



A Performance Blueprint for Matt



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Comprehensive Golf Performance Analysis and Improvement Strategy for Matt



I. Executive Summary

This report provides an in-depth analysis of Matt's golf performance, a 43-year-old male with an 18.4 handicap and no mobility issues. The assessment reveals a golfer with significant athletic potential, demonstrated by an above-average driver swing speed of approximately 102.6 mph. However, this power is currently undermined by critical inefficiencies in impact, leading to a very low Smash Factor of around 1.325. This inefficiency, coupled with a pervasive tendency to miss shots to the right, results in poor directional control off the tee (50% Fairways in Regulation) and a high number of penalty strokes (2.5 per round).

The consequences of these long game struggles cascade through Matt's entire round, manifesting in an extremely low Greens in Regulation (17%) and a high number of putts per round (38). Strokes Gained data confirms these areas as the primary contributors to his elevated handicap, with significant losses in approach shots (-3.36) and tee shots (-2.22).

The strategic improvement plan prioritizes enhancing impact efficiency and directional control, particularly off the tee, through targeted swing mechanics adjustments (grip, arm action, swing path, clubface control) and improved course management to reduce penalties. Concurrently, a strong emphasis is placed on improving putting distance control and short game consistency. Equipment recommendations are tailored to support these objectives, advocating for higher compression, multi-layer golf balls that offer greenside control and clubs designed for maximum forgiveness and stability, with appropriate shaft flex. Specific recommendations are also provided for varying weather conditions to ensure consistent performance year-round. By addressing these fundamental areas, Matt can unlock his inherent power, significantly reduce his handicap, and achieve greater consistency and enjoyment on the course.