

TECHNIQUE  
MANAGEMENT  
MENTAL  
PHYSIOLOGY  
EXCELLENCE  
FUN

## What separates a successful tour player from a struggling tour player?

On secondary or satellite tours worldwide there are a countless number of players who seem to have the talent, swing and game to succeed on the main tour, but for one reason or another seem to never be able to succeed at the highest level. A question that I have continually asked myself and a question I strive to answer through our Academy is;

***“what separates a successful tour player from a struggling satellite tour player?”***

***What are the critical skills to be a successful tournament professional?”***

Of course this question requires a whole book to look to explain the answer, but lets try to give a brief overview of some of the skills that separates tournament players.

### Technical

What is good technique? This is a controversial question, and a question which will elicit many different answers from many different coaches. But here are a few key technical skills I've identified through my coaching career to date;

- Repetitive shot
- Stock shot under pressure
- Effective shot making (distance, consistency and shaping)
- Good short game

### Mental

What is the mental game? For me, it relates to a player's **cognition**—i.e *how they think*.

Keys attributes of tour players are;

- Confidence—most notably 'competitive confidence' - confidence under pressure
- Concentration— the ability to totally focus your attention on the task in hand
- Vision—great players programme their minds for success and have a success mentality permeating through their game

### Management

The management game has many different facets, but some of the key topics are;

- Practise specificity
- Tournament preparation and analysis
- Course strategy
- Ability to score well with 'B' or 'C' game

### Physiology

The role of physiology is playing an increasing important part of the pro game. Some key issues are;

- Strength/flexibility
- Injury free

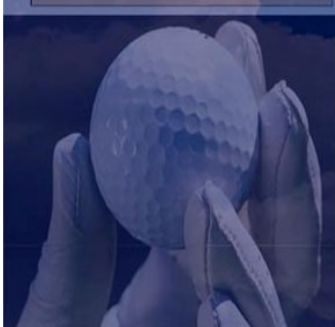
### Character

I feel very little is written in instructional books about the role that character plays. And character is not something you are born with, it's something you **develop through your perception of your own personal experiences**. Any military sergeant will tell you that character is a key skill, and they will also tell you that it is something that can be developed. Key character skills are;

- Desire/ambition
- Dedication
- Persistence—the able to handle failure

Of course one thing that hasn't been mentioned is talent, and of course it's clear that talent plays a part. However almost all top players have said that they feel that this is the most minor part of the jigsaw. Another factor could be argued is 'lady luck'. Many satellite tour players will be moan their bad luck, but as Gary Player once said "the more I practice the luckier I get". But unfortunately many people misunderstand this comment by thinking it means to beat ball after ball on the range in order to get better. Gary should of qualified that comment further by saying " the more I **develop my skills** the luckier I get".

Interested in making 2008 the year you have a skill development plan in all areas of the game?



# Australia 2007/8 Elite Program

Our main objective with the program is not to improve our students over the time they spend with us. Our main objective is to introduce new information and training concepts to our players that **once applied** over time will **change and help their careers**. And hopefully a side effect or byproduct of this is that they will start this improvement process here at our Academy in Australia.



3D biomechanical assessment

Students start by getting assessed in each area of the game—technical, mental, management and physiological.

Josh Meyer, a sports physiotherapist starts by doing a 3D biomechanical assessment of the players swing movement. Then Marco Renai, a Titleist Performance Institute certified trainer, then assesses and measures the students strength, balance and range of movement through a series of 20 tests. This allows us to build a profile of the students physiological issues and how these issues relate to their golf swing. Each student gets a personalized training programme which they can access through the TPI website.

Next is to video the players on the range and the course to then make a detailed analysis of the issues in their swing, and then to sit down with the student and formulate a plan of action.



A different type of spectator in Australia

The mental and management assessment is done by way of our GMAP (Golfers' mental profile questionnaire). This is a series of written questions and self analysis over 12 pages, and then together with a 1:1 interview allows us to identify key issues specific to each players' mental and management game. Then a long term action plan can be created, and then begin to be delivered during the students stay here in Australia.



Some students at the Australian PGA Championship

Each week the students receive a weekly timetable to help them structure their time, and training generally runs 8am to 6pm Monday to Friday.

Interested? Send us an email today!

## Create your inner vision workbook

The **'Creating your inner vision workbook'** costs the price of a golf lesson—95 euros, and helps you go through the step by step process of developing a success map for your golf. The workbook also comes with a mental training CD so that you can regularly spend time developing a strong internal picture of you achieving your chosen goals.

It will help you identify your short term, medium term and long term goals. It will also help identify the different skills you will require in order to achieve these goals.

It will give you a structure for

creating a map of where you want to go with your game. Many players spend hours upon hours practicing, but unfortunately with little direction to the end cause.

The workbook will help you to rationalize your thoughts and thinking processes, and strengthen your motivation as through good and realistic goal planning it will increase the likelihood of achieving your goals.

**"If you have no vision for the future, you are destined to fail in the long run"**

GREG NORMAN

**"Nearly everybody comes up with plans and dreams. Few people though actually do something in order to achieve them"**

GREG NORMAN

Interested? Send us an email at [info@elitecoaching.com](mailto:info@elitecoaching.com) and we will tell you details regarding payment and then endeavor to deliver your workbook and CD within 28 days.