



## **KEEPING YOUR STATISTICS**

If you don't keep your playing statistics, you are making it much more difficult to play up to your potential. Think of a stat sheet...as being a mirror. If you want to get a good look at yourself, just check out a stat sheet that you've filled out for at least 10 rounds or so. Even better, 30 rounds or more.

After seeing your stats for that many rounds, you'll start to know yourself much better than you ever have, at least when it comes to what makes you tick on the course and/or...during those pressure packed tournament rounds.

Let's get right into what stats, at a minimum, should be kept. For each round of golf, record at least these:

Date

Course

Par

Your score

Fairways hit

Greens in regulation

GIR putts

Total putts

Up and downs (from 20 yards in)

Sand saves (greenside bunker)

Penalty strokes (for accuracy, OB/Lost ball=2 Water=1)

You'll need to rate yourself from 1-10 on the next four. 10 being excellent and 1 being poor.

- Focus – How well you were able to stay in the present and focus on the task at hand.
- Patience – How well you were able to accept distractions and keep your negative emotions in check.



- Rhythm – How consistent your scores were from hole to hole.
- TPR/Thought Processing Rate – How consistent was your rate at processing thoughts and making decisions. Did you let certain thoughts enter and stay in your mind...that created anxiety? Did you alternate between being calm and then agitated to the point of becoming anxious?

These four are going to be the nuts and bolts of what actually makes you tick on the golf course and how to consistently perform as close as possible to your potential on a particular day.

After each round, you'll need to record your stats for that round and be sure to rate yourself on these four categories. Do it while the round is still fresh in your mind. If your emotions are still animated somewhat...even better. You are going to discover that one and maybe two of these will be what you need to focus on while playing to play your best.

After you've compiled 20 rounds or so, pick out the lowest five scores and see what things in there that you can find are consistent with each other. It might be that your patience was averaging 8.0 or better. Maybe it will be that your TPR was the only consistency that you could find.

No matter what it turns out to be, that will be something that you have to start paying attention to while playing. If you can keep that element in control while playing, your scores will start to reflect the consistency that goes along with that. We can prove that by your history...get it?

I can remember back some years ago while I was in the midst of a few weeks of poor ball striking because of making some swing changes. I had a mini-tour tournament that I was supposed to play in and when I was pulling up in the parking lot, I saw a few players that were ranked as world class. "Hmmm...not only am I striking the ball poorly, there are some very good players here today so my chances aren't very good"...I thought to myself.

Then I regained focus and concentrated on what I set as a goal that morning before I left home. All I am going to concentrate on today is getting a rating of at least eight on FOCUS. My stats had shown me that when I do, I was



averaging well below par. If my ball striking had been poor for the last few weeks, it sure wasn't going to just fix itself that day.

I had to concentrate on what I could control, not what I couldn't control. Getting a rating of eight or better, certainly was in my control and not only that, it would be nice to concentrate on just one single thing..."staying in the present!"

Imagine all of the distractions that could be eliminated if I narrowed my concentration on just one thing. Well, to make a long story short...even though I struggled with my putting, I shot a 68 that day and finished in second place out of over 100 pros. I also hit 18 greens in regulation and two of the par fives in two shots. You see, by feeling in control of the situation because of concentrating on something that I had control over, I actually relaxed and had one of the finest ball striking days I had ever had.

There is an old prayer by a fellow named Reinhold Niebuhr. It is called "The Serenity Prayer." The lesson that we can learn from the first part of it is one of the secrets that touring pros do by design or stumble upon sooner or later if they are successful. The first part of it goes like this:

God, help me to have courage to change the things I can, accept the things I cannot change and have the wisdom to know the difference.

Start keeping your statistics and you will see what you can control and where you lack control. Used correctly, you will find that your thinking is becoming much more efficient and distractions are kept to a minimum.

Good golfing!

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