

SwingScout

Sample Report

Southern Swing Studio

SAMPLE PLAYER REPORT

The Stock Draw Rebuild

Sample player: Steven Bradley

Report type: SwingScout + Development Plan preview

Core priority: playable ball flight, better feedback, and a plan that transfers

Report promise

This sample shows how Southern Swing Studio turns swing video, ball flight, practice evidence, and player goals into a practical improvement plan.

The goal is not a prettier swing. The goal is clearer golf.

Better feedback. Better golf.

How to Read This Sample

What a SwingScout report is designed to do

This sample report uses Steven Bradley as the demonstration player and shows the kind of structured feedback Southern Swing Studio can provide after reviewing two swing videos, player notes, ball-flight tendencies, and practice goals. It is written as a client-facing report, not an academic paper.

Core operating principle

Most golfers do not need more random tips. They need better feedback: what the ball is doing, what the club is probably doing through impact, which movement pattern matters most, and what to practice next.



Analysis stays in this order so the swing does not become a position-chasing exercise.

The report is built around Intent -> Ball Flight -> Club Mechanics -> Body Mechanics. That keeps the analysis grounded in performance evidence instead of a list of swing positions.

Section	Purpose
Player Snapshot	Who the golfer is, what they are trying to do, and what pattern appears to be limiting progress.
Ball Flight Diagnosis	The evidence: start line, curve, contact, height, strike, and what the miss costs.
Root Cause Priorities	The few changes likely to solve several problems, rather than many cosmetic fixes.
Practice Plan	A short, measurable plan designed to create transfer rather than range-only improvement.
Development Path	Optional longer-term coaching structure if the player wants accountability beyond the first report.

1. Player Snapshot

Sample golfer profile and current pattern

Sample player: Steven Bradley. Competitive amateur background; natural high-ball / draw-capable pattern; strong short-game identity; rebuilding toward meaningful on-course golf after a period of swing and confidence disruption.

Playing Identity

Scorer

Dangerous scrambler
with full-swing upside

Natural Pattern

Draw

Start right, curve back
when rhythm is clear

Current Priority

Playable

No lost balls, no
full-swing doubles

Training Mode

Rebuild

Short, scored,
evidence-based practice

The player does not need to become a different golfer. The report's task is to stabilize the version of the golfer that already exists: athletic, rhythm-based, capable of speed, comfortable with a draw, and strong enough around the greens to score if the full swing keeps the ball in play.

Report thesis

Build a playable stock draw around repeatable transition rhythm, low-tension shot intent, balanced finish, and honest feedback. The first goal is not perfect ball-striking. The first goal is a full-swing pattern that gives the short game a chance to matter.

Player question	Working answer
What shot should become the baseline?	A playable stock draw: start the ball just right of the target and let it curve back.
What seems to break down?	Transition rhythm: arms and hit impulse can outrun pressure shift and body organization.
What should not be chased yet?	Max distance, swing beauty, TrackMan optimization, or ten mechanical fixes at once.
What evidence matters?	Start line, contact, curve, finish balance, playable tee shots, penalties, and scoring cost.

2. Video Review Summary

What the report would analyze from face-on and down-the-line views

This sample uses written swing notes rather than actual uploaded video. In a live SwingScout report, this page would include still frames from the golfer's face-on and down-the-line videos with simple line overlays and notes.

FACE-ON VIEW	DOWN-THE-LINE VIEW
Primary checks: ball position, grip/tension cues, pressure shift, lead-side finish, whether the player dumps weight toward lead toe or finishes through lead heel/center.	Primary checks: target alignment, start-line window, path tendency, club release, balance, whether body rotation supports or interrupts the intended draw pattern.

What the written evidence suggests: The player's best swings appear when the backswing is allowed to finish, pressure begins shifting before the arms fire, and the club releases naturally through the intended start window. The common breakdown is not lack of talent or speed; it is a transition event that becomes too tense or arms-dominant.

Video / ball-flight marker	What it would mean	Coaching response
Balanced finish through lead heel	Pressure and sequencing likely organized enough for playable contact.	Reinforce, do not over-teach.
Finish falling toward lead toe	Upper body or arms may be outracing lower body organization.	Return to rope rhythm and finish-back/shift cues.
Start line through window	Intent, face, and path are close enough to build the pattern.	Score the rep as useful even if contact is imperfect.
Two-way start line	Face/path relationship is not stable enough under current tension.	Reduce speed, clarify shot, rebuild with Flatball/window task.

3. Ball Flight Diagnosis

What the ball is telling us

The sample player's desired shot is a stock draw: a ball that starts slightly right of target and returns toward the target. The important distinction is that the goal is playable draw, not maximum draw, high draw, or cosmetic draw.

Primary pattern

When rhythm is good, the natural draw is an asset. When transition gets rushed or tense, the pattern becomes timing-dependent and can produce two-way contact/face/path uncertainty.

Shot evidence	Likely meaning	Priority
Starts near window and draws	Pattern is alive; do not interfere too much.	Preserve
Contact is playable but not perfect	Useful rebuild rep if intent and balance were clear.	Accept
Thin/contacty or poor balance	Tension/transition may have moved the club out of sequence.	Diagnose
Big miss both ways	Player is no longer creating one shot; face/path management has become reactive.	Reset
Driver/tee shot in play	The swing gave the scoring skills a chance.	Count as a win

The report deliberately avoids treating every poor shot as a technical emergency. The key question is: What did the miss cost? A miss that leaves an easy chip is not the same problem as a miss that creates penalty shots, punch-outs, doubles, or emotional spillover.

Miss cost	Practice priority
Penalty ball	Tee-shot pattern and target selection.
Near-green miss	Approach contact and start-line control, but scoring still alive.
Short-sided miss	Decision-making and target discipline.
Three-putt after safe approach	Speed control and routine.
One bad shot becomes three	Reset protocol and next-shot intent.

4. Root Cause Priority

The one change that can clean up several symptoms

1. Playable Stock Draw

2. Transition Rhythm

3. Low-Tension Setup + Grip

4. Scoring Floor / Short Game

Priority order: improve the pattern that changes score first; avoid cosmetic fixes.

The working root cause is not simply a flawed position. It is a transition event: the moment when the backswing finishes, pressure starts moving, the lower body organizes the downswing, and the club is allowed to release. If the player freezes this as a static position, the swing can become more mechanical and less athletic.

Primary cue

Grip it like a tool. See the shot. Finish back. Shift. Swing through. Hold the finish.

Symptom	Root-cause interpretation	Intervention
Arms-first hit impulse	Player is trying to strike before transition organizes.	Rope swings; back-shift-swing rhythm; slow club rehearsals.
Grip tension	Player is protecting the clubface instead of creating the shot.	Playable grip pressure; one-shot task; no mechanical marathons.
Forced late release	The club is being managed instead of allowed to go.	Flatball window; natural draw bonus reps; no holding off.
Poor finish balance	Pressure/sequence may be spilling into lead toe or upper body.	Finish through lead heel/center; hold finish three seconds.
Two-way uncertainty	Intent has become unclear or reactive.	Return to stock draw only; score evidence; stop after useful reps.

What not to worry about yet

Do not chase max distance, perfect swing plane, idealized camera positions, or launch-monitor optimization until the player can create a clear shot with playable tension, rhythmic transition, balanced finish, and useful feedback.

5. Two-Week Rebuild Plan

Short, scored, transferable practice

This two-week block is designed to restore playable rhythm and create a reliable stock-draw baseline. Week 1 is re-entry: joy, contact, rhythm, and confidence. Week 2 adds transfer: randomness, short-game scoring, and an honest nine-hole or simulated-hole test.

Rule	Why it exists
No mechanical marathons	The player needs useful reps, not exhaustion.
No fix-everything sessions	One clear task protects learning and confidence.
No distance chasing	Playable tee shots matter before max speed.
No swing beauty contest	The ball, balance, and scorecard matter more than appearance.
Stop before frustration wins	A rebuild has to preserve the desire to play.

Daily success question

Can I produce a clear shot, playable tension, rhythmic transition, balanced finish, and useful feedback?

Full-swing scorecard	1 point each
Intent clear?	Yes / No
Grip and tension playable?	Yes / No
Backswing completed?	Yes / No
Lower body or pressure started transition?	Yes / No
Balanced finish / started near window?	Yes / No

Ten scored reps create a 50-point session. The goal is not a perfect 50. The goal is evidence that can guide the next session.

Score	Meaning	Next action
40-50	Excellent	Stop while confidence is high; do not overextend.
35-39	Strong rebuild session	Repeat or add one small randomization task.
30-34	Useful	Keep the same task; clean up tension or balance.
20-29	Messy but diagnostic	Reduce speed; return to rope/club rehearsal.
Under 20	System overloaded	Stop scoring; rope only; reset tomorrow.

6. Fourteen-Day Calendar

Sample plan delivered in the report

Day	Session	Main task	Evidence to record
1	Re-entry Window	5 rope swings, 5 no-ball 7-irons, 10 scored Flatballs through the tree window.	Score /50, best feel, main miss, fun level.
2	Rope + Club Rhythm	10 rope swings, 10 club swings, slow-motion transition, athletic half-swings.	Did the club feel like the rope? Where did tension show up?
3	Short Game Floor	Missed Green Simulation + 6-9-12 putting ladder.	Up-and-down score, makes from 6/9/12 feet.
4	Window Round 2	Repeat Day 1; add 5 natural-draw bonus reps.	Did you let the draw happen or steer it?
5	Rest or PuttOUT	Full rest or 10-15 minutes of start-line/speed putting.	Did you stop wanting more?
6	Small Bucket Range	Wedge, 7-iron, tee club; no more than 5 balls in a row with same club.	Best club, worst club, pattern, big miss, distance chasing?
7	Review + Easy Game	Read logs; answer six checkpoint questions; finish with a light scoring game.	What cue worked? What miss repeated?
8	Window + Randomization	Alternate through-window, lower, normal, softer, fuller Flatball tasks.	Can you create shots, not positions?
9	Short Game Benchmark	Repeat Day 3. Compare without judgment.	Is the scoring floor real right now?
10	Transition Day	Rope, step-through swings, normal swings, half-speed holds.	Cue: Back. Land. Turn.
11	Stock Draw Only	20 scored reps. Not high draw. Not max draw. Just stock draw.	Can you repeat the same intention without muscling up?
12	Fun Golf / Rest	Putt-putt, family golf, easy chips, or no golf.	Did golf stay fun?
13	Nine-Hole Test	No mulligans, no hero recoveries, no max-distance tee swings.	Score, penalties, tee shots in play, doubles, tension notes.
14	Post-Test Diagnosis	Identify cost of bad shots and one root issue for next block.	Choose next cycle.

7. Drill Library

Simple tasks with clear feedback

Drill	How to do it	What it trains
Rope Rehearsal	Use a rope or similar training aid. Feel Back. Shift. Swing. No ball and no clubface control.	Transition as rhythm, not position.
Club Rehearsal	Repeat the rope feel with a 7-iron. Hold the finish. Keep grip pressure playable.	Transfer rope rhythm into golf motion.
Flatball Window	Start 10 Flatballs through a clear window. Score intent, transition, balance, and start line.	Low-risk ball-flight feedback.
Natural Draw Bonus	After scored reps, hit 5 unscored swings letting the club release. Do not steer.	Trust the player's natural shot shape.
Missed Green Simulation	Play 9 balls around a green: 3 easy, 3 medium, 3 awkward. Hole each ball. Par is 18.	Scoring floor and short-game reality.
6-9-12 Ladder	Hit 5 putts each from 6, 9, and 12 feet. Record makes.	Converts putting confidence into evidence.
Simulated Holes	Change club and target every shot. One ball, one routine. No rake-and-repeat.	Transfer practice that looks more like golf.

Coaching note

A good drill should answer a question. If the question is not clear, the drill becomes activity instead of learning.

8. Scoring Calibration

Make practice serve the scorecard

The player's short game is treated as a scoring floor, not an excuse to ignore the full swing. The goal is to test whether the short game is currently strong enough to turn playable full-swing misses into competitive scores.

Missed Green Simulation	Score
18	Elite session
19-21	Very strong
22-24	Playable
25+	Needs work

Round / Test Metric	Record
Score	_____
Penalty shots	_____
Tee shots in play	_____
Greens or near-greens in regulation	_____
Three-putts	_____
Up-and-down chances	_____
Doubles or worse	_____
Emotional/tension notes	_____

The first on-course target is brutally modest and extremely useful: play nine holes with no lost balls and no full-swing doubles. If the full swing keeps the player alive, the scoring skills can begin to matter again.

9. Reset Protocol

Stop one miss from becoming three

A player's attitude is part of the performance system. This does not require pretending not to care. It means giving the next shot a job before frustration starts making decisions.

Situation	One-sentence diagnosis	Next-shot intent
Arms from the top	That was arms early and I lost balance.	Finish back, shift, swing through the window.
Good swing, bad outcome	The swing was playable but the leave was poor.	Take the smart recovery and keep bogey alive.
Bad swing	Bad swing, no panic.	Find the smartest next shot.
Tempo rushed	I did not let the backswing finish.	Back. Land. Turn.

Emergency reset

Step away. Make one rope swing, one slow club swing, one sentence of diagnosis, one clear shot, and one balanced finish. Then continue or stop. Do not negotiate with the grind.

10. Readiness + Whole-Golfer Notes

When a report becomes a development plan

A SwingScout report can remain purely swing-focused. But for golfers who want a longer-term plan, Southern Swing Studio can expand the analysis into a whole-golfer development model: movement, strength, power, endurance, nutrition, recovery, and practice transfer.

Area	Why it matters for this sample player	Initial recommendation
Hip / thoracic mobility	A draw-pattern player needs enough turn and freedom to sequence without forcing the club.	Daily mobility microdose; yoga squat, 90/90 switches, thoracic rotations.
Trunk stability	Better pressure shift and finish require body control, not just swing thoughts.	Pallof press, carries, dead bug variations, controlled step-through swings.
Rotational power	Speed should be expressed after rhythm and readiness, not chased immediately.	Medicine-ball throws and step-behind throws once pattern stabilizes.
Aerobic base	Golf is not a marathon, but recovery and concentration matter across a round.	2 low-intensity walks / bike sessions weekly; walking rounds when possible.
Hydration / fueling	Late-round decision quality and practice quality can drop when under-fueled or dehydrated.	Water early, snack plan for rounds, post-practice protein/carbohydrate meal.
Sleep / recovery	The report's plan depends on adaptation, not constant fatigue.	Protect recovery day; stop sessions before frustration creates negative learning.

Development principle

Training is only the stimulus. Adaptation is the goal. A longer-term plan should increase capacity without taking away the player's ability to play golf.

11. Thirty-Day Development Path

What happens after the first report

This page demonstrates the natural next step beyond a one-time report. The golfer receives the initial diagnosis, completes a short practice block, then checks back with new video, scores, and notes. The product becomes a coaching loop instead of a one-off correction.

Week	Primary emphasis	Player tasks	Coach checkpoint
1	Re-entry + rhythm	Rope, club rehearsal, Flatball window, short-game confidence check.	Review notes and first session scores.
2	Transfer	Randomized Flatballs, small bucket, nine-hole readiness test.	Review ball flight, scoring cost, and video if available.
3	Pattern stabilization	Stock draw only, tee-shot in-play tests, short-game benchmark.	Adjust one root priority; avoid new swing clutter.
4	Competitive calibration	Nine-hole or 18-hole scorecard with stats and emotional/tension notes.	Decide next block: scoring, driver, approach, short game, or readiness.

A 30-day cycle should end with three pieces of evidence: new swing video, practice logs, and an honest scorecard or simulated-hole test. Without those, the coach and player are guessing again.

Deliverable	What the player receives
Initial SwingScout Report	Root-cause diagnosis, what not to worry about, practice plan, and measurement system.
Midpoint Check-in	Brief written or video feedback based on logs and updated video.
End-of-Block Review	What improved, what transferred, what still costs strokes, and what the next block should target.
Optional Video Call	Private Zoom/Meet session to clarify the plan and improve accountability.

12. Southern Swing Studio Product Ladder

How this could live on the site

The best direction for Southern Swing Studio is a ladder from clarity to commitment. The quick written report is still useful, but the higher-value offer is a private improvement plan with accountability.

Tier	Best fit	Includes
SwingScout Report	Golfer wants clarity without booking a full lesson.	Two videos, questionnaire, ball-flight diagnosis, root priority, practice plan, delivered in writing.
SwingScout Plus	Golfer wants the written report explained.	Report plus one 30-minute video call to review findings and clarify practice.
30-Day Development Loop	Golfer wants accountability and transfer.	Initial report, 14-30 day plan, log review, updated video check, end-of-block diagnosis.
Season Plan	Competitive golfer or serious improver.	Skill assessment, practice calendar, performance stats, fitness/readiness notes, monthly check-ins.

Positioning

SwingScout is not 'send me your swing and I will roast your positions.' It is a clarity product. The Development Loop is the coaching product.

This lets Southern Swing Studio avoid becoming another tip machine. The report sells clarity; the development product sells continuity. That is the natural growth path.

13. Executive Summary for the Player

The page a golfer should remember

Your working identity

A skilled, athletic scorer rebuilding a playable full-swing pattern around clarity, rhythm, balance, and honest feedback.

Priority	Decision
Shot pattern	Play a stock draw. Start it right of target and let it return.
Primary cue	Grip it like a tool. See the shot. Finish back. Shift. Swing through. Hold the finish.
Practice standard	Ten scored reps beat a forty-five-minute grind if the feedback is clearer.
On-course standard	No lost balls and no full-swing doubles.
Short game role	Your floor, not your excuse.
Mental protocol	One sentence of diagnosis. One sentence of next-shot intent.
Next step	Complete the 14-day block, send updated video and notes, choose the next cycle from evidence.

This is not a final diagnosis of every possible swing issue. It is a first move. If the first move makes the ball flight more playable, the finish more balanced, the practice more enjoyable, and the scorecard less explosive, it is doing its job.

14. Player Log Pages

For the golfer to use after receiving the report

Use these pages during the first two weeks. Send them back with updated video if you continue into a Development Loop.

Session	Task	Score / Evidence	Best feel	Main miss	Fun level
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Notes after Week 1

15. Week 2 Log + Next Block

Evidence before another swing idea

Session	Task	Score / Evidence	Best feel	Main miss	Fun level
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

Post-block question	Answer
What did the bad shots cost?	
Was the miss playable or scorecard-destroying?	
Did short game protect the score?	
Did attitude cost shots?	
Did I fight the draw or let it happen?	
What is the one root issue for the next block?	

Closing Note

What Southern Swing Studio is actually selling

A good report does not overwhelm the golfer with information. It reduces the problem to the few priorities that can produce usable change. For this sample player, the path is simple and demanding: stop fighting the natural draw, stop muscling up, rebuild transition rhythm, keep score honestly, and let the evidence choose the next step.

Southern Swing Studio can begin with a one-time SwingScout report, but its strongest future is the Development Loop: clear diagnosis, manageable practice, evidence-based check-ins, and accountable progress over time.

Final line

Upload your swing. Get better feedback. Know what to work on next.

Sample report prepared for: Southern Swing Studio

Report type: Demonstration version for website/sample use

Important note: This sample is not medical advice, fitness prescription, or a substitute for in-person instruction, club fitting, or care from qualified medical professionals when pain or injury is present.