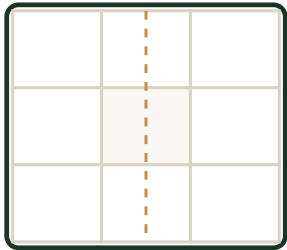


Strike Pattern Tracker

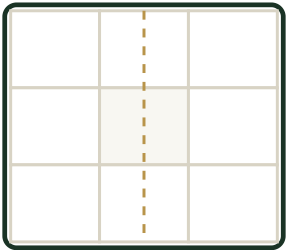
Spray the face with foot powder or use a dry erase marker. Hit ten shots, then mark each strike in the grid. Six sets on this page gives you a month of evidence on one piece of paper.

Name _____ Date range _____ Primary club _____



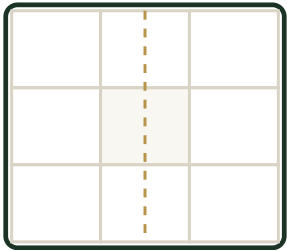
heel center toe

Set 1 club _____



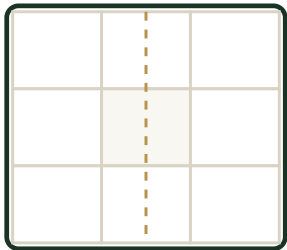
heel center toe

Set 2 club _____



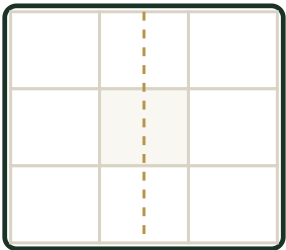
heel center toe

Set 3 club _____



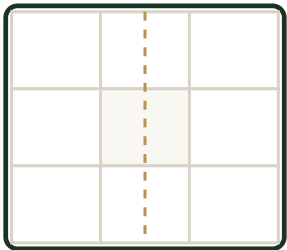
heel center toe

Set 4 club _____



heel center toe

Set 5 club _____



heel center toe

Set 6 club _____

Reading the pattern. Heel strikes usually trace back to weight sitting in the heels at address or a stance that is too wide. Toe strikes usually mean the body has pulled away from the ball through impact. Both are setup problems more often than swing problems.

The benchmark. Seven of ten in the center column is a working strike pattern. Do not chase a perfect grid. Chase a tighter one than last month, and let the dispersion follow it.

Pattern over time

Set	Date	Club	Center strikes out of 10	Dominant miss	What changed
1					
2					
3					
4					
5					
6					