

YIPS SELF-ANALYSIS

10 Questions

1. How would you rate your putting?
 - A. Poor
 - B. Moderate
 - C. Good
 - D. Great
2. How would you rate your speed control on putts?
 - A. Poor
 - B. Moderate
 - C. Good
 - D. Great
3. How would you rate your directional control on putts?
 - A. Poor
 - B. Moderate
 - C. Good
 - D. Great
4. Which part of your putting needs the most improvement?
 - A. Short putts inside 6 feet
 - B. Lag Putts of outside of 30 feet
5. How does practice affect your putting?
 - A. Helps a lot
 - B. Help somewhat
 - C. Helps very little
 - D. Makes it worse
6. Do you ever have unusual amount of anxiety about putting?
 - A. Yes
 - B. No
7. Have you ever had “twitches” in your putting?
 - A. Yes
 - B. No
8. If you answered yes, which hand have you felt the twitches in?
 - A. Left hand
 - B. Right hand
 - C. Both hands
9. Which best describes your putting philosophy?
 - A. Square to square, straight back/straight through
 - B. On an arc, open and close the putter head
10. Have you ever tried an alternative style of putting?
 - A. Yes
 - B. NoIf you answered yes, which style
 - C. Long putter
 - D. Belly putter
 - E. Cross Handed grip
 - F. Claw grip or other variation
11. Has the alternative style helped?
 - A. Yes
 - B. No
12. How often do you change putters?
 - A. Never
 - B. Once in awhile
 - C. All the time
13. What kind of putter are you currently using?
 - A. Face balanced
 - B. Heel shafted
 - C. Center shafted
 - D. Long putter
 - E. Belly putter
 - F. Heavy putter