

A male golfer in a light blue polo shirt and grey trousers is captured in the middle of a golf swing on a green field. He is holding a golf club, and his body is bent forward. The background shows a line of trees under a cloudy sky. The text 'Break 80 Stats WorkSheet' is overlaid in large white font with a black drop shadow.

Break 80 Stats WorkSheet

Break 80- Stats to Track & Targets

Statistic	Targets
Trouble Tee Shots	<ul style="list-style-type: none"> -Minimising OB, Hazard, and Disruptions off the tee. -Mark down an 'X' on your stat sheet every time you have any of the above off the tee. -The goal here is to track how many trouble shots from the tee you have and the main reason for them. -We're then going to aim to reduce this number as low as possible using Technical and Strategy improvements
Tee-Shot Playability	<ul style="list-style-type: none"> -Tee shots in play don't need to be on the fairway, but you do need to have a line to the green for your approach shot without any obstruction. -Mark an 'X' on the stat sheet every time this is achieved. - <u>Your Target here is to get 9/14 tee shots in Play.</u>
GIR	<ul style="list-style-type: none"> Put an 'X' each time you find a green in regulation. Par 3- Hitting the Green in 1 Par 4- Hitting the Green in 2 Par5- Hitting the Green in 3 -<u>Your Target is to hit 9/18 in Regulation</u>
GIR Proximity	<ul style="list-style-type: none"> Of the Greens you hit In Regulation put an 'X' each time you finish within 20ft or less of the pin. -<u>Your Target here is to land 4 of your GIR shots inside 20ft</u>
Scrambling	<ul style="list-style-type: none"> -A scramble is when you get up and down to save par on the greens you miss in regulation. -<u>Your Target here is to get up and Down 40% of the Greens you miss.</u>
Greenside Chipping Proximity	<ul style="list-style-type: none"> -<u>Your Target is to chip the ball within 6ft of the pin 40% of the time</u>
Total Putts	<ul style="list-style-type: none"> -Keep track of your total putts per Round -<u>Your Target here is to have 33 Total Putts or Less</u>
3 Putts	<ul style="list-style-type: none"> -<u>Your Target is to have 2 or less 3 Putts Per Round</u>

10 Round Process Tracker

Break 80 Process Tracker	R1 Date/ Totals	R2	R3	R4	R5
Score					
Trouble Tee Shot					
Tee Shot Playability					
GIR					
GIR Prox.					
Scrambling					
Chipping Prox.					
Total Putts					
3 Putts					

Break 80 Process Tracker	R6 Date/ Totals	R7	R8	R9	R10
Score					
Trouble Tee Shot					
Tee Shot Playability					
GIR					
GIR Prox.					
Scrambling					
Chipping Prox.					
Total Putts					
3 Putts					