

NICOLA MELVILLE GOLF

Player Development Assessment Pack

Player Details

Player Name

Handicap

Assessment Date

Coach Notes

Test Instructions

1. Driving & Long Game

Fairway Accuracy Challenge

Equipment: Alignment sticks, cones

- Hit 10 drives
- Create a fairway target approximately **30 yards wide**

Scoring:

- Fairway = 2 points
- Edge = 1 point
- Miss = 0 points

Maximum: 20

Distance Control Ladder (Long Clubs)

Targets:

- 110 yards ; 135 yards; 165 yards; 190 yards

Hit:

- 3 balls to each target

Scoring:

- Within 5 yards = 3 points
- Within 10 yards = 2 points
- Within 15 yards = 1 point

Maximum: 36

2. Approach Play

Green Hit Challenge

Targets:

- 80 yards; 110 yards; 135 yards; 150 yards

Hit:

- 5 balls from each distance

Scoring:

- Green = 2
- Fringe = 1
- Miss = 0

Maximum: 40

Proximity Challenge

Hit:

- 10 shots from one distance

Measure: Average distance from target

Benchmarks:

- Beginner: >13 yards
 - Intermediate: 8–13 yards
 - Advanced: 3–8 yards
 - Elite: <3 yards
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3. Wedge Performance

Wedge Matrix Test

Distances:

- 35 yards; 55 yards; 75 yards; 100 yards

Hit:

- 3 balls at each distance

Scoring:

- Within 2 yards = 5 points
- 2–4 yards = 4 points
- 4–6 yards = 3 points
- 6–8 yards = 2 points
- Greater than 8 yards = 1 point

Maximum: 60

4. Short Game

Up-and-Down Challenge

Stations:

- Basic chip
- Pitch
- Bunker
- Rough
- Tight lie

At each station:

- Play 3 balls
- Hole out

Scoring:

- Up and down = 3
- Two putts = 2
- Three or more shots = 1

Maximum: 45

Landing Spot Accuracy

Place a towel or hoop to create a landing zone approximately **2-3 yards in size**

Distance:

- 10-15 yard chip

Hit:

- 10 balls

Scoring:

- Inside landing zone = 2
- Outside = 0

Maximum: 20

5. Putting

Gate Start-Line Test

Distance:

- 6 feet

Hit:

- 10 putts

Scoring:

- Through gate = 1

Maximum: 10

Level	Gate Width
Beginner	3.5–4 inches
Intermediate	3–3.25 inches
Advanced	2.5–3 inches
Elite	2–2.5 inches

Distance Control Ladder

Place markers at these distances from the hole:

- 10 feet
- 20 feet
- 30 feet
- 40 feet

Hit:

- 3 putts from each distance

Scoring:

- Finish within 3 feet of hole = 3
- Finish within 5 feet of hole = 2
- Outside 5 feet from hole = 1

Maximum: 36

Pressure Putting Test

Place markers at these distances from the hole:

- 3 feet
- 4 feet
- 5 feet
- 6 feet

Hit:

- 3 from each distance, 12 total putts

Scoring:

- Number holed

Benchmarks:

- Beginner: 40–50%; Intermediate: 60–70%; Advanced: 75–85%; Elite: >90%

Player Log

Driving & Long Game

Fairway Accuracy and Distance Ladder tests with score entry areas.

	Initial	Week 6	Week 12	Week 18	Week 24
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[Fairway Accuracy Challenge](#)

[Distance Control Ladder](#)

Approach Play

Green Hit Challenge and Proximity Challenge with result tracking.

	Initial	Week 6	Week 12	Week 18	Week 24
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[Green Hit Challenge](#)

[Proximity Challenge](#)

Wedge Performance

35/55/75/100 yard matrix and scoring.

	Initial	Week 6	Week 12	Week 18	Week 24
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[Wedge Matrix Test](#)

Short Game

Up-and-down challenge and landing spot accuracy.

	Initial	Week 6	Week 12	Week 18	Week 24
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[Up-and-down challenge](#)

[Landing spot accuracy](#)

Putting

Gate test, distance ladder, pressure putting.

	Initial	Week 6	Week 12	Week 18	Week 24
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[Gate Start-Line Test](#)

[Distance ladder](#)

[Pressure putting](#)

Coach Action Plan

Strengths:

Priority Areas:

Practice Plan: