

What is good technique?

Often you hear commentators on TV referring to a Tour Player, with comments such as “good technique” or “he has a solid swing”.

So what is good technique? Which swing model should a young player follow?

We all possess different physical features, and different personalities. It's the same in the golf swing, **no two swings are the same**. If you compare the swings of all successful golfers, there are always differences. But although we may have our own slight physical differences from the next person—most people have 2 eyes, one nose, 2 nostrils, 2 ears, one mouth etc – it's the same with the golf swing— as well as **differences** there are also **common denominators**. As a golf teacher, we concentrate on these common denominators, things that are present in all good golfers, whilst allowing, or even encouraging individual swing differences, what golf teachers often refer to as **swing identity**.

So what are these common denominators?

Common denominators, aspects of technique that are present in all top players are;

- **Leverage**
- **Resistance**
- **Sequencing**
- **Plane**
- **Repetition**
- **Motion**

Now there are many **other** things that lead to these 6 attributes (grip, posture etc etc), but undeniably, every Tour Player has these 6 attributes—and top level players such as Tiger Woods and Ernie Els even more so.

“The Swing is a symphony – mechanics and technique are vital – but they should, and must, play second fiddle to the dynamism and flow of the swing itself”
 MITCHELL SPEARMAN



Let's compare the pre-impact positions of David Toms and Stuart Appleby. Both are extremely successful players on the PGA Tour, so both have techniques that work. But to the trained eye it is easy to see that there are differences—most notably the difference in the hands, especially the left wrist. But what is the **common denominator**? Both have the **clubhead on plane**. One of our common denominators at the ecGA is that in the **delivery position the clubface should be relatively neutral, and “in plane”**.

Having a solid, reliable, functioning technique that is right for your body physiology is a prerequisite for playing golf at an elite level.

Like a businessman has a long term strategy for each aspects of their business, we feel at ecGA that elite players need a long term strategy for each aspect of their golf game. If you are serious about being the best player you can be, develop a long term strategy for building a solid and repeating swing. We have Programs from “Distance Learning”, which the technique side of the teaching is done by emailing swings over the Internet, to full time one year residential Program. So there is something for everyone—contact us today!



Do you want to achieve your potential in 2007?

If a young academic student wanted to study to become an accountant or a lawyer, it would be foolish you to say to him, "Go to the library when you feel like it and learn for yourself". The student would have a teacher, and a **structured learning timetable together with a syllabus of what needs to be learnt**. And then this learning schedule would be controlled by the teacher and the student encouraged and aided by the teacher where necessary. We take exactly the same view in golf - learning is a partnership between the student and the teacher, but youngsters **need a very clear and concise map**, and need to be regularly motivated and encouraged. Youngsters are often very ambitious and have the desire to achieve a goal, but have yet to develop the self discipline to carry out the necessary steps to achieve the goal, and that is where a concise, stimulating practice and **skill acquisition plan** controlled by the teacher becomes very effective.

There are lot's of talented young pro's, but it's the one who has got that 15thclub, that final bit of extra mental strength, desire and drive to make it happen, that will become successful" NICK FALDO

How many 18 to 25 year olds are good enough to go on Tour? But golfers have few options - many just practice at their home course on their own, maybe taking occasional instruction for one hour a week, mainly in the technical area of the game. **Improving is not about just beating balls on a practice range**. Does the Ferrari Formula One improve their car each winter by just driving their car lap after lap around a circuit, and then the more laps they can complete the better they are? Of course not! They are constantly working to **develop** a better car, and then **testing** this car, and then **refining and developing** the car further.

It's the same for a golfer—to be a better player you have to **develop your skills** in each area of the game—technical, mental, management etc etc

The young accountant or lawyer would have a **curriculum to follow**, and books to read. It's the same with our Academy for the young golfers - **we deliver a complete golfing educational program**, where each student follows a **personalized** educational program in all areas of the game.

"Discipline, determination, desire and dedication are skills that you are not born with, but skills that you learn and develop just like the golf swing. If you want to be a champion, you have to acquire these skills" JON WALLETT

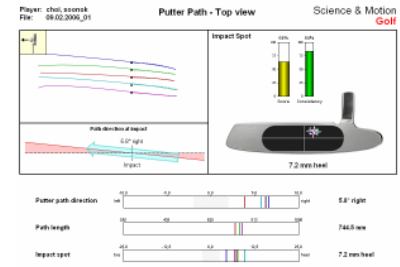
And what happens if the player doesn't make it in golf?

They have still learnt many essential life skills. Golf is an excellent vehicle to learn these skills, and then will not only help students with their golf, but will help them with their career, in golf or outside golf. Look below at **just some of the skills** students can develop in our Academy;

- GOAL Planning and review
- GOAL achievement
- Discipline, determination
- Motivation, desire
- Ability to form a plan and the execute the plan
- Preparation and analysis

Are all these topics relevant not only in golf, but in business as well??

"Probably more than any other sport, the game of golf requires self-discipline and determination - qualities that help to develop character and personal strength in young people" GREG NORMAN



We use the latest technology such as the SAM Putting Lab

A Program to suit everybody

We have a variety of Programs to suit each persons differing needs.

1. Long term residential

Students can stay the whole 12 months with us on a full time basis—Gstaad, Switzerland in the summer and Royal Pines, Australia during the winter.

2. Short term residential

Students can attend a full time Program either in Gstaad or Royal Pines on a short term basis (e.g 2 months)

3. Camps

In Switzerland we run a series of 3 and 5 day camps, and then students liaise by internet on our distance learning Program

4. Distance Learning

Students learn through our interactive internet academy—this is especially useful to develop a mental skill training program

Send us an email (or fill out our contact form from our website www.elitecoaching.com) if you are interested in any of our Programs, stating your ambitions in golf, your recent golf history, and which of the Programs you are interested in. Start the journey to develop your golfing potential today.