

## **Golf practice and teaching programme**

### **Introduction**

The golf practice and teaching programme will take place at the Fancourt Golf Academy under the management of PGA Professional, George Harvey.

The programme is divided into four different 'curriculums', each of which coincides with a school term. Each part of the curriculum will be concluded with regular assessment and updates, as well as a pre-determined exercise and mental programme run by qualified trainers and mental coaches.

Sessions will be held in the afternoon after school and on weekends where practical. Each member will have a specific programme designed according to his or her skill and fitness level. Members will be grouped according to their levels as well as extra-curricular activities.

George Harvey will travel with members to all tournaments outside of George and will be responsible for their well-being while away from Fancourt.

### **Curriculum 1 – Technical**

#### **Golf**

60% short game

Chipping – Technique and execution of different shots

Putting – Stroke. Pre-shot routine

Pitching – Distance control, developing feel

Bunker Play – Execution of shots. Distance control

40% Other

Taylor Made Performance Lab Swing Assessment

Driving – Technical adjustments, corrective drills, pre-shot routine

Iron play – Corrective drills, further video analysis

Course Management – Warm-up routine

#### **Physical**

Muscular Skeletal evaluation of each player will be conducted at the beginning of the curriculum.

- \* Member-specific program to be designed after the initial evaluation
- \* Golf-related weaknesses to be identified in conjunction with the coaching analysis

Three individual sessions with physiotherapist to monitor correct execution of exercises to prevent possible injury.

## **Curriculum 2– Pre-competition phase**

### **Golf**

60% other

Driving – shaping shots, tee shot variety e.g. wind

Iron Play – shaping shots, different lies, different stances

Course management – on-course planning, different lies, post-game analysis

40% short game

Chipping – specialised shots e.g. tight lies and lob shots

Putting – confidence, visualisation and green-reading drills

Pitching – mental drills, pre-shot routine, closed-hole drill

Bunker – specialised shots, plugged lies, long bunker shots, fairway bunkers

### **Physical**

- \* Members to be placed into groups of three and to be assessed once a month by physiotherapist
- \* Programme to be followed by each player six times a week. supervised and scheduled training.
- \* Pre-competition phase and pre-game warm-up training
- \* During competition phase emphasis will be placed on explosive drills

### **Assessment of Cardio Vascular Ability**

Three tests per member – one session each

- \* Classes for cardio vascular in groups of five  
twice a week – spinning  
once a week – rotex or treadmill

## **Curriculum 3– Competition phase**

### **Golf**

50% short game

Chipping – testing and scoring

Putting – testing and scoring

Pitching – testing and scoring

Bunker – testing and scoring

50% Other

Driving – target hitting and scoring

Iron play – target hitting and scoring

Course management – game plan goals for Par 3, Par 4, Par 5 game plan

- \* Playing scoring, inter-house competitions
- \* Game analysis review and goal setting for Curriculum 4

## **Physical**

- \* Members to be placed into groups of three and to be assessed once a month by physiotherapist
- \* Programme to be followed by each player six times a week. Supervised and scheduled training times
- \* Pre-competition phase and pre-game warm-up training
- \* During competition phase emphasis will be placed on explosive drills

## **Assessment of Cardio Vascular Ability**

Three tests per member – one session each

- \* Classes for cardio vascular in groups of five
- \* Twice a week – spinning
- \* Once a week – rotex or treadmill

## **Curriculum 4– Competition and active rest**

### **Golf**

60% Score improvement programme

Performance analysis

Course management

Mental approach

Physical approach

40% Other

Driving – corrections as identified

Iron play – corrections as identified

### **Course management**

- |                                  |                        |
|----------------------------------|------------------------|
| * Critiquing overall performance | * Yardages             |
| * Routine on and off the course  | * Green depths         |
|                                  | * Inclement conditions |
|                                  | * Relaxed, fun rounds  |

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