

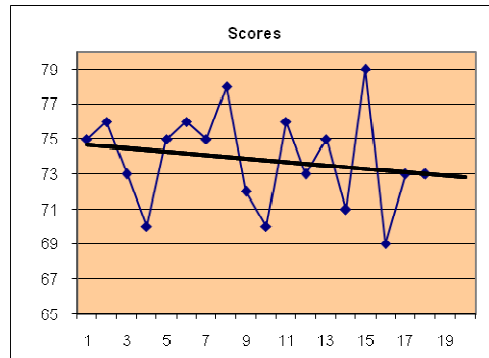
TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN

The Progression Line

What's the most important line in golf? The line on the 10ft putt you may have one day to win the US or Evian Masters?? No—there's an even more important line than that, and it's called the '**progression line**'!!

What is the progression line?

The progression line generally refers to what you feel is the most important **performance** statistic for your game. This is normally your stroke average, although sometimes it could be an OOM position either, or as well.



In our Academy the progression line governs the **whole of our coaching agenda**—because it is focused on your **PERFORMANCE**—i.e your results/scores, and over the long term **every player aspires to improve their results**.

Does that mean you should think about this when you play? No, but you should definitely think about this when you are planning your season, your practise etc, and when you are reviewing each month where you are and where you want to go.

The magic pill—for any player, albeit elite amateur, satellite tour player or main tour player, **is that they progress over the long term**. It's just the same in business—any business could have great sales for one day, but more important are the sales over the year, and the next year in relation to the previous year, and so forth. So many players are looking for that 'magical' breakthrough round or tournament, that they become obscure to the long term picture. **But building a successful career, year on year**, is the key to success in the professional game.

Success Keys

Every player should make it their **mission during their golf career to learn and develop their success keys**. What do we mean by success keys? Simply put, their keys to success, i.e the things that **make them play well**. These can be swing thoughts/keys that have been successful in the past, or mental keys, ways to warm up for a tournament round, best way to practise the week before, the best way to prepare the night before etc—the list is endless. I see many players always looking for one thing during tournaments—to find the magic swing fix so that they hit the ball perfect—but often if players concentrated on their success keys in all areas this will bring much more success in the long term. That's why I feel a **book or a journal is an essential tool for all players**—so that they can make notes of what works for them, and what doesn't work for them, and to update this journal daily or weekly so through the months and then the years the player is **becoming an expert on themselves**. Interesting to note that if you read the biographies of many of the top players they did this....

Finding and developing your success keys, in essence becoming an expert on yourself, will aid you in developing your progression line. You may want to go further and decide what are the key factors that influence your progression line? Is one of the factors driving accuracy or is it putting, or is it having sufficient breaks during the course of an intensive tournament season?

Are you interested in becoming the best performer you can be? At ECGA, we are not focused on only developing technically perfect swings, or a great physical condition, or teaching you to have a great short game. We look to develop the big picture—your progression line—so that you can build and progress your golfing career. And of course, this may include developing a great physiology with our physiotherapists, mental game, swing, short game etc - **but our coaching is always 'a means to an end'**.

Interested in learning more? Send an email to info@elitecoaching.com and we will email back you our 15 page GMAP questionnaire, and then receive free of charge a summary of some of the key issues for your game.

Elite Player Programmes in Evian 2009

A programme to suit the needs of every elite player.....

TOUR SUPPORT

Let us help work with you to find YOUR success keys, the keys that enable you to perform your best. We work with each player on a very individual basis, looking to identify in precise details YOUR needs and how best these needs can be met.

We work together with the player to design a schedule that fits in with your tournament commitments, and then our support is normally by telephone, some days in Evian and time together at several tournaments through the season.

Give yourself the edge this year by having proven performance enhancement strategies in place so that you give yourself maximum opportunity to realise your ambitions.



PART TIME RESIDENTIAL

Together with the student a long term success map is created and then the student visits our base in Evian periodically, with regular contact by phone and email between visits to help monitor their game. This means that the student benefits from having regular support to help focus and direct their effort in a purposeful and productive way. This works very well as it allows players to play a full competitive schedule whilst at the same time structuring their development.

ELITE PERFORMANCE CAMPS

These camps consist of 5 day (Mon to Fri) through specific dates during the summer. Places are strictly limited so if you are interested in learning more about these camps please send an email to info@elitecoaching.com so you will be on our priority list when we email out the finalised dates and information for Summer 2009. We are also running some international camps in Autumn in Asia and UK—further details later this year.

MENTAL TRAINING BY INTERNET

This typically entails mental training through 1:1 telephone sessions followed by homework assignments focusing on the mental game. Students begin by completing a detailed GMAP (Golfers' Mental Profile Assessment) and then an action plan is then created together and then delivered by telephone appointments.

KEY BENEFITS OF OUR ACADEMY

- Use the latest technology in all areas—3D Golf Biodynamics, Kvest, SAM Putt lab, HeartMath emwave, Statistical analysis etc
- Train at the best facilities, both in Europe (Evian) in summer and Australia (Royal Pines) during winter
- Have access to our range of coaching expertise including experts such as; Dr Patrick Cohn (PGA Tour mental expert), Ramsay McMaster (Golf Physiotherapist to many Tour Players), Ryan Lumsden (Golf Biomechanic expert) and Elite Performance Coach Jonathan Walllett
- Work and learn with like minded players in a competitive environment

But an even bigger benefit than those listed above is that we will be at your side to support you in your quest to achieve your dreams, and help gently guide you onto the optimal pathway, and then help you to stay on this pathway.

Interested in joining our pool of committed, ambitious elite players? Send an email to info@elitecoaching.com for further information.

First international win for ECGA Australia student Ken Benz

Winter 2009 ECGA Student Ken, Benz, 20 years old from Switzerland, recently achieved his debut win outside Switzerland at the Wayne Grady Cup at Virginia Golf Club in Brisbane at the beginning of March. Ken fired his best rounds to date outside Switzerland of 68-69 (-5) to win by one shot.

Virginia Golf Club is a fine course with a rich history—two of the icons of Australian Golf, Wayne Grady and Greg Norman played their junior golf at the club. Congratulations Ken and use this to build your confidence to compete strongly this summer on the European Amateur circuit.

