

# PERFECT SWING PATH™



**Performance Tracking Hitting Logs**

## PERFORMANCE TRACKING HITTING LOG – EXAMPLE PAGE (DAY 1 & 2)

| DAY # | DATE | DRILL #         | DRILLS               | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL 1-2 HOP OR<br>LINE DRIVES | SUCCESS RATE |
|-------|------|-----------------|----------------------|--|--------|---------------------------------|--------------|
| 1     |      | 1 – Tee work    | Red Ball – Middle    | 8 for 10 = 80%   | 10     | 8                               | 80%          |
| 1     |      | 2 – Tee work    | Red Ball – Inside    | 8 for 10 = 80%   | 10     | 6                               | 60%          |
| 1     |      | 3 – Tee work    | Red Ball – Outside   | 8 for 10 = 80%   | 10     | 4                               | 40%          |
| 1     |      | 4 – Front toss  | Red Ball – Middle    | 8 for 10 = 80%   | 10     | 8                               | 80%          |
| 1     |      | 5 – Front toss  | Red Ball – Inside    | 8 for 10 = 80%   | 10     | 6                               | 60%          |
| 1     |      | 6 – Front toss  | Red Ball – Outside   | 8 for 10 = 80%   | 10     | 4                               | 40%          |
| DAY # | DATE | DRILL #         | DRILLS               | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL 1-2 HOP OR<br>LINE DRIVES | SUCCESS RATE |
| 2     |      | 1 – Tee work    | Red Ball – Middle    | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 2     |      | 2 – Tee work    | Green Ball – Middle  | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 2     |      | 3 – Tee work    | Red Ball – Inside    | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 2     |      | 4 – Tee work    | Green Ball – Inside  | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 2     |      | 5 – Tee work    | Red Ball – Outside   | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 2     |      | 6 – Tee work    | Green Ball – Outside | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 2     |      | 7 – Front toss  | Red Ball – Middle    | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 2     |      | 8 – Front toss  | Green Ball – Middle  | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 2     |      | 9 – Front toss  | Red Ball – Inside    | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 2     |      | 10 – Front toss | Green Ball – Inside  | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 2     |      | 11 – Front toss | Red Ball – Outside   | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 2     |      | 12 – Front toss | Green Ball – Outside | 4 for 5 = 80%  | 5      | 2                               | 40%          |

## PERFORMANCE TRACKING HITTING LOG – EXAMPLE PAGE (DAYS 3 & 4)

| DAY # | DATE       | DRILL #         | DRILLS                | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL 1-2 HOP OR<br>LINE DRIVES | SUCCESS RATE |
|-------|------------|-----------------|-----------------------|--|--------|---------------------------------|--------------|
| 3     | Sept 4/06  | 1 – Tee work    | Red Ball – Middle     | 8 for 10 = 80%   | 10     | 8                               | 80%          |
| 3     |            | 2 – Tee work    | Red Ball – Inside     | 8 for 10 = 80%   | 10     | 6                               | 60%          |
| 3     |            | 3 – Tee work    | Red Ball – Outside    | 8 for 10 = 80%   | 10     | 4                               | 40%          |
| 3     |            | 4 – Front toss  | Red Ball – Middle     | 8 for 10 = 80%   | 10     | 8                               | 80%          |
| 3     |            | 5 – Front toss  | Red Ball – Inside     | 8 for 10 = 80%   | 10     | 6                               | 60%          |
| 3     |            | 6 – Front toss  | Red Ball – Outside    | 8 for 10 = 80%   | 10     | 4                               | 40%          |
| DAY # | DATE       | DRILL #         | DRILLS                | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL 1-2 HOP OR<br>LINE DRIVES | SUCCESS RATE |
| 4     | Sept. 5/06 | 1 – Tee work    | Yellow Ball – Middle  | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 4     |            | 2 – Tee work    | Red Ball – Middle     | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 4     |            | 3 – Tee work    | Yellow Ball – Inside  | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 4     |            | 4 – Tee work    | Red Ball – Inside     | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 4     |            | 5 – Tee work    | Yellow Ball – Outside | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 4     |            | 6 – Tee work    | Red Ball – Outside    | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 4     |            | 7 – Front toss  | Yellow Ball – Middle  | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 4     |            | 8 – Front toss  | Red Ball – Middle     | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 4     |            | 9 – Front toss  | Yellow Ball – Inside  | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 4     |            | 10 – Front toss | Red Ball – Inside     | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 4     |            | 11 – Front toss | Yellow Ball – Outside | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 4     |            | 12 – Front toss | Red Ball – Outside    | 4 for 5 = 80%  | 5      | 2                               | 40%          |

### PERFORMANCE TRACKING HITTING LOG – EXAMPLE PAGE (DAY 5)

| DAY # | DATE       | DRILL #         | DRILLS                       | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL 1-2 HOP OR<br>LINE DRIVES | SUCCESS RATE |
|-------|------------|-----------------|------------------------------|--|--------|---------------------------------|--------------|
| 5     | Sept. 6/06 | 1 – Tee work    | <b>Yellow Ball – Middle</b>  | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 5     |            | 2 – Tee work    | <b>Green Ball – Middle</b>   | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 5     |            | 3 – Tee work    | <b>Yellow Ball – Inside</b>  | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 5     |            | 4 – Tee work    | <b>Green Ball – Inside</b>   | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 5     |            | 5 – Tee work    | <b>Yellow Ball – Outside</b> | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 5     |            | 6 – Tee work    | <b>Green – Outside</b>       | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 5     |            | 7 – Front toss  | <b>Yellow Ball – Middle</b>  | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 5     |            | 8 – Front toss  | <b>Green Ball – Middle</b>   | 4 for 5 = 80%  | 5      | 4                               | 80%          |
| 5     |            | 9 – Front toss  | <b>Yellow Ball – Inside</b>  | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 5     |            | 10 – Front toss | <b>Green Ball – Inside</b>   | 4 for 5 = 80%  | 5      | 3                               | 60%          |
| 5     |            | 11 – Front toss | <b>Yellow Ball – Outside</b> | 4 for 5 = 80%  | 5      | 2                               | 40%          |
| 5     |            | 12 – Front toss | <b>Green Ball – Outside</b>  | 4 for 5 = 80%  | 5      | 2                               | 40%          |

## YOUR PERFORMANCE TRACKING HITTING LOG (DAY 1 & 2)

| DAY # | DATE | DRILL #         | DRILLS               | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL LINE DRIVES | SUCCESS RATE |
|-------|------|-----------------|----------------------|--|--------|-------------------|--------------|
|       |      | 1 – Tee work    | Red Ball – Middle    | ___ for 10 = ___ %                                       | 10     |                   | %            |
|       |      | 2 – Tee work    | Red Ball – Inside    | ___ for 10 = ___ %                                       | 10     |                   | %            |
|       |      | 3 – Tee work    | Red Ball – Outside   | ___ for 10 = ___ %                                       | 10     |                   | %            |
|       |      | 4 – Front toss  | Red Ball – Middle    | ___ for 10 = ___ %                                       | 10     |                   | %            |
|       |      | 5 – Front toss  | Red Ball – Inside    | ___ for 10 = ___ %                                       | 10     |                   | %            |
|       |      | 6 – Front toss  | Red Ball – Outside   | ___ for 10 = ___ %                                       | 10     |                   | %            |
| DAY # | DATE | DRILL #         | DRILLS               | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL LINE DRIVES | SUCCESS RATE |
|       |      | 1 – Tee work    | Red Ball – Middle    | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 2 – Tee work    | Green Ball – Middle  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 3 – Tee work    | Red Ball – Inside    | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 4 – Tee work    | Green Ball – Inside  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 5 – Tee work    | Red Ball – Outside   | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 6 – Tee work    | Green Ball – Outside | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 7 – Front toss  | Red Ball – Middle    | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 8 – Front toss  | Green Ball – Middle  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 9 – Front toss  | Red Ball – Inside    | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 10 – Front toss | Green Ball – Inside  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 11 – Front toss | Red Ball – Outside   | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 12 – Front toss | Green Ball – Outside | ___ for 5 = ___ %  | 5      |                   | %            |

## YOUR PERFORMANCE TRACKING HITTING LOG (DAY 3 & 4)

| DAY # | DATE | DRILL #         | DRILLS                       | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL LINE DRIVES | SUCCESS RATE |
|-------|------|-----------------|------------------------------|--|--------|-------------------|--------------|
|       |      | 1 – Tee work    | <b>Red Ball – Middle</b>     | ___ for 10 = ___%  | 10     |                   | %            |
|       |      | 2 – Tee work    | <b>Red Ball – Inside</b>     | ___ for 10 = ___%  | 10     |                   | %            |
|       |      | 3 – Tee work    | <b>Red Ball – Outside</b>    | ___ for 10 = ___%  | 10     |                   | %            |
|       |      | 4 – Front toss  | <b>Red Ball – Middle</b>     | ___ for 10 = ___%  | 10     |                   | %            |
|       |      | 5 – Front toss  | <b>Red Ball – Inside</b>     | ___ for 10 = ___%  | 10     |                   | %            |
|       |      | 6 – Front toss  | <b>Red Ball – Outside</b>    | ___ for 10 = ___%  | 10     |                   | %            |
| DAY # | DATE | DRILL #         | DRILLS                       | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL LINE DRIVES | SUCCESS RATE |
|       |      | 1 – Tee work    | <b>Yellow Ball – Middle</b>  | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 2 – Tee work    | <b>Red Ball – Middle</b>     | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 3 – Tee work    | <b>Yellow Ball – Inside</b>  | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 4 – Tee work    | <b>Red Ball – Inside</b>     | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 5 – Tee work    | <b>Yellow Ball – Outside</b> | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 6 – Tee work    | <b>Red Ball – Outside</b>    | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 7 – Front toss  | <b>Yellow Ball – Middle</b>  | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 8 – Front toss  | <b>Red Ball – Middle</b>     | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 9 – Front toss  | <b>Yellow Ball – Inside</b>  | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 10 – Front toss | <b>Red Ball – Inside</b>     | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 11 – Front toss | <b>Yellow Ball – Outside</b> | ___ for 5 = ___%   | 5      |                   | %            |
|       |      | 12 – Front toss | <b>Red Ball – Outside</b>    | ___ for 5 = ___%   | 5      |                   | %            |

### PERFORMANCE TRACKING HITTING LOG (DAY 5)

| DAY # | DATE | DRILL #         | DRILLS                       | Your Target Goals and %<br><u>Line Drives per Swings</u> | SWINGS | TOTAL LINE DRIVES | SUCCESS RATE |
|-------|------|-----------------|------------------------------|--|--------|-------------------|--------------|
|       |      | 1 – Tee work    | <b>Yellow Ball – Middle</b>  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 2 – Tee work    | <b>Green Ball – Middle</b>   | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 3 – Tee work    | <b>Yellow Ball – Inside</b>  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 4 – Tee work    | <b>Green Ball – Inside</b>   | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 5 – Tee work    | <b>Yellow Ball – Outside</b> | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 6 – Tee work    | <b>Green Ball – Outside</b>  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 7 – Front toss  | <b>Yellow Ball – Middle</b>  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 8 – Front toss  | <b>Green Ball – Middle</b>   | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 9 – Front toss  | <b>Yellow Ball – Inside</b>  | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 10 – Front toss | <b>Green Ball – Inside</b>   | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 11 – Front toss | <b>Yellow Ball – Outside</b> | ___ for 5 = ___ %  | 5      |                   | %            |
|       |      | 12 – Front toss | <b>Green Ball – Outside</b>  | ___ for 5 = ___ %  | 5      |                   | %            |