

Train to Perform

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN



One common habit I see amongst players trying to establish themselves on the Pro Tour is that they lose sight of the purpose of their training. So much time is spent training, that they then become 'addicted' to training, and they 'train to train'. Their training is often immense, and these players gain the respect of fellow players for their strong training ethic. But, perversely, when it's time to compete, they often struggle to live up to their play in training, and are often left frustrated and disappointed at not playing up to their 'expectations'. And then their reaction to this? **Train more and train harder**—often perpetuating this negative cycle.

Every player has to keep the purpose of practise in perspective—to **develop their skills and their confidence** in their skills in order to **enhance their performance** in competition.

Montgomerie has always been known as a player who spends relatively little time on the practise fairway. But in reality he has actually implemented a very purposeful practise regime suitable for him over the years, testament to an unprecedented 8 European OOM titles. Why? Because Montgomerie does practise, but he always practises for a reason, and then finishes when he meets this objective.

Commitment

What does the word commitment mean? The dictionary cites 'dedication to a cause or principle'. So does that mean relentlessly spending hour after hour day after day working on your game? Commitment in a golfing or sporting environment means dedicating yourself to **developing the skills you need to develop in order to perform best.**

So for an 'overmotivated underachiever', often someone with perfectionist tendencies, who is prone to 'overtrain' and to 'train to train' instead of 'training to perform', this often means that they need to train less, in a more balanced and productive way. This can be a very difficult habit to change, as to 'train less' is often against all instincts. But this is where commitment comes in— **true commitment is about dedicating yourself to the things you need to change**, not the 'total time', or hours on the range', you have spent on your game. **This is the toughest 'ask' of any player.**

Develop your new habits through a daily golf journal

If you can identify with 'overtraining' or 'training to train', the fact that you recognise this is the first step, and you've made a big step forwards already. Changing habits at any level is difficult, and it almost always involves a little forward, a little back during the transition period, so be patient with yourself. On a piece of paper write down your current negative practise behaviours and attitudes on one side of the page, and then on the other side write down the new behaviours and attitudes that allow you to **perform your best.** Then using a journal, each training day, give yourself a mark out of 10 on each one of these attributes, and over time you should be able to cultivate and foster the more empowering habits.

In this world of high technology, players often search endlessly for magical 'technological solutions to their game', and certainly technology has been a great aid for coaches and player alike, but more often than not the best coaching/player solutions are the simple ones, but can perversely be the most difficult to apply. Creating a daily journal whereby you can 'score' and 'report' your small steps of progress in the **key skills you need to cultivate**, is probably more valuable, useful and relevant for most players than any high tech training aid.

"The question of success will be determined by your own level of commitment" GREG NORMAN

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 perfect physical condition, or teaching you to have a perfect short game. We look to develop the big picture—**your performance**—so that you can build and progress your golfing career—and that means assessing the skills you need to develop in order to perform best, and then creating a road map to achieve your dreams and goals—and then making a true commitment to implementing this map, hour by hour, day by day.

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.

Purposeful Practise Workbook, CDs and Filofax

Developing a motivating and effective practice programme is a difficult challenge for every player, but ultimately it will play a major part in the success, or *failure*, of your career. Hopefully you will be getting the message now from this newsletter and previous newsletters—it's not about the 'time' or the number of balls you hit, it's about developing daily and weekly the skills you need to develop in order to **improve your performance**.

The game has moved beyond the practice psyche of yesteryear whereby players just hit a bucket of balls down the range, and then empty another bucket to a flag on the pitching green.

You have to develop a practice programme that fosters your skills development, and then learn to 'pressure proof' this through **competitive practice** in order to develop that magic potion called **competitive confidence**.

Our workbook "Purposeful Practise" contains 150 pages of important information on how to make your practice as productive and purposeful as possible.



It takes you through the process of developing your own personalized practice programme, and then **applying this programme**. In addition, we are now offering the further option of the "Credit Practise Tracker System", developed from the 'Credit Card System' of Tour Physiotherapist Ramsay McMaster, and incorporating the specific practice programme concept from Elite Golf Director of Australia, Peter Knight.

This encourages the players to develop their own 'practice cards'—specific practice routines—and then grading the quality of each session as it is completed.

The cost of the workbook together with template and statistic CDs is 125 euros, and then a further option are the practise cards and filofax, then the cost is 175 euros. This equates to less than the cost of 2 golf lessons, and this workbook contains potentially career changing information and tools, once applied.

Our first 3 workbooks have been very much in demand, so much so that we have had to commission a 2nd edition and reprint earlier this month! There are very few books available specifically aimed at tour players or elite amateur players, and it has been interesting and rewarding as a coach to see how many players, and elite coaches as well, have been motivated to purchase these workbooks. Orders have come from as far north as Finland to as far south as Australia, from as far west as USA and east as Japan. We would also like to apologise to all customers who have been waiting but hopefully with this reprint all existing orders have now been processed. Three further books are due for completion this summer, and we shall notify all our existing customers when these will be available for delivery.

Order through our website

www.elitecoaching.com/shop.htm

Summer Junior Camps In Evian

These will be one week camps hosted by ECGA Coach Andy Griffiths, held throughout the summer holidays. These camps are aimed at motivated Juniors, typically aged between 14 and 18 years old.



Have a great weeks golf learning at the best training facility in Europe, playing the course of the richest ladies tournament in the world. Learn how to practise productively so you will be able reduce your handicap faster.

Group size range from a minimum of 4 to a maximum of 8 students per coach, this ensuring plenty of personal attention.

Accommodation is available at a nearby hotel for a very low cost, and training is organised 9am to 5 pm each day.

Students will each receive a copy of our Purposeful Practise Filofax to take away with them and during the week and will get to opportunity to learn how to train all areas of their game.

Key information about the camps

Dates:

Week 1 Monday 29th June to Friday 3rd July

Week 2 Monday 6th July to Friday 10th July

Week 3 Monday 13th July to Friday 17th July

Cost 495 euros per week

Interested in joining one of camps? Send an email to info@elitecoaching.com or telephone +41 79 343 2524 for further information. Coaching language for these camps will be English.