Golf Round Pocket Book
User guide

This guide is presented separately so that it is easier to carry and use the Pocket Book on the round

Please do not let the Pocket Book slow down the pace of play, if anything it should help you speed up.

Introduction

I wrote this guide and created the accompanying pocket book which I have found useful in my quest to reduce my golf scores.

The pocket book is an on the course reference for key strokes that we encounter during the round but we find difficult to remember the key swing points for that shot.

It is not a substitute for golf lessons or practice.

Indeed you can add your own comments for each shot from your practice or play experience in the space provided.

Nor is it a definitive answer for your own play, just a pointer.

In my quest to lower my scores from around 110 to 90, I have spent many hours on golf lessons, range practice, on the course practice, reading golf books and watching online instruction.

I have taken lessons from many coaches over many years and I would like to thank them all for putting up with me:

Greg Smith (Aston Wood)
Jeff Hatton (Hatton Golf)
Norman Greer (Brocket Hall)
Sufian Dhaduk (Northwick Park)

Of the many books I have read I recommend the following:
Ben Hogan's Five Lessons
The practice manual (Adam Young)
Damage Control (Dave Pelz)
The short game bible (Dave Pelz)
Golf is not a game of perfect (Dr. Rob Rotella)

I have also learned a lot form online coaches, the main ones I follow are:

Chris Ryan golf

Mr. Short game

Danny Maude

Me and My golf

Rick Sheils golf

I also refer to David Leadbetters "The modern golf swing" to understand my swing faults.

There are many more excellent ones online. However there is no substitute for golf lessons from a PGA qualified professional. They are trained to spot the subtle nuances in a golf swing that cause the issues in our game. And of course practice practice practice.

From my learnings I have created a few tools to help me take on the course with me as an aide de memoire.

The main ones I have found useful are:

- A customized score card
- Club positions guide (I use body parts for positioning others use clock face positions. Both achieve the same objective)
- A gapping sheet (for use to work out your personal distances for each club at different positions. you can download spare ones from our site should you need)
- A club selector (which can be customized once you have worked out your distances using the gapping sheet and you can download spare ones from our site should you need)
- Visual shot set up (as a quick reference as you walk to your next shot)
- Post round analysis (you can use one of the many tracking apps or devices on the market)
- Practice log

Customised Score card

The key elements are:

- Set up a personal score for each hole based on your skills that you can achieve
- Your score on the hole
- Sections to record outcomes for key shots, help identify tendencies for specific shots
- Short comments for pre/post round points to remember. On my regular course I note trouble areas to avoid on specific holes and even the club to use

This enables me to record feedback for review and analyse my performance and take it to my coach.

Customised Score card

Hole	Act Par	Pers Par	Score	Drive	App	Chip/Pitch	Putt
1							
2							
3							
4							
5							
6							
7							
8							
9							

Hole	Act Par	Pers Par	Score	Drive	App	Chip/Pitch	Putt
10							
11							
12							
13							
14							
15							
16							
17							
18							
	0	0					

Example usage

Stanmore 8.47am 15/11/21

Hole	Act Par	Pers Par	Score	Drive	App	Chip/Pitch	Putt
1	4	5	5	OK	short	OK	2
2	4	6	7	↗	short	OK	3
3	4	5	4	OK	OK	OK	1
4	3	4	3	OK	-	-	2
5	4	5	6	↖	OK	short	2
6	3	4	5	short	OK	OK	2
7	4	5	4	OK	OK		2
8	3	4	4	short	OK	OK	2
9	4	5	5	sand	OK	OK	2

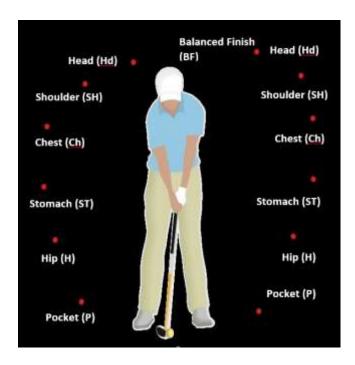| Hole	Act Par	Pers Par	Score	Drive	App	Chip/Pitch	Putt
10	3	4	3		OK		2
11	5	6	7	OK	↗	OK	3
12	4	6	6	↗	short	OK	2
13	4	6	6	OK	OK	short	3
14	4	5	4	OK	OK		2
15	4	5	6	↖	OK	short	2
16	4	5	6	OK	short	short	2
17	3	4	4	OK		OK	2
18	5	5	5	OK	OK	OK	2
	69	89	90				

Positions

The other tool I have found useful is the different swing positions that I can adopt for my shots. Many instructors including Dave Pelz recommend these. This enables me to have consistent stroke lengths against which to set my striking distances.

One word of warning though, as we set these distances at a range which is normally on flat lies, we do need to make allowances for on the course playing conditions like lie and playing conditions etc. and modifying the distances a I get more feedback.

Whilst many have suggested the clock face and has been very useful I found this a bit more difficult as this was a tricky visualization during the round. I prefer referring to points on the body that I can calibrate against.

Most of the positons start from the back swing and finish symmetrically on the follow through, e.g. Pocket to pocket. Remember not to decelerate through the impact position.

There is one that I call the balanced finish where the follow through finishes with the chest pointing the target, weight on front foot and club and hands pointing straight up.

The Gapping guide

Once I have established my club positions I use the gapping sheet to record my distances.
It involves hitting 3 or 5 shots for each position and each club with my normal tempo and
record the carry and total distances for each shot.
A range finder or better still some shot tracking device will be of great help here.
This exercise enables me to have a good idea of how far each club/position combination
the ball carries and rolls. Bear in mind the roll will be different in in the rough, wet or
muddy conditions or if you if you are playing on uphill or downhill fairways.
If you are using range balls then you will need to compensate for this.
The average carry/total distances can be transferred to the club chooser sheet in the pocket
book.

Gapping Date [ ] Left arm pointing position
carry/ total dist

SW	P	P23	H	St	Ch	Sh	Hd	FS		P	P	P23	H	St	Ch	Sh	Hd	FS
1										1								
2										2								
3										3								
4										4								
5										5								

9	P	P23	H	St	Ch	Sh	Hd	FS		8	P	P23	H	St	Ch	Sh	Hd	FS
1										1								
2										2								
3										3								
4										4								
5										5								

7	P	P23	H	St	Ch	Sh	Hd	FS		6	P	P23	H	St	Ch	Sh	Hd	FS
1										1								
2										2								
3										3								
4										4								
5										5								

Club chooser example

Club Chooser (Club/Total Distance)

Carry	P2P	Hip	St	Ch	Sh	Hd	FS
15	SW/18	/	/	/	/	/	/
20	6/41	SW/23	SW/27	/	/	/	/
25	9/35	/	SW/30	/	/	/	/
30	/	6/60	8/45	/	SW/38	SW/35	/
35	/	7/53	7/60	/	/	LW/40	/
40	PWBF/50	8/55	/	pw/50	/	/	/
45	/	/	/	7/60	pw/50	/	/
50	9BF/60	/	PWBF/60	9/60	/	/	/
55	/	9BF/65	8/100	/	/	/	/
60	6BF/80	/	/	8/70	PW/65	/	/
65		/	6/95	/	/	PW/66	/
70	/	/	9BF/80	/	/	9/75	/
75	7BF/95	5BF/100	/	6/92	/	8/80	/
80	/	/	6/95	/	/	/	9/100
85	/	/	/	/	/	9BF/90	/
90	/	/	5/112	/	7BF/105	/	/
95	/	/	/	/	8/100	/	/
100	/	/	/	7BF/110	/	/	8/120
110	/	/	/	/	6/120	6BF/130	/
120	/	/	/	/	6/130	/	7/125
130	/	/	/	/	5/140	6/135	5/140
140	/	/	/	/	5w/150	4u/150	/
160	/	/	/	/	/	3u/180	/

Here you can record your typical carry distances with each club and swing combination. The total distance will depend on the conditions of the course and the slope of the landing area, but should give you a general idea.

The shot set up images

I have created a quick visual guide for each of the key shots that I can glance at whist walking to the next shot or waiting for others to take their shot. The whole idea is that this gives you a quick visual to how I set up for each key shot. Please do not let this guide slow down play, its aim is to speed it up.

There is space for you to make your own notes and you should use this to note any tendencies for any specific shot that you want to be reminded of before the shot.

Post round analysis

One of the most beneficial tools I have found is understanding how the round was played by analysis from the customized score card.
I use an Excel sheet to record my scores. Over a period of time I can see the tendencies of my game. This works best for your home course where you can compare rounds objectively.
There are also a number of apps and wearables that record your round and help with the tracking and analysis of your game.
This way you can target specific difficulties that you face in during the round.

Golf lessons and Practice

There is no substitute for golf lessons. A PGA pro will be able to identify the areas that you can improve to help your game and suggest what to practice after the lesson.

Practice is the best way to improve at golf.
During practice I found that knowing your shot shape and distances are key to understanding your strengths and particularly your weaknesses.
I found a range finder to be an invaluable tool. Better still practicing at a range that has shot tracing facilities will greatly help.
I practice at the A1 golf range in Borehamwood just north of London. They have the Top Tracer system for most bays. This enables us to get instant feedback for each shot and gives you the stats you need for the gapping guide.
Top tracer also has built in games to make practicing a better experience.
However, do bear in mind that a golf range is very different to the course and you should practice the short game in particular at a short game practice area of a golf course.