JPL DATA SUPPORT
Player Performance Tracking

PLAYER WORKSHEET

Practice planning from your data

Use your PPT stats to choose what to practise, set a target and build a simple 4-week plan. Print this sheet and fill it in.

1 Find your weakest area

Stat (last 5–10 rounds)	My average	My target	Gap
Fairways hit %			
Greens in regulation %			
Putts per round			
3-putts per round			
Up & downs %			
Penalty shots			

2 Choose one focus

My focus for the next 4 weeks is...

My measurable target is... *e.g. 3-putts from 3 to 1.5*

Pick the area with the biggest gap — and just **one**. Trying to fix everything at once usually fixes nothing.

3 Pick drills that match your focus

Driving
Gate drill — hit between two alignment sticks 10 yds ahead. Pick a fairway target for every range ball.

Approach / GIR
Ladder drill — hit to 3 different targets, changing club every ball, like on the course.

Short game
Up & down game — 9 different lies around the green, chip and putt out. Count your saves.

Putting
Lag drill — putts from 30, 40, 50 ft, aim to finish inside a club length every time.

4 Build your 4-week plan

Week	Session 1 — drill & time	Session 2 — drill & time	Session 3 — drill & time	Rounds logged in PPT
1				
2				
3				
4				

5 Review after 4 weeks

Start average: _____ Now: _____ Target hit? Y / N _____

Top tips

Log every round and practice in PPT · keep sessions short and specific · share this plan with your coach