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Golf Dispersion Practice Kit

Use this printable kit to benchmark and improve your shot dispersion across clubs and distances. You'll measure radial miss distance from a chosen target, score each ball, track progress across sessions, and select drills that address your most common miss patterns.

What's Inside

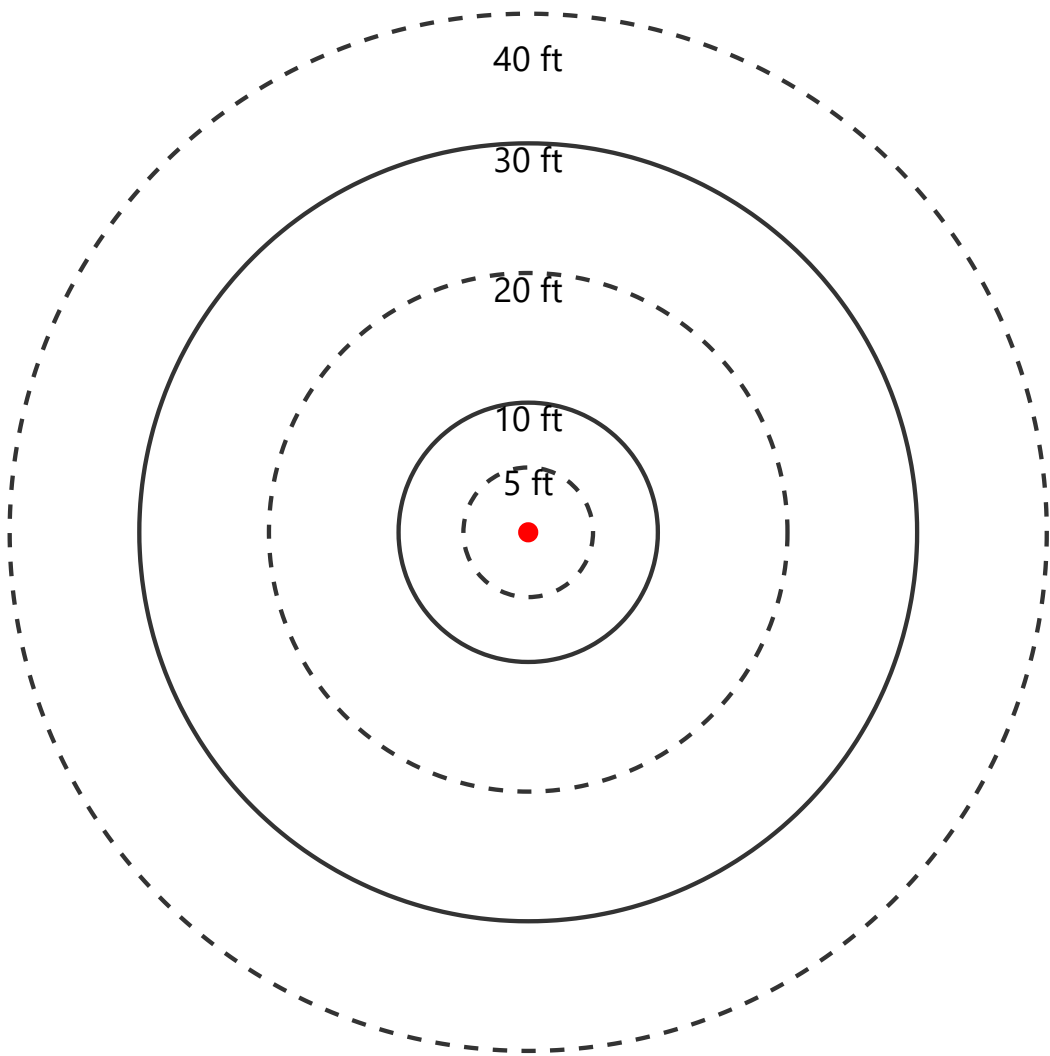
- 40-ft circle target reference (SVG)
- Clear scoring rubric (zones → points)
- On-range test procedure
- Progress tracking template
- Reflection prompts & suggested drills

Quick Start Checklist

1. Choose a target and distance.
2. Hit 10–20 balls.
3. For each ball, record **radial miss distance** (ft) and zone.
4. Tally points using the **Scoring Rubric**.
5. Log the set in the **Progress Tracking Template**.
6. Reflect and pick a drill for next time.

Tip: Use consistent conditions (same ball type, similar lie) for accurate progress tracking.

40-Foot Circle Target & Scoring



Zone → Points Legend & Scoring Rubric

Zone from Center	Points	Description
Inside 5 ft	5 points	Excellent; near target
5-10 ft	4 points	Great; acceptable miss
10-20 ft	3 points	Moderate miss; needs work
20-30 ft	2 points	Poor accuracy
30-40 ft	1 point	Significant miss; still trackable
Outside 40 ft	0 points	Major miss

Score each ball by radial miss distance from center. Use consistent measuring (rangefinder, tape, or paced steps).

On-Range Test Instructions

1. Pick a club and **target distance**.
2. Hit a **set of 10–20 balls**.
3. For each ball, estimate **radial miss** to the target center and assign a **zone** using the 40-ft card.
4. Tally **points** using the **Scoring Rubric**.
5. After the set, fill the **Progress Tracking Template**.
6. Circle one **focus area** (e.g., face control, start line, distance control) and pick a **drill** (see drills page).

Tips for Effective Practice

- Use the same ball type and lie where possible
- Vary target distances across sessions
- Track Max L/R miss and Max Short/Long miss to spot patterns
- Focus on process over results initially

Progress Tracking Template

Session Info

Date	Club	Target Distance (yds)	# Shots	Session Score	Notes

Performance Metrics

Date	% in Center Zone (≤ 10 ft)	Avg Radial Miss (ft)	Max L/R Miss (yds)	Max Short/Long Miss (yds)	Reflection

Reflection & Suggested Drills

Quick Reflection Prompts

- Start line consistent?
- Face control at impact?
- Contact quality (fat/thin/center)?
- Tempo and balance?
- Club selection fit the distance?

Reflection Notes:

Reflection Notes:

Suggested Drills by Zone

- **Inside 5 ft (5 pts):** Groove *repeatable setup*; 9-to-3 distance wedges; ladder drills for *distance control*.
- **5–10 ft (4 pts):** *Tempo metronome* swings; partial-wedge *stock yardages* charting; two-tee *start-line gate*.
- **10–20 ft (3 pts):** *Target fixation* routine; three-point landing-spot practice; *low-point* control (slight weight forward).
- **20–30 ft (2 pts):** *Swing-plane* checkpoints (alignment sticks); face-to-path awareness; *block-then-random* practice sets.
- **30–40 ft (1 pt):** Big-miss triage: *face control* (impact tape/foot spray), alignment basics, slower tempo/shorter backswing.
- **Outside 40 ft (0 pts):** Fundamentals reset: grip/aim/posture, contact drills, and half-swing accuracy.