

Game 3: Benchmark

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In this game, you will get a chance to test your skill by being asked to successfully match distance and trajectory. This game also gives you accurate feedback to see if your intentions match the outcome. The benchmark is to achieve a proximity of inside 6ft as this is the distance statistically you are more likely to hole the putt and therefore generate your scramble.

Rules of the Game

Set up 3 stations from 10, 15, 20 yards from the target (flag). From each station, you are asked to hit 3 shots, low, medium and high. This equal's 9 shots in total. For each distance/trajectory, pick a landing spot and mark it with a tee in the ground. Remember this will probably vary with each distance shot and each trajectory. After each shot evaluate the quality of strike out of 5, 5 being high, record this in the 'Good Contact' column in the table below. Then tick the box 'Hit Trajectory' if you achieve the desired flight. If you hit your landing spot, tick 'Hit Spot'. And then finally mark out the proximity.

Trajectory	Distance	Good Contact	Trajectory	Hit Spot	Proximity ft.
Low	10				
	15				
	20				
	Total				
Medium	10				
	15				
	20				
	Total				
High	10				
	15				
	20				
	Total				

If you reflect well this game gives you an opportunity to analysis any weaknesses or inconstancy's that are holding you back from getting the ball closer to the hole. For example, are you not securing consistent or appropriate contact? Are you not hitting your landing spot? Or you're hitting your spot, but not getting the ball closer? Are you struggling to vary the trajectory? Here lies opportunities to seek help and find solutions.