

Analysis Checklist for Full Swing in Golf

Performer _____ Evaluator _____

Observe the performer swing many times, each time focusing on only one specific part of the swing.

Dates of evaluation							
Stance							
Weight balanced							
Knees relaxed or bent							
Feet shoulder-width apart							
Grip							
Vs of both hands							
Two knuckles showing							
Thumb positions							
Grip firm, not tight							
Backswing							
Waggle or forward press							
Club head pulled back along ground							
Left arm straight							
Head down and steady							
Eyes on ball							
Hips rotate away from ball (coil)							
Right leg straight							
Club parallel with crown at top of swing							
Swing and contact							
Uncoil							
Lead with left hip							
Eyes on ball							
Head down							
Wrists firm at contact							
Swing through the ball							
Follow-through							
Clubhead follows the ball							
Proper rotation toward the target							
Left leg straight							

From J.L. Lund and M.F. Kirk, *Performance-Based Assessment for Middle and High School Physical Education*, 3rd ed. (Champaign, IL: Human Kinetics, 2020).

Dates of evaluation							
Total swing							
Relaxed							
Tense							
Smooth							
Jerky							

Comments

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