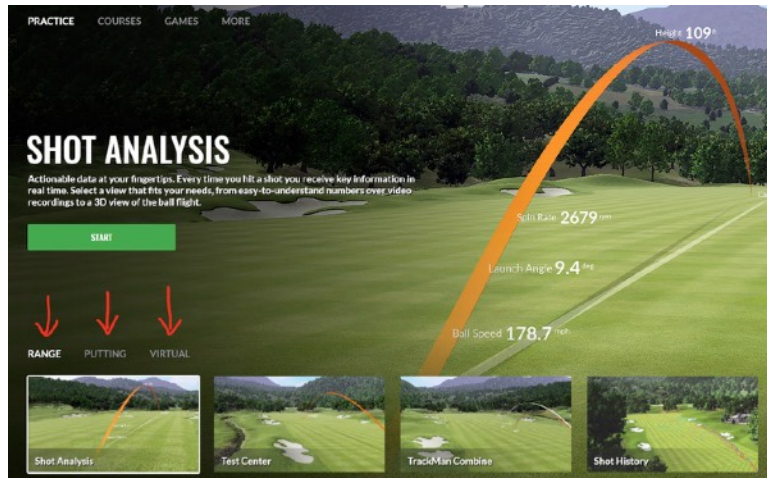# Trackman 101 - Your Definitive Guide

Practicing

Under the 'practice' section, you can choose either 'range', 'putting', or 'virtual' practice on the left hand side of the screen towards the bottom.


Let's start with the 'virtual' section. You can choose 'On-Course Practice' or 'Target Range Practice'.

On-Course Practice

On-course practice allows you to choose any golf course in the system, drop the ball wherever you would like on whichever hole you would like and hit however many shots you would like from that particular spot. The system will give you key shot information the same way it would on the practice range. To choose which golf course you would like to play and which hole, click the 'settings' button.
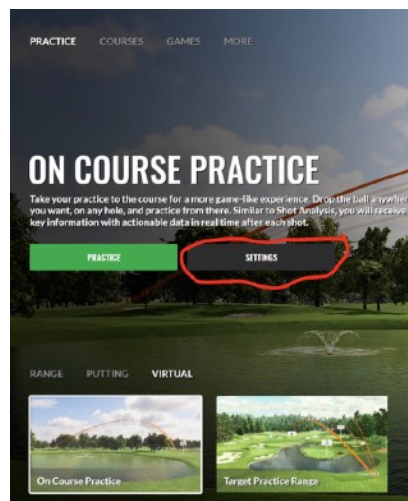
Under the 'practice' tab, you can choose the course, hole (with designated yardage), as well as putting options. Under the 'course' tab, you can choose the course settings such as wind conditions, fairway and green firmness, and speed of the putting green. Under the 'view' tab you can change camera angles, green grids, shot timers, and other items. Once you have all settings the way you would like, click the 'back' button in the top left corner and then click 'practice' to hit your shots.
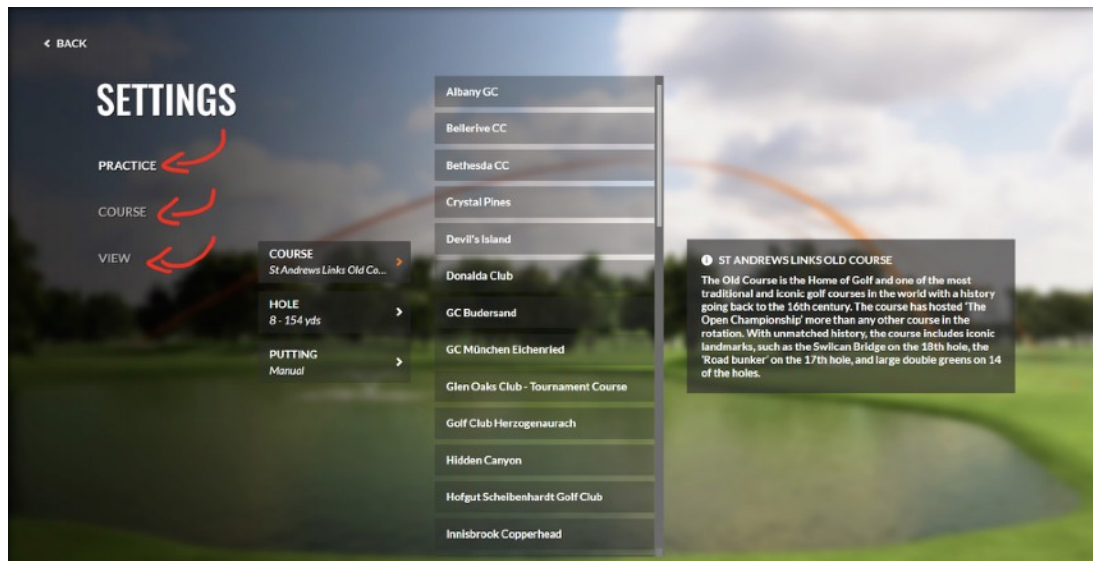

Target Practice Range
The Target Practice Range allows you to set up a driving range with a specific target green that will show you shot dispersion as well as the typical data that the shot analysis screen would show you. You can change targets freely within the target practice range. To change practice, course, and view settings click on the 'settings' button.
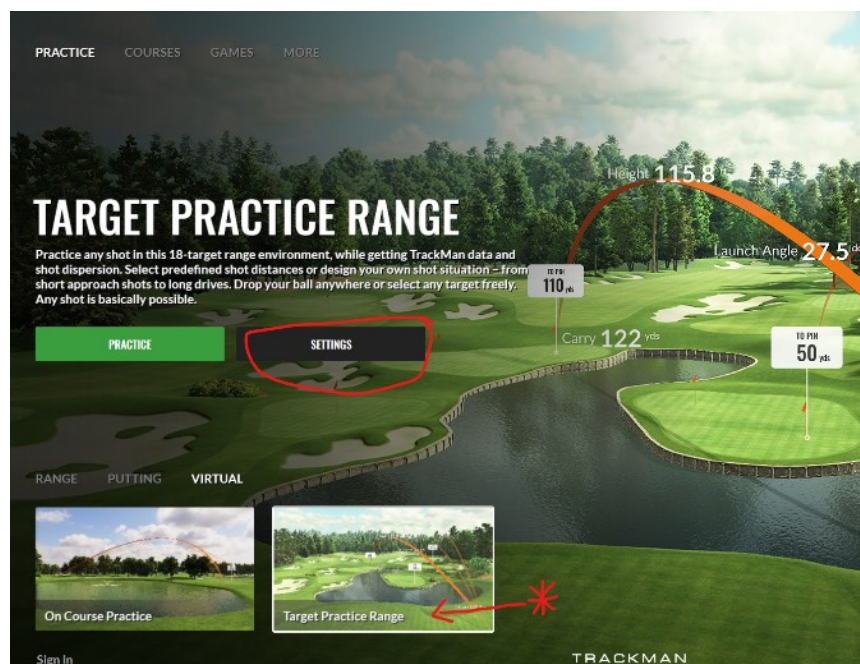
I would pay particular attention to the wind and green firmness settings in the 'course' menu. Once all specifications are setup the way you would like them, please click 'practice' to begin your session.
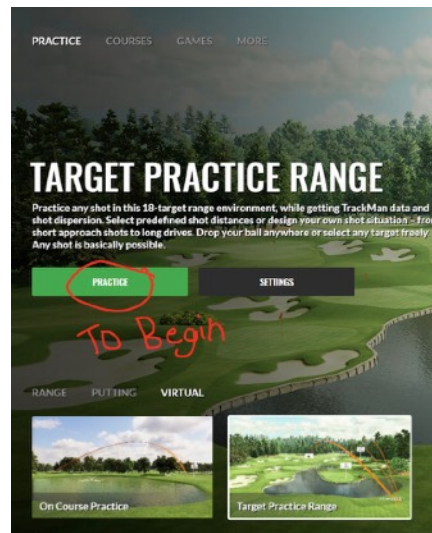
Putting

The putting section allows you to hit some putts into the Trackman screen and receive feedback data on both club and the ball. If you click on the 'putting' button on the bottom left corner of the screen, click 'putting analysis' and then click 'start'. Choose whether you are a right or left handed putter and then click 'continue' in the bottom right corner of the screen. You are now ready to start hitting putts and receive feedback on your putting stroke.
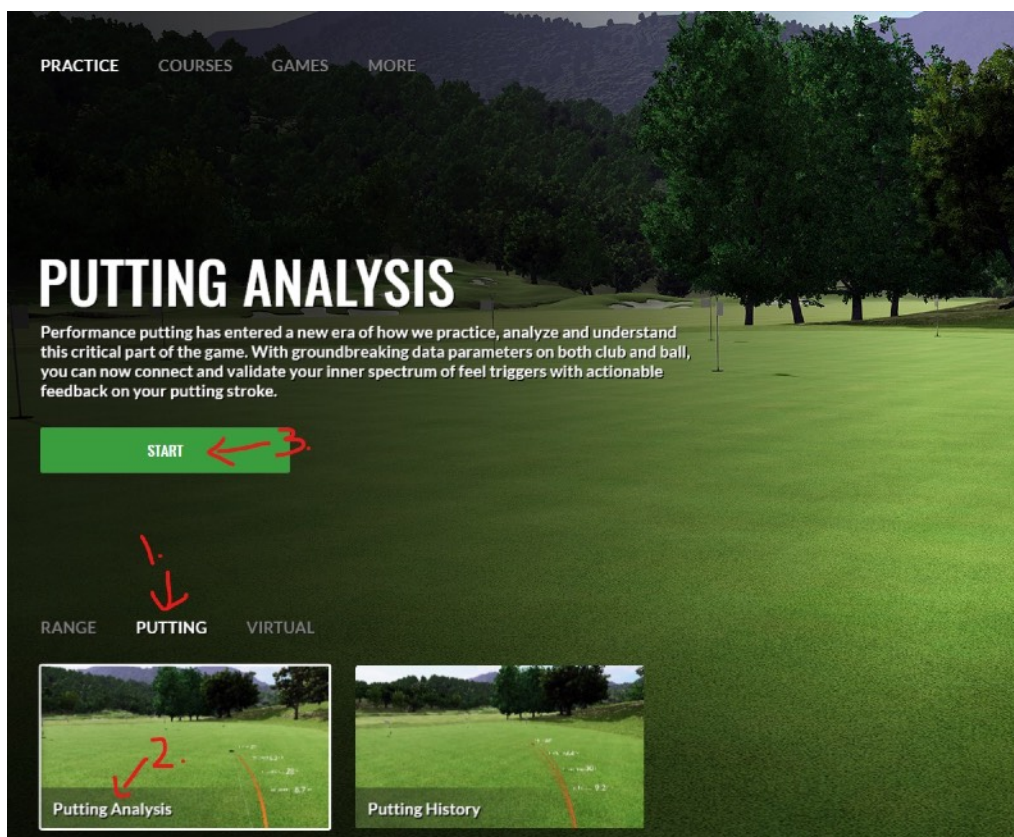
Shot Analysis

When it comes to driving range practice, Trackman gives you four options, but the most commonly used practice area is the 'shot analysis' range, which is the first option on the bottom left side of the screen. Click 'start' and the system will update the target area.
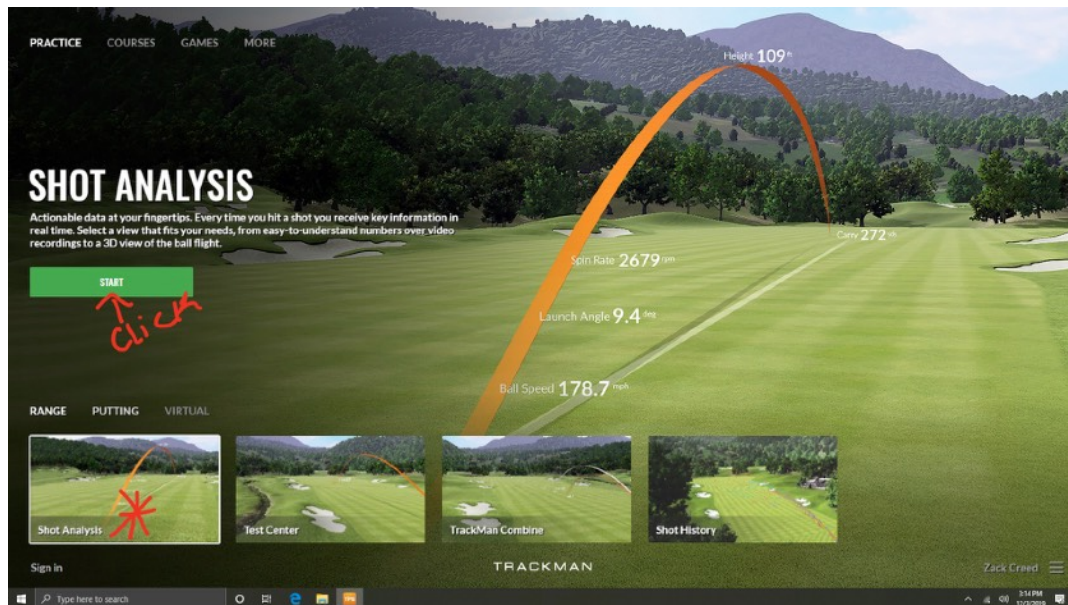

The easiest way to set this up accurately is to hit 'auto target' on the right hand side of the screen and let the system calibrate manually. The Trackman will then take you to a screen where you can choose your name. This will allow you to track your shot data and email yourself a report at the end of each of your practice sessions if you so desire. If you are not yet set up with a profile in the Trackman system, please see one of the staff to assist you. Once you have selected your profile, the system will then prompt you to choose which club you are going to hit. Don't worry, you can change this many times during your practice session, it just wants you to choose which club you are starting off with. The system will then direct you to the practice range and you are ready to hit shots.
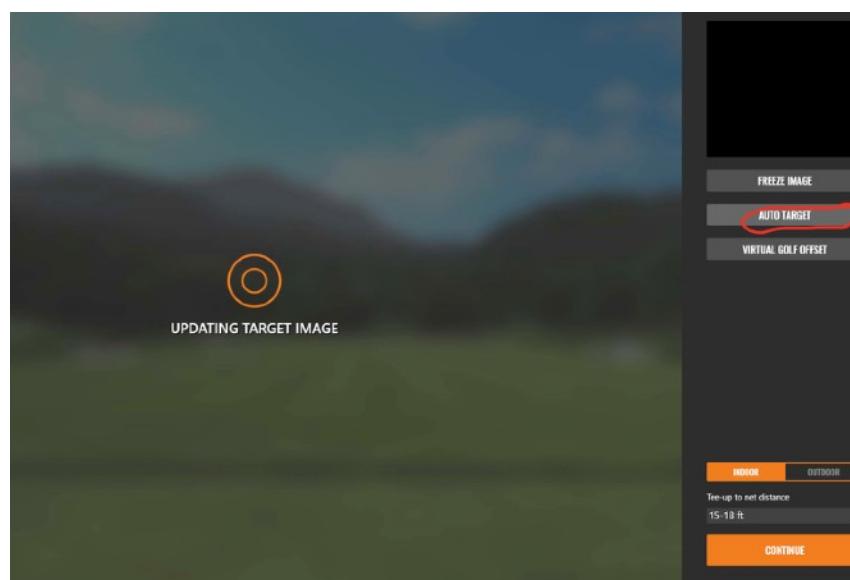
If you would like to toggle the data shown along the bottom of the screen look to the bottom right had side of the screen. There are three small buttons there and you are going to need to click the center one that looks like a circle, which will bring up the visible data menu. Click any of the boxes to add or remove that data from your home screen.
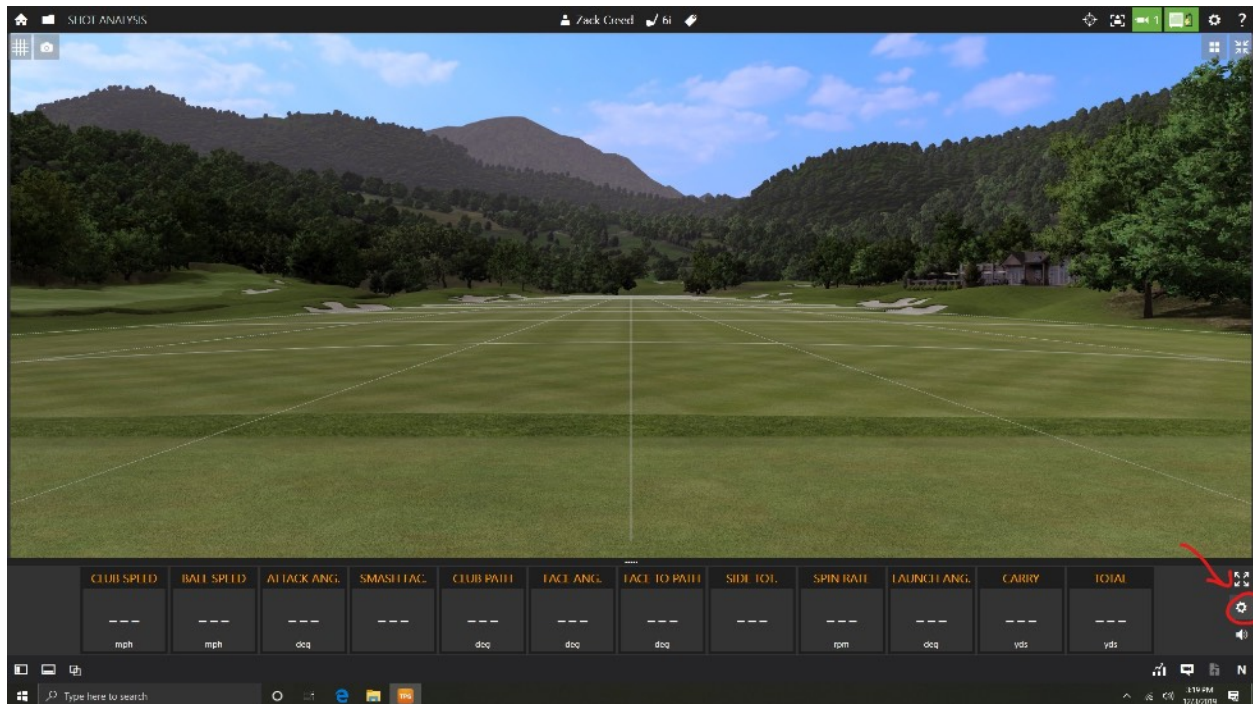

If you would like to change what your screen looks like, click the button that looks like a window in the top right hand corner of each of the screens (there will be two of these buttons if the screen is cut into two separate sections). You can have either the screen in either one or two sections.
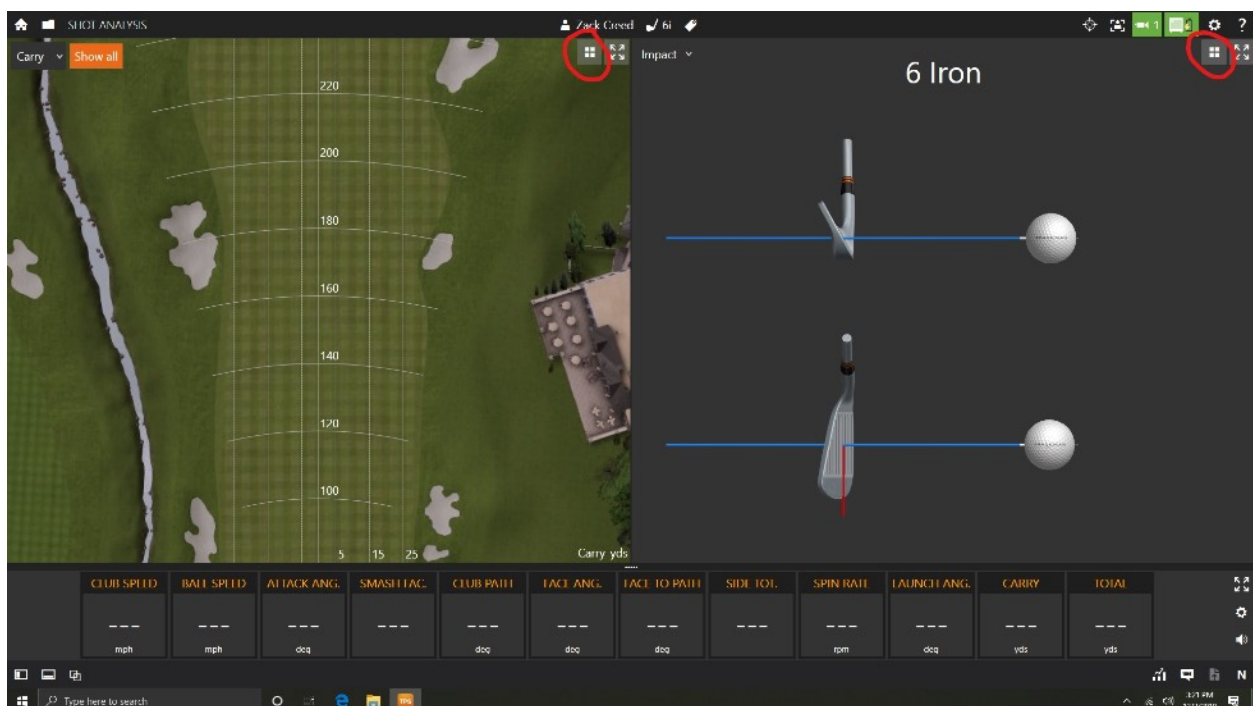
The shot analysis area has 7 different screen viewing options which can be used in full screen or half screen mode. The different modes are as follows:

- Standard driving range
- Shot dispersion driving range
- Driving range with distance measuring grid
- Club data display
- Total shot data list
- Club head data view
- Video swing analysis

The video swing analysis has many editing options such as the ability to draw lines, circles, and outline angles on a video. You can also change the colour of the drawn lines and play the video with the lines remaining in place. The video analysis mode also allows you to compare a video of your swing with a saved video of yourself or an available video of a PGA or LPGA tour member. Once you have hit one shot in the shot analysis mode, you will see a blue "compare" button show up in the bottom right corner. Click on that button and from there you can compare your swing videos with other amateurs or other tour players.
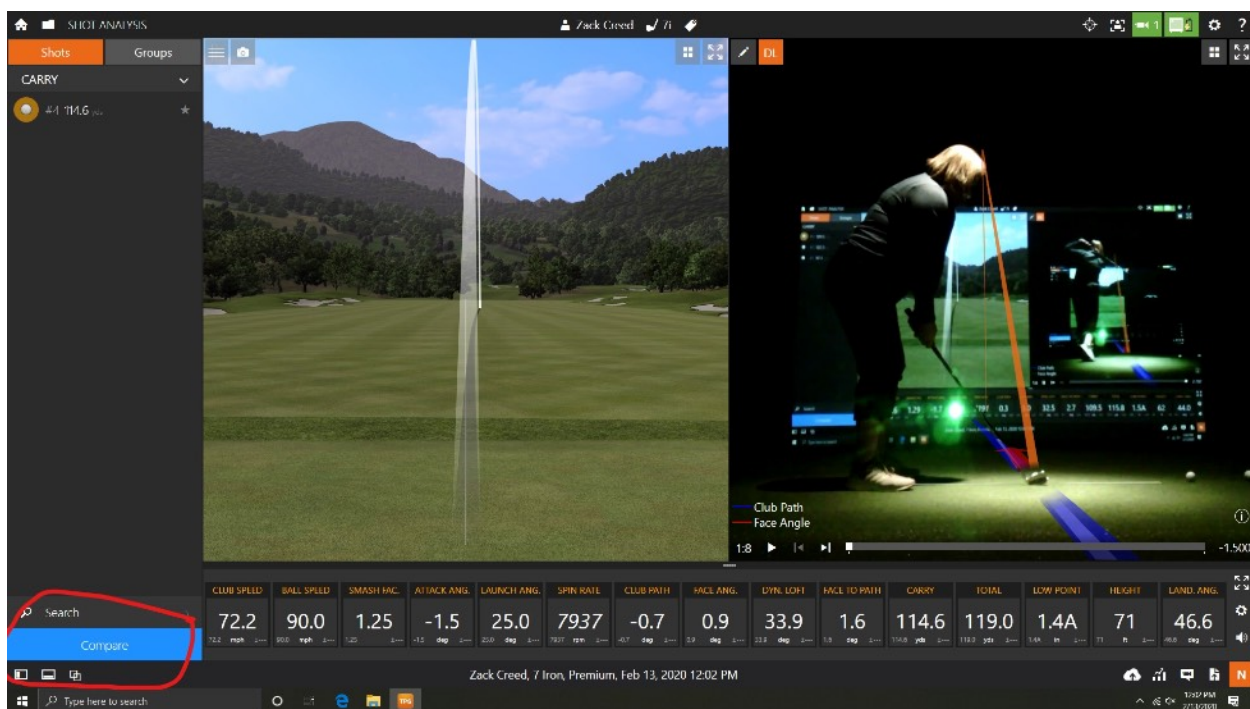
If you are looking to review data from previous shots in the same sessions, you can click on the shot number on the left hand side and all of the data from that particular shot will show on the screen.

CARRY

⦿ #8 121.9 yds ★
○ #7 131.7 yds
○ #6 127.7 yds
○ #5 115.3 yds
○ #4 114.6 yds

Search

Compare

CLUB SPEED	BALL SPEED	SMASH FAC.	ATTACK ANG.	LAUNCH ANG.	SPIN RATE	CLUB PATH	FACE ANG.	DYN. LOFT	FACE TO PATH	CARRY	TOTAL	LOW POINT
76.4	94.2	1.23	-1.5	23.3	7692	-0.9	-2.2	31.6	-1.3	121.9	126.9	1.4A

Zack Creed 7 Iron Premium Feb 13, 2020 12:10 PM

If you are looking to change clubs, look for the club icon in the top center of the screen and choose whichever club you are going to use next. If you are practicing with a friend and would like to keep each of your data analyses separate, you can change the player in the top center of the screen with the icon that looks like a person and your name beside it.

SHOT ANALYSIS

Carry Show all

Zack Creed 6i ← Club
Impact
Player

6 Iron

220
200
180
160
140
120
100

5   15   25   Carry yds

CLUB SPEED	BALL SPEED	ATTACK ANG.	SMASH FAC.	CLUB PATH	FACE ANG.	FACE TO PATH	SIDE TOT.	SPIN RATE	LAUNCH ANG.	CARRY	TOTAL
- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -
mph	mph	deg		deg	deg	deg		rpm	deg	yds	yds

Type here to search

3:25 PM
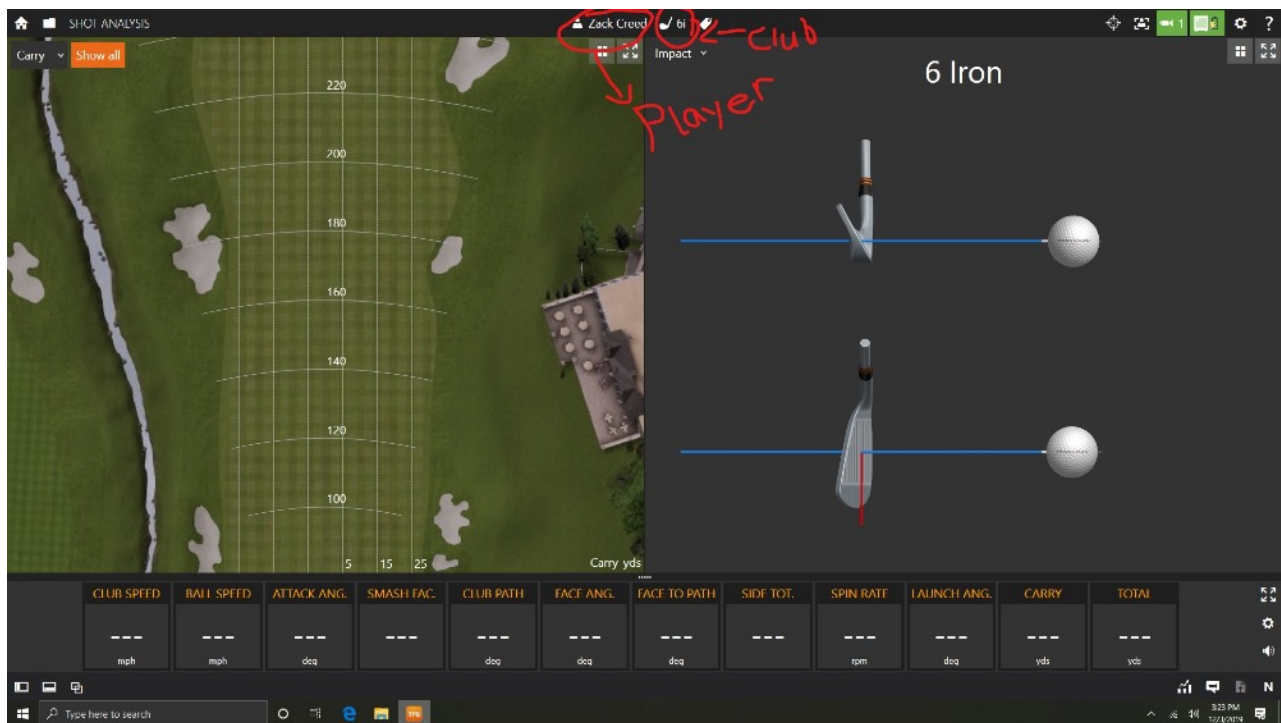
If you would like to create a report to send yourself the data from today's practice session, you are going to look towards the bottom right corner of the screen and find the button that looks like a piece of paper with an upwards pointing arrow on it. If you click that button the system will ask if you would like a 'single' or 'group report if you have hit more than one club. If you would like to see the data from just one club, click 'single'. If you would like all of your data grouped together, click 'group' and then select the "groups" or clubs that you would like included in the report and then click 'ok'. Trackman will then prepare a report, where you can customize which data you would like included in the report and then save or share the report. If you have any questions about this, please see one our our staff members for assistance.

To exit the practice range, click the home button in the top left corner of the screen. The system will ask you which data you would like to save from the session and as long as you have created a profile for yourself and hit shots under your name, it will save the data to your profile if you prompt it to.

Test Center
The Test Center Practice area allows you to create your own drills that you can save to your account and continue to work on over time. To being, click on "Test Center" and then on "Start"

When you click start a window will pop up giving you the option to start one of the existing tests or to create a new test. If you would like try an existing test, choose which test you would like to try and then click "start test".
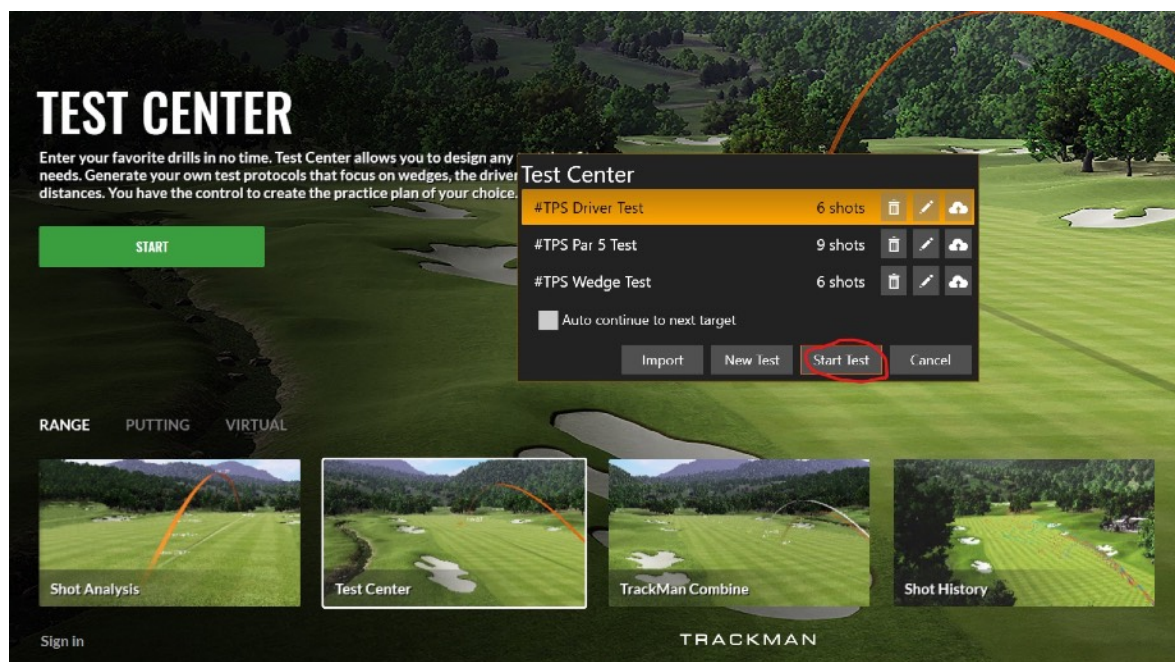
The system will try to find the target and you can help it by clicking "Auto Target". Once the target is set the system will ask you to fill out a form where you can assign temperature, wind direction/speed, and other details. Once you click "ok" on that form, the system will bring up the test and allow you the opportunity to hit a few warm up shots. Once you feel sufficiently warmed up, you can click "start" and hit your first shot. The test becomes just like hitting balls on the driving range in that you can just keep hitting shots and the system will pick up the data. Once you have hit all allotted
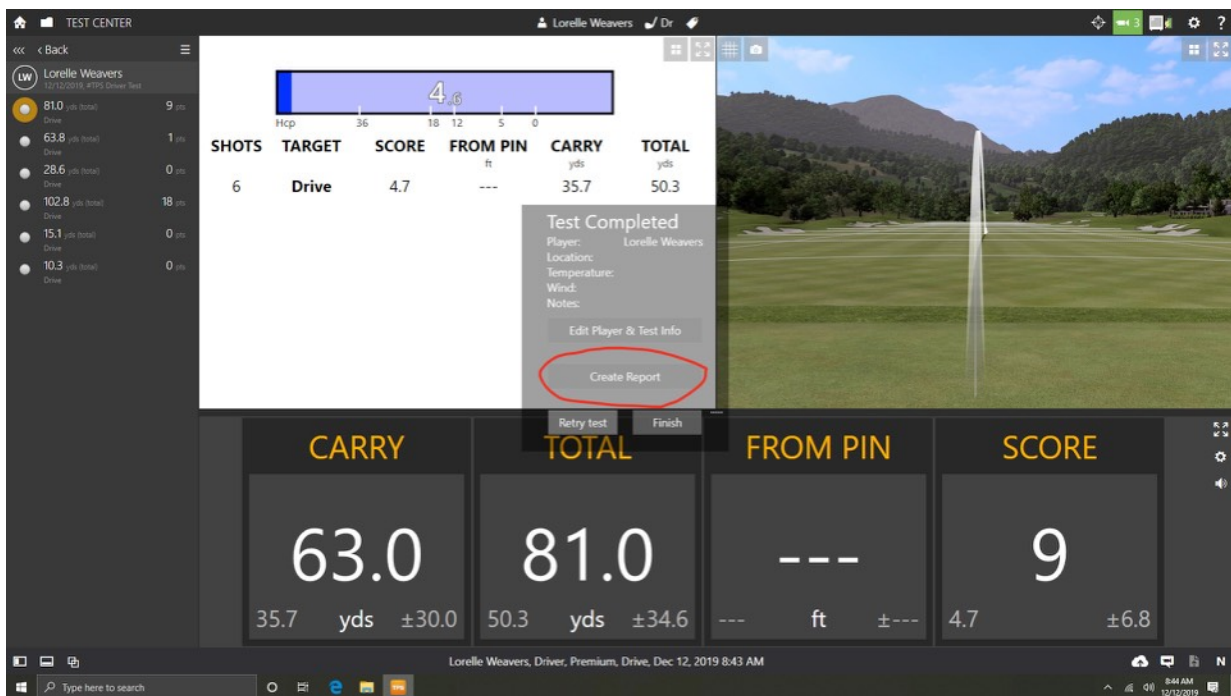
shots in the test, a window will pop up that allows you to create a report, retry the test, or just exit the screen. If you are planning on attempting the same test more than once and tracking your data over the course of a particular time frame, I would recommend creating a report and sending it to yourself for future reference.
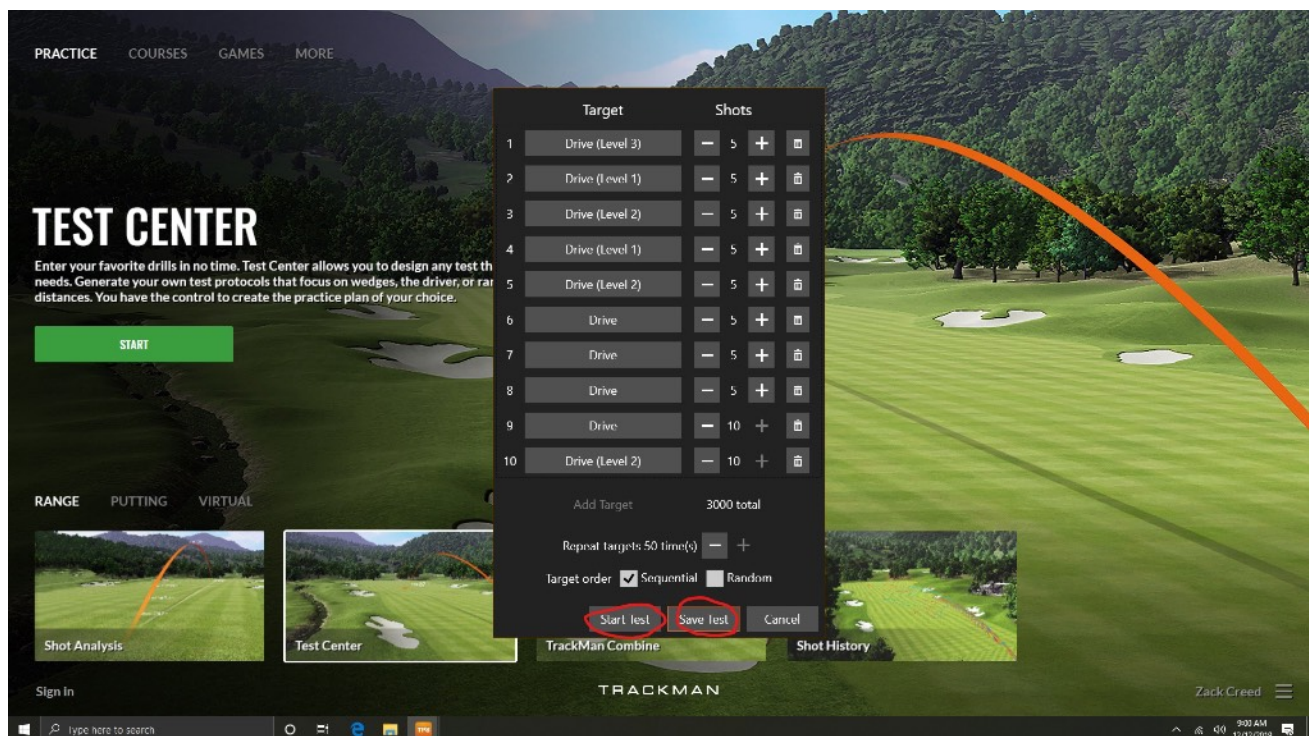
If you would like to create a new test, click "New Test". A window will pop up where you can add up to 10 targets at a variety of distances with up to 10 shots at each distance. You can also choose to repeat the targets up to 50 times should you like to hit that many shots. Once you are happy with your targets, you can choose to either save the test or start the test.

If you choose to start the test before saving, the system will ask you to align your target. I always recommend choosing "auto target" and letting the system calibrate itself. After that, a window will pop up where you can fill out a form with your personal information as well as temperature and wind preferences. If you did not save the test before you started it, the system will give you the option to name and save the test once you are finished should you so desire.

The scoring system for the Test Centre is based on carry distance as well as distance off-line. You can use any club you would like as long as you achieve the carry number. For the drives your score is based on total distance. For all shots, the score will be between 0 and 100 for each yardage and for the overall test.

TrackMan Combine
The TrackMan Combine is a standardized test that allows you (or your instructor) to identify strengths and weaknesses in your game. You can compete against yourself or the best in the world. The Combine allows you to hit 60 shots at 10 different targets in a varying pattern. Once you are ready, click "start" and the system will ask you to update the target. If you click "auto target" the system will calibrate itself. Once you are in the Combine a window will pop up asking you to edit the player information.
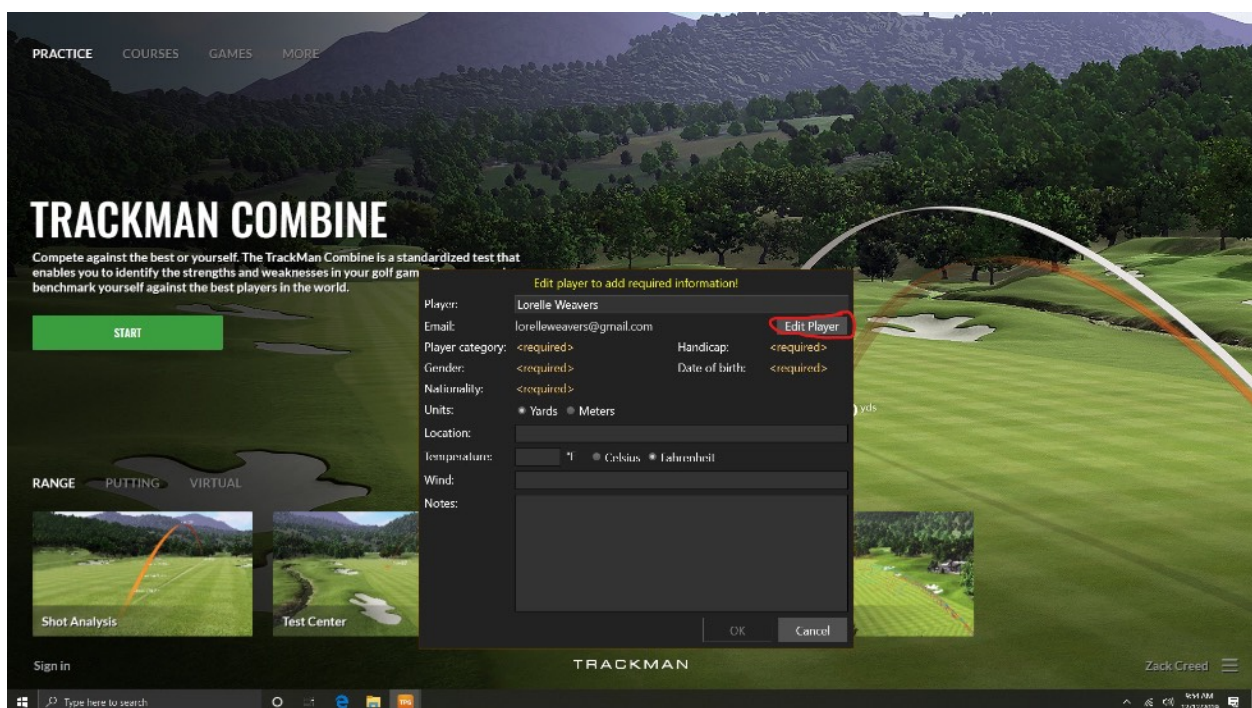
The system will allow you to hit a few warm up shots, and then you can click "start" when you are ready to begin. The Trackman will run you through the program, showing you the distance of each shot before you hit it. Once you have hit your shot the system will show you carry distance, total distance, distance from the pin, and a score. Once you have completed the Combine, the system will show you a report in the top left hand corner of your averages, the distance you hit each shot, as well as a score in each category. The report that TrackMan creates is uploaded to MyTrackMan.com and will also give you the option to save and send it to yourself.

The scoring system for the combine is the same as it is for the test centre. You have the ability to compare your scores with players of the same handicap, nationality, gender, etc.

Closest to the Pin Contest
The Closest to the Pin game is great for practicing playing Par 3's, having a competition amongst friends, or competing for prizing at a corporate gathering. The first place you want to go when setting up the closest to the pin contest is the settings area.
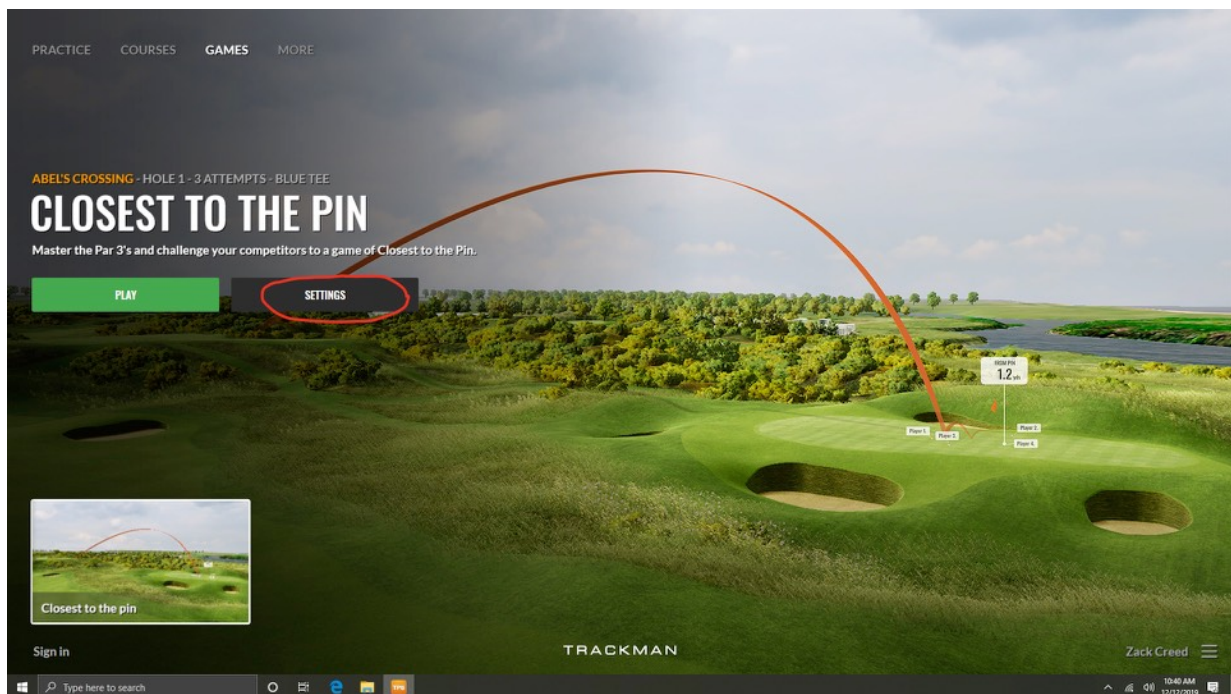
In the settings area you can choose one of three submenus on the left hand side. In the game menu you can choose the golf course, which hole you would like to hit on,
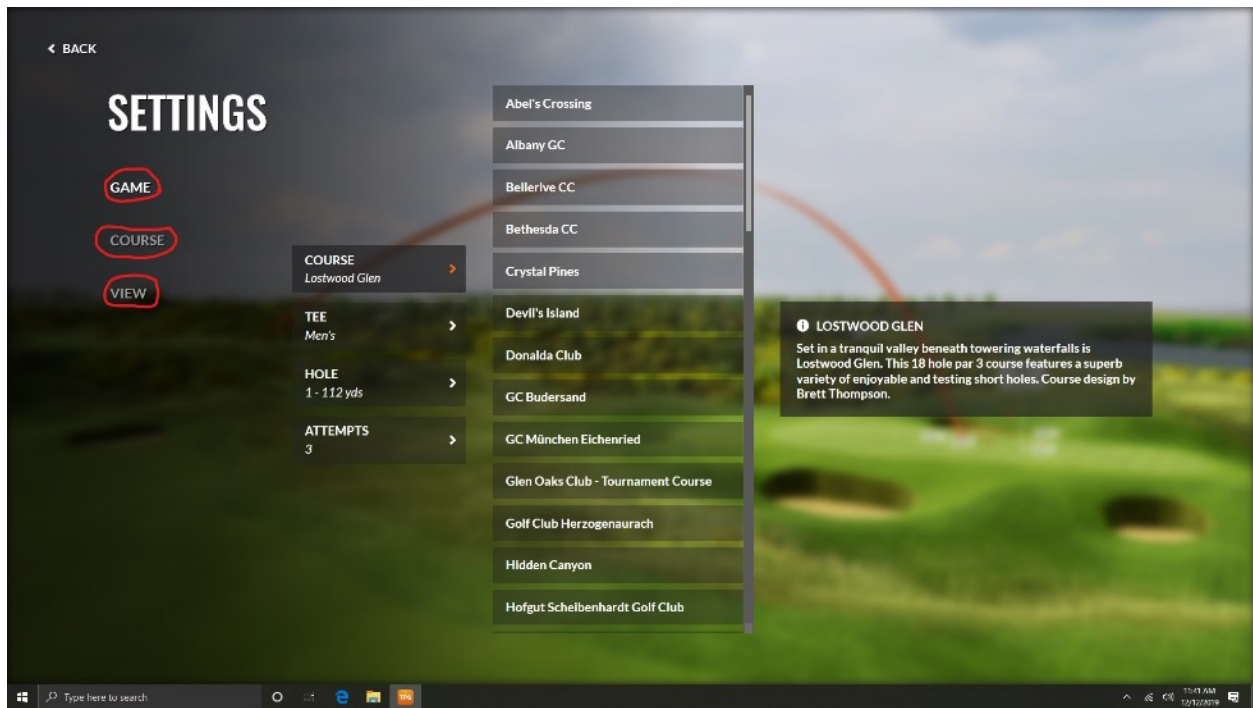
the tees/distance you would like to hit from, and how many attempts you would like to give each player. In the course menu you can choose course conditions such as level of wind, fairway firmness, green firmness, and green speed. In the view menu you can change camera views and a few other technical options.

Once you are content with the settings, click the "back" button in the top left corner and then the green "play" button on the main screen. The system will prompt you to add the "next player" where you simply need to add the player's name. Once you have entered a name, click "add player" and the player can go ahead and hit the allotted number of shots. After at least one player has hit their 3 shots, a leaderboard will appear in the top right corner of the screen showing the top few players and their distances from the hole.

If you would like to see the complete leaderboard, click the menu button on the left hand side of the screen and select the first option "settings". In the settings menu, click the "leaderboard" option and you will be able to see the distances of everyone's shots in leaderboard style.

Playing Golf
So you have decided to play golf and clicked on the Courses Menu at the top of the screen. The first thing you should do is use the arrows on the bottom two sides of the screen to scroll through and decide which course to play. Once your group has come to a consensus, you should choose whether you would like to play in full daylight or at dusk. You can toggle this option using the full sun and half sun buttons just above the right scrolling arrow in the bottom right corner of the screen.
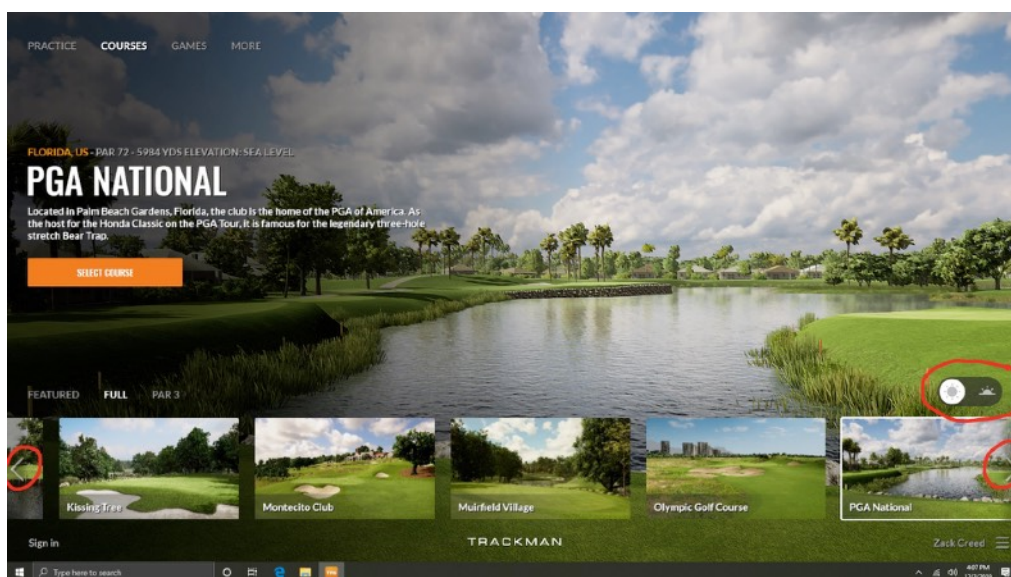

Now that you have decided which golf course to play and in which type of lighting, you should click the orange 'select course' button. Using the 'game settings' button, and under the 'game' menu, you can change the type of game you would like to play (stroke play, matchplay, scramble, etc); the number of holes you would like to play

(front nine, back nine, or all); how difficult you would like the pin placements to be; whether you would like to enable mulligans; whether you would like to putt manually or have the system calculate putts for you; and what you would like the gimme distance to be.

Under the 'course' menu you can change the course conditions such as wind strength, fairway firmness, green firmness, and green speed.

Under the 'view' menu you can change technical items such as camera angles and the post-shot timer. The tracer menu allows you to choose how you would like to view the comet that follows the golf ball after each shot. The camera menu will allow you to choose whether you would like the on-screen camera to follow the line of the golf ball or to show you a broadcast view from birds-eye. The Auto Flyby menu will let you choose whether you would like to automatically see a flyover of the hole at the beginning of every hole or not. The Markers menu will allow you to decide whether you would like to see a marker where the pin is with a distance on it continually, for 5 seconds before each shot, or never. The green grid menu will let you choose whether you would like to automatically see the grid on every green or not. The Data Tiles menu allows you to choose whether you get live data during on-course play or not (ball speed, carry distance, and total distance). The Post Shot Timer menu allows you to decide how long you would like the post shot menu to show on the screen before moving on to the next player's turn. The Units menu allows you to change the units of measurement for distance, speed, and wind.

When you are content with these settings, press the 'back' button in the top left corner. You can also edit many of these settings after you have begun the round by clicking the menu button in the bottom left hand corner of the screen.
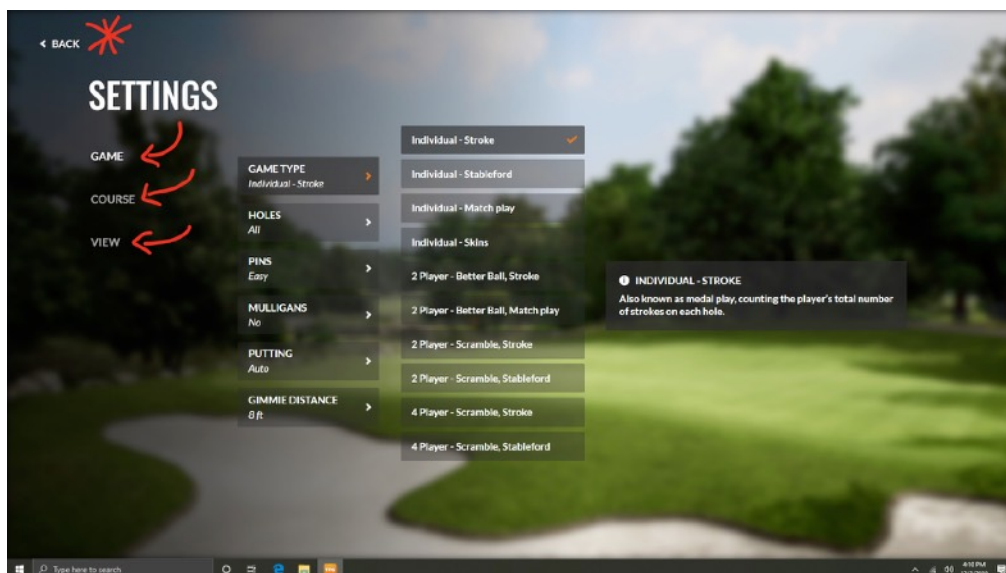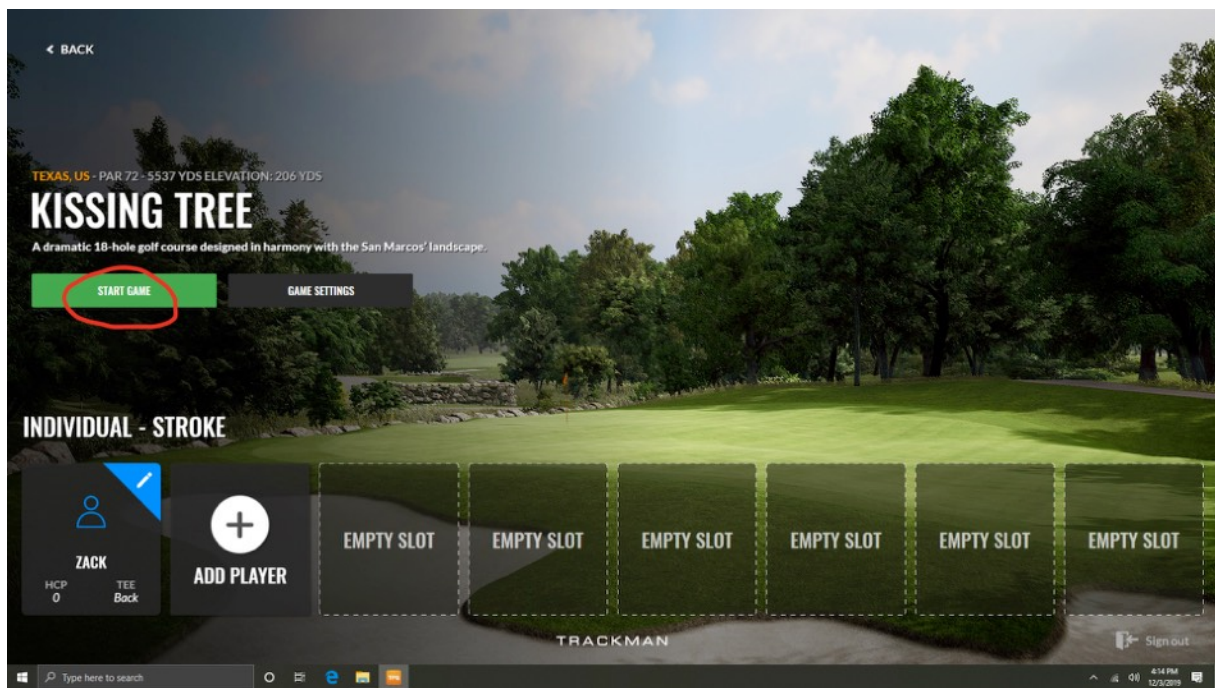
Now that your settings are finalized, you will need to add players to the round - click the 'add player' button in the bottom left corner of the screen. The menu that pops up allows you to change the player information, including which tees you would like to play. Once you have set up player 1 and added a name, click 'done'. Follow the same steps to add the rest of the players in your group to the round.

Once everyone is added click 'start game' and it will load the course and settings for you. Now you are free to play golf!

Tips and Tricks when Playing Golf

If you forget to add certain settings to your round before you press 'start', do not worry because there are certain things that you can change mid-round. By clicking the menu button and then the first option 'settings' in the bottom left corner of the screen, you can change the style of putting (auto, aimed, or manual) and all the view settings (tracers, camera angles, flybys, markers, grids, data tiles, post shot timers, and units). Using the same menu button, you can choose the 'fly' menu to see the hole from a bird's eye view. The system is able to show you the hole from tee to green, just the green, your aim point, or a true bird's eye view from above the top of the tree line down the length of the hole.

The menu button also allows you to look at each of the players and give options such as 'pick up' or take a 'mulligan'.

In this same menu you can also toggle the grid and the yardage markers on or off.

If you look to the bottom right hand corner of the screen you will see a smaller image of the entire hole. This is also where you go to change your aim and to see how for you have to hit to carry certain hazards. This area will also show you the wind speed and direction along the top of the menu and the power and spin percentages along the bottom. Power and spin percentages will change when you are in the rough, bunker, fescue, etc and if you have less than 80% spin and power you should think about clubbing up.

The menu bar on the bottom left hand side of the screen underneath the main menu button will show you which player's turn it is, what that player's score is, which hole you are on, what the par is on that hole, how far the hole is, the elevation, which number shot you are hitting, and which club the system thinks you should be hitting. You can toggle to which club you are actually hitting by clicking on the club which will

bring up a menu. From there you can choose exactly which club you are going to hit if you would like. Most of the time this is not going to make a huge difference. The only time it is very important is around the greens.