still areas where I could improve).

**Putts:** the number of putts on the hole. You'll see that I keep my score and putts in the same entry box (the first entry is 5/2). Birdies are circled on the card. (Analysis: My goal is to always have less than 32 putts, and I am working on lowering that goal to no more than 30 putts per round. In this case I had 30 putts, so I feel like I am on target. I had no 3-putts, perhaps because I had only 2 putts over 33 feet, and only one putt of 44 feet. However, the average length of my first putt for a GIR is 21 feet. My goal is to cut that to 15 feet. Even more telling is the avg. length of my up&down putts at 9 feet. That needs to be cut in half! I already know that I will be spending more time around the green working on chipping)

Microsoft Excel - Score_Tracker_sample.xls																									
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A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X		
3					# 1	# 2	# 3	# 4	# 5	# 6	# 7	# 8	# 9	# 10	# 11	# 12	# 13	# 14	# 15	# 16	# 17	# 18	Total	%	
4	Score				5	3	4	3	4	5	4	3	4	3	3	4	4	5	5	3	4	4	70		
5	Putts				2	2	2	1	1	2	2	1	2	1	1	2	2	2	2	2	2	1	30	43%	
6	Par(P) Birdie(B) Bogey(O) Double (D) Eagle (E), Other (X)				o	p	p	b	b	o	p	p	b	b	b	o	p	p	o	p	p	b			
7	Fairways (Y/N)				n		y	y	n	n	y		y	y	n		y	y	y		y	y	10	71%	
8	Greens in Regulation (Y/N)				n	y	y	y	y	n	y	n	y	y	y	n	y	y	n	y	y	y	13	72%	
9	1st Putt distance				16	26	33	12	3	9	22	3	38	6	3	6	28	18	12	26	44	8	17		
10	2nd Putt distance				2	3	2			1	2		3			1	4	1	1	2	4		2		
11	3-Putts (y/n)																						0	0%	
12	Up & Downs (Y/N)				n				n		y					n			n				5	20%	
13	Penalty strokes (1,2)																						0		
14	Pre Shot Routine				4	3	4	3	4	5	4	3	4	3	3	4	4	5	5	3	4	4	99%	99%	
15	Target Focus				4	3	3	3	3	4	4	3	4	3	3	3	4	4	4	4	2	4	3	87%	87%
16																									
17	(P) Pars				8	44%																	1st Putt Avg Dist Greens in Regulation:	21	
18	(B) Birdies				6	33%																	1st Putt Avg Dist Up & Downs:	9.2	
19	(O) Bogies				4	22%																			
20	(D) Doubles				0	0%																			
21	(E) Eagles				0	0%																			
22	(X) Other				0	0%																			
23					18																				
24	Copyright 2004 Eric Jones, all rights reserved																						the green!	90% of the game™	

**Par:** This is the code you enter for each hole, and you have a decision to make as to how to use these par codes. If you are a scratch player you will simply enter your result relative to the existing scorecard - in other words, par=par. If you are an 18 handicap, you are entitled to 1 shot per hole. Par for you, in this case, would be the scorecard par + 1. If you make a 5 on a par 4 hole, the "5" would be "par" for you. It's all a matter of how you would like to look at the data and what your goals are.

I tend to set these numbers according to the goal I would like to achieve rather than my current handicap. For instance, if I am a 22 handicap and my goal is to get to 18, I would set my par codes to +1 shot per hole. If I were 15 handicap and I wanted to be single digits, I might bump the par to +1 on the 4 hardest holes on each 9 holes.

The point is to use these codes in a way that is meaningful to you, and that will help you improve.

**Fairways (Y/N):** Answer Y for Yes or N for No if you hit your drive in the fairway. Leave the field blank on par 3 Holes. The analysis is set up for 14 fairways per round. (Analysis: 10 fairways hit is a good total, but I'd like to know more about what happened on the fairways missed, because missed fairways tend to lead to bogeys. Could I have been better off with a 3-wood or iron off the tee on those holes? Was I focused and did I do my routine? These are the questions I would ask myself).

**Greens in Regulation (Y/N):** Again you have a decision to make with this stat depending on how you would like to view the information. Just like with the Par codes, I would encourage you to reflect your handicap (either current index or your index goal) in this stat. If you are an 18 handicap, then green regulation will be par 3=2, par 4=3, par 5=4. You decide if you want to reflect your current index or your goal, depending on how you are motivated. (Analysis: 13 of 18 greens is a solid total, but I would like to bump that average to 14 or better. Could be a combination of hitting more fairways and/or working on approach clubs).

**1st Putt Distance:** The idea with this stat is to pace off all of your putts. This habit takes a little getting used to, but since a good putting routine normally involves looking at the putt from behind the ball and from behind the cup, there is usually an opportunity to pace off your putts.

Take 3-foot strides, then convert your paces into feet and enter the distance. If you have difficulty pacing off 3 feet on every step, then just keep track of the number of "paces" and use your own unique pace as a distance unit, and then enter to number of "paces." The point is to be consistent with your measurement so that you can begin to develop a feel for how firmly to strike a ball given a certain number of feet or paces from the hole. This will help with long putts, and will also provide interesting data relative to how close to the hole you hit your approach shots. (Analysis: 30 putts is a good number, but I didn't have many long putts. Only one at 44, then 38, then 33. But the issue is that the average length of first putts on GIR is 21 feet. That is too far. My goal is to get it under 15 feet. That means I will probably be putting some time in on scoring clubs and approach shots.) The most glaring stat is the

length of 1<sup>st</sup> putts on up&downs at 9 feet. That number is way too high to count on making putts on a regular basis. The result shows up later in the up&down statistic of only 20%, which really hurts scoring. I can tell that I will be spending lots of practice time around the green, especially if I was having trouble with a particular type of shot (chip, pitch, or lob).

**2nd Putt Distance:** Again, enter your distance unit here for your 2nd putt. (Analysis: this stat was solid. Most putts were inside 1 or two feet, which means I had a good feel for the speed of the greens that day, and didn't have the stress of continually having to make 4- and 5-footers for pars).

**3-Putts (y/n):** Here you need only enter a "Y" when you have a 3-putt. A blank field assumes a two-putt. (Analysis: No 3-putts. Hooray!)

**Up & Downs (Y/N):** This is another field where you have decisions to make depending on how you want to analyze your game. A PGA Tour Pro might consider anything within 100 yards to be an up & down (meaning get it "UP" onto the putting surface and then get it "DOWN" into the hole - all in two shots). Most players consider anything within 20 yards or so of the green to be an up & down opportunity (this includes bunker shots).

Some players use this data field to track only up & downs for their "par" (meaning par+1 for an 18 handicap). Any time they miss a green, they record an up & down opportunity because they are more interested in their ability to save par. Some players use it only when they are within 50 yards of the pin and they are shooting for par. Others use it for all shots within a certain distance of the green regardless of their score or situation.

I use this stat for any shot within 100 yards of the green where I have missed the green in regulation and I have a legitimate chance of saving par, as well as for all shots within about 25 yards of the pin, regardless of the situation. That means on par 5's when I am near the green in two, I still count it as an up & down opportunity, even though a chip and two putts would get me a par. Similarly, if I hit a ball out of bounds and have to take penalty strokes, I may be laying 4 next to the green. It is not an up & down opportunity from a par standpoint, but I count it as such, because I am more interested in tracking my ability to hit my chips close to the hole and then make the putts. (Analysis: This is the most glaring stat on the scorecard. Only 20% of up&down opportunities resulted in a par save. My goal is 60% or better, so I am way off my mark. I need to get to work in this area with at least 50% of my practice time until I start seeing better results).

**Penalty Strokes: 1/2:** This is a summary row that keeps track of penalty shots, so if you have penalty strokes on a hole, enter the total per hole.

**Pre Shot Routine & Target Focus:** These two rows are designed to track components of your mental game. Your pre-shot routine total should match your score for any given hole (less penalty shots). That means you should have a pre-shot routine and you should be using it. Feel free to change the title of the mental skills section if there is a specific skill you are developing, such as visualizing every shot, maintaining positive self talk, relaxing before a swing, single swing thought, target focus, etc.

The point of this stat is to help you understand how well you maintain your mental focus during a round. Ideally, the number in these stats should match your score on a hole. That is, if you shoot a 5 on a hole, you should have performed 5 pre-shot routines, one for each shot. (Analysis: I was pretty consistent in performing a pre-shot routine on virtually every shot but one. That is a high mark. What is interesting, however, is that even though I was doing my pre-shot routine, I didn't always maintain my focus (the second mental technique I am working on). In nearly all cases this lack of focus led to a missed green or missed fairway. That means that a big part of my practice time will be spent not on mechanics, but on keeping my focus on the target during practice. I might be able to pick up 1 to 3 shots without even changing my swing – just improving my ability to focus on my objectives and staying within myself.)

That's it! I hope this analytic tool help you determine where to best spend your practice time. If you have questions please throw something out in the blog site and we can discuss it.

If you would like to customize the form and you are familiar with Excel you can simply remove the protection. There is no password.

See you down the fairway!

Eric, Rick, and the good folks at Target Centered Golf