

Golf



Golf is a complex sport. It requires many different skills in many different conditions to be mastered to the pro level. Golf is composed of 4 different strokes.

1. The drive
2. The approach
3. The chip
4. The putt (on the green)

Accuracy and consistency are considered more important than distance. Each shot counts for one stroke, so in general, putting is the most important aspect of a golf game. SO golfers have a stroke limit per hole (usually ten) before they must pick up their balls. SO Canada has a maximum 70 or lower (for nine holes) for qualification to Provincial and National Games and many golf clubs have time limit for playing a golf round. Unless SO golfers are playing at proper speed, they will be asked to move to the next hole. Basic skills required to complete a hole under ten strokes, score under 70 and play at good speed are the objectives of SO acquisition programs. Acquiring basic driving and approach skills have been identified as the more important basic skills and have to be acquired before SO golfers can start playing on a course. Putting and chipping will be acquired after.

All training sessions can be done at a driving range, at home (with special balls), and at the golf club. Getting to basic driving and approach skills can be done relatively quickly, while getting to expert level will require work at the 10,000-hour level.

SO golf tournaments are done on different courses with different weather conditions making course management an important part of golfing. All these

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elements will be addressed at some points but unless SO golfers have good accuracy and consistency in driving, approaches and putting, course management and other more advanced skills will be of less importance.

Skills required for consistent shots are listed in the Golf basic skill (next page). These sheets can be used as a guide, and when all skills are marked “yes”, golfers can consistently hit the ball in play and are ready for intermediate skills.

Guidelines for using the skill sheet for golf

1. 100% ball contact on a tee at a driving range is where this program starts.
2. When this is achieved (it can take more than 20 hours of practice and lots of home practice), 70% fairway accuracy is initiated.
3. Follow each step of the skill sheet (one at a time) until all basic skills are acquired. Progress will be directly related to the amount of focused practice time. Golf course playing starts when basic skills are acquired.

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Golf Basic Skills

Basic Skill: Driving	YES	NO	Comments
Sub Skills			
Ball contact 100% (on a tee)	<input type="checkbox"/>	<input type="checkbox"/>	
100-175 yards (3/5 fairway hit)	<input type="checkbox"/>	<input type="checkbox"/>	
Shoulder rotation	<input type="checkbox"/>	<input type="checkbox"/>	
Follow through	<input type="checkbox"/>	<input type="checkbox"/>	

Basic Skill: Approach	YES	NO	Comments
Sub Skills			
Ball contact 100% (on grass)	<input type="checkbox"/>	<input type="checkbox"/>	
25-50 yards club selection (accuracy 3/5)	<input type="checkbox"/>	<input type="checkbox"/>	
75-100 yards club selection (accuracy 2/5)	<input type="checkbox"/>	<input type="checkbox"/>	

Basic Skill: Putting/Chipping	YES	NO	Comments
Sub Skills			
Putt/Chip in a 10 feet circle around The hole (30 feet away)			
Putting (3/5)	<input type="checkbox"/>	<input type="checkbox"/>	
Chipping (3/6)	<input type="checkbox"/>	<input type="checkbox"/>	
Putt/Chip in a 6 feet circle Around the hole (15 feet away)			
Putting 4/5	<input type="checkbox"/>	<input type="checkbox"/>	
Chipping 3/5	<input type="checkbox"/>	<input type="checkbox"/>	

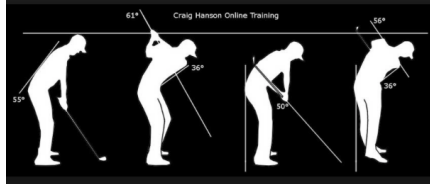
**When athletes achieve all “YES”, they have acquired basic skills.
Expectations are critical to skill acquisition.**

20-hour acquisition

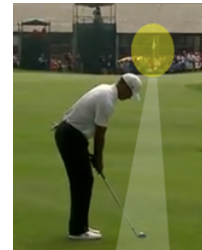
Skill Breakdown: Examples of priority elements to focus on during practice

Spend time on each one until acquired

1. Driving: Grip - Body position and distance to the ball – Body rotation – Arm action – Follow through



2. Approach: Distance and club selection – Grip - Body position and distance to the ball – Body rotation – Arm action – Follow through



3. Chipping Target analysis – Arm – Lower body – Club placement
4. Putting Green reading – Club placement – Routine – Direction

The key is to practice one skill at a time. Don't worry about perfect swings but try to hit as many balls as possible (in a 20 minutes session) focusing on correct general movements. 20-hour will come very quickly when practicing often.

Home golf training:

Golf companies have all kind of products for home practice.



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Practice as often as possible the correct movement for driving and ball contact.

Driving range: Practice example (1 hour)

Training only one skill at a time

Drive practice

(15' = 15 minutes)

15' Warm up and stretching (before driving range)

5' Warm up with clubs (2-3 in your hand) focusing on shoulder rotation and straight-arm

20' Driving practice (Concentrate on ball contact)

Use correct demonstration or video examples, slow down the demonstration when introducing a new skill, and use hands to guide movements when necessary, using colored balls and targets can help learning.

- Grip adjustment and ball position adjustments
- Hit 20 balls shoulder rotation
- Hit 20 balls arm straight

10' Flexibility Upper body rotation

20' Driving practice (Concentrate on ball contact)

Use correct demonstration or video examples, slow down the demonstration when introducing a new skill

- 20 Grip adjustment and ball position adjustments
- Hit 20 balls shoulder rotation
- 20 balls arm straight and shoulder rotation

Aim for solid ball contact and hit as many as possible, don't worry about quality of the swing, how long the hits are or where the ball goes.

Conclusion:

Driving, approaches (club selection and swing) and putting skills are only the first steps in learning basic golf skills. Aiming for perfect swings in the first 20-hour of skill acquisition is often counter-productive. Repetitions with broken down skills and focused sessions on hitting as many times as possible have shown much better results with SO golfers.

Acquiring driving and approach skills is necessary before starting on a golf course for 9 holes. We have seen SO golfers taking three hours to golf four holes because they did not have basic driving and approach skills. Most golf clubs will not allow SO golfers that are slow unless they have special times where other

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generic golfers are excluded. Using the skill sheet is an excellent way to learn basic golf skills and encourage athletes to practice often.

Expectations of SO golf programs must be centered on basic skills required for golfing nine holes in 2.5 hours maximum with a driving accuracy of 70% and approaches precision of at least 50%.

Lesson Plan
Basic Skill Acquisition Program
(weekly or monthly)

Sport _____ Athlete Name: _____

Program Expectations

1- Weekly Practice (attend all practices)

Day (S) _____ Time _____

Location _____

“What the group is working on”:

2- Club Fit 100% attendance (Including Functional Testing exercises)

Day _____ Time _____

Location _____

“What you need to concentrate on”:

3- Basic Skill Development Homework (4 times per week - 1 hour per day)

Skill _____

“Individual Home Practice Objectives”