



Ball Flight Analysis Form

Swing Principles v. Club Performance
Evaluating Launch Monitor Data

Reorder: #BFAF

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Student Name: _____ Date: _____

Left-Hand Right-Hand | Male Female

Email: _____ Phone: _____

Instructor: _____

Instructions: Use this form to evaluate the influence of Club Performance Specifications on the student's swing principles. Determine if any Swing Principles need correction by making Club Performance alterations (indicate by marking appropriate box with a "C") or by making alterations through Swing Preferences (indicate by marking appropriate box with a "S"). Mark "B" for both or leave blank if no alteration is needed. The F-H designation is for Fairway Wood or Hybrid.

10 CLUB PERFORMANCE SPECIFICATIONS	14 SWING PRINCIPLES																											
	GRIP		AIM		SETUP		SWING PLANE		ARC WIDTH		ARC LENGTH		WRIST POSITION		LEVER SYSTEM		TIMING		RELEASE		DYNAMIC BALANCE		SWING CENTER		CONNECTION		IMPACT	
	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON	DRIVER F-H	IRON
CLUB																												
Grip Size	/		/		/		/		/		/		/		/		/		/		/		/		/		/	
Length			/		/		/		/		/		/		/		/		/		/		/		/		/	
Shaft Flex							/		/		/		/		/		/		/		/		/		/		/	
Shaft Weight							/		/		/		/		/		/		/		/		/		/		/	
Swing Weight							/		/		/		/		/		/		/		/		/		/		/	
Total Weight							/		/		/		/		/		/		/		/		/		/		/	
Lie Angle/Face Attitude							/		/		/		/		/		/		/		/		/		/		/	
Loft Angle							/		/		/		/		/		/		/		/		/		/		/	
Face Angle							/		/		/		/		/		/		/		/		/		/		/	
Bounce Angle							/		/		/		/		/		/		/		/		/		/		/	

EVALUATING LAUNCH MONITOR DATA

Instructions: Record the Launch Monitor Data as indicated below for the 5-Ball Flight Laws evaluation. Also, consider the data categories listed below each recorded data to determine alterations to Club Performance Specifications and Swing Principles.

5-BALL FLIGHT LAWS - CLUB IMPACT PERFORMANCE DATA

1. SPEED	2. CENTEREDNESS	3. PATH	4. FACE	5. ANGLE OF APPROACH
Club Head <input type="text"/>	Smash Factor <input type="text"/>	Club Path <input type="text"/>	Face Angle <input type="text"/>	Angle of Attack <input type="text"/>
Speed Profile, Acceleration				Horizontal & Vertical Swing Plane

BALL PERFORMANCE - POST IMPACT DATA

Ball Speed <input type="text"/>	Carry Distance <input type="text"/>	Vertical Launch Angle <input type="text"/>	Spin Rate <input type="text"/>	Tilt Axis <input type="text"/>
Trajectory Optimizer	Roll, Landing Position, Shot Grouping	Horizontal Launch, Vertical Decent, Apex Height, Flight Time, Dynamic Loft		Shot Dispersion, Lateral Deviation