

The Pre Round Warm Up

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN



The Pre round warm up is a critical time. How would an Olympic sprinter prepare for the 100m final at the Olympics? *How do you prepare for a tournament round?* Let's look at the example of the Olympian. Are they engaging in small talk with their fellow competitors minutes before the race on the starting grid? Golfers' are way behind the rest of the sporting world in this respect. I've been at PGA Tour or European Tour events and players are on the putting green engaging in small talk with fellow players, a few minutes before tee off. Interesting to see that Tiger Woods never does this, and is often considered 'stand offish' by his fellow competitors at this time in his preparation. Why? Because he is preparing his mind to perform optimally, and he does not want to be distracted. Tiger learnt early in his life and says, "*the person that control his state can control his world*". He knows when it is '**competing**' or when it's '**performance time**', he has to **induce a state that will give him the opportunity to perform his best.**

One challenge many players have, especially those who have worked hard on their technique, is how should they react when they hit poor or 'non perfect' shots on the range during the warm up. The common mistake is to get into a mindset of trying to 'fix' the problem on the range before the round. **This is a major mistake I often see.** I'm sure every player can look back and identify a time in the past where they've hit the ball poorly on the range before the round, and then gone out and played great. And conversely, every player can also remember a round whereby they hit the ball great on the range before the round, and then went out and hit the ball poorly during the round. It's so important that the pre round warm up is just that – **a warm up and not a practise session.** A great way to avoid this trap was suggested to me by Peter Knight, the Elite Golf Director for Golf Australia, who said that he encourages his players to always try to shape every long game shot in the pre round warm up. This is an excellent strategy as then it gets players out of the mindset of trying to hit 'perfect' shots, and into a much more '**functional**' or '**playing**' mindset. So for example you may try to hit a soft fade with a 7 iron, 5 m less than your normal distance, and then the next shot a soft draw with a slightly lower ball flight as if you're playing into the wind, etc etc.

Key mistakes in the pre round warm up

- Hitting to one target
- Trying to 'correct' non perfect shots
- Over practising 'part' swings or 'drills'
- Putting labels on....."*I'm pulling the ball today*", '*My rhythm doesn't feel good today*' etc

Warm up your mind as well as your body

Will your thinking, or mental, game play a part in your tournament round? Of course it will, so it's important that you warm up your 'mental' muscles as well.

"I figured that if I said it enough, I would convince the world and myself that I was the greatest" Mohammed ALI

Engage in self talk that will allow you to perform your best. Remind yourself of **previous successes** and understand the power of perspective. **Induce a functional mindset**, a mindset whereby you can accept your misses, **embrace your successes** and **handle any adversities.** Understand that on the day tournament golf is essentially a **thinking challenge.**

The Final 20 minutes

It should be your objective to walk onto the first tee '**in the zone**'. It's the same in any area of elite performance – whether you are a musician, a businessman just about to deliver a key speech, or a professional sportsperson – you have to get yourself into the 'state' where you can perform best. How do you do this? Our new book, "**Tournament Play—learn to Win with your B and C game**", is being released in early August and highlights strategies for being in an optimal state for the 1st tee. The first edition will be a limited print run so send an email now and put your name down on our priority list to avoid disappointment.

Are you interested in becoming the best performer you can be? 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 developing *your* game.

Professional Golf Diploma course

At the end of the year we will be starting our new Professional Golf Diploma course. We have developed this course in order to help elite golfers develop and prepare their game for professional golf. Some of the best names in world golf are lined up to deliver some of the subjects, and as well some seasoned Tour players to meet and talk with our students.

Aims of the course

Most elite amateurs, when finishing their school education are not good enough to play on Tour. So, the decision many players have to make is to either commit to a 4 year US College programme, or otherwise just practice on their own at their own club, and play on the amateur circuit. This is very much an 'all or nothing' decision. Our course commits players to a one year program, whereby 80% of the time is spent practicing/working on their game, and playing tournaments. The other 20% students learn about different aspects of professional golf. Topics covered on our course include ;

- Swing and short game technique
- Golf psychology
- Golf specific physiotherapy
- Golf biomechanics
- Performance enhancement
- Sponsoring/marketing
- Media training

One of the objectives of this course is to not only give young players a structured pathway to help them develop their goals and dreams, but also give them a foundation within the world of golf so should they choose another career within golf, they have already a 'head start'. There are many career pathways within golf—coach, club professional, golf course architect, club manager, golf media, club fitting, greenkeeper, equipment sales etc etc.

This course offers a wonderful opportunity for any aspiring tour player to develop a good foundation for their career, whilst also keeping their options

open. Should a student decide on a different pathway within golf, the diploma can give students a head start in the other golf careers.

Where will the course be held?

The course will start at the end of the year, in November and finish in September the following year. The first part of the course will be delivered at our winter base in Australia, and then in Summer 2010 it will be delivered at our summer base in Evian, France. There's good flexibility with our learning syllabus as we understand that priority for young players is to compete internationally in tournaments.

Interested to learn more?

Please feel free by registering your interest by sending us an email at info@elitecoaching.com thus ensuring you will be the first to know, and mid July we will have a new website fully operational with more information about the programme.

News around the Academy

May has been a busy month and lots has been going on at the Academy, and many student successes in tournaments. Jessica Ji, 19 years old from Korea, made an excellent start in her first season on the Ladies European Tour. She scored 72-73-



78-71 (+2) at the Swiss Open to finish 47th and then the following week 68-74-73-72 (-1) at the German Open for 31st place. These results have propelled her to 60th on the LET Order of merit.

Jessica, although small in size, has a wonderful swing and as she gains more experience in playing in Europe I'm sure she will get better and better as the season goes on.

ECGA winter student Ken Benz (h'cap +3, 21 years old), has had a great start to the season, winning two tournaments in Switzerland, including the national Championship and then finishing runner up (2nd) in the French Amateur Matchplay championship.



German Playing Pro Marcel Engelhardt had a career best 67 (-5) in the last round on the EPD tour at Bad Beltingen top finish the 54 hole tournament one under par. Marcel has been undergoing swing technique development work and has been making fine progress, and this is just reward for his industrious effort.

One of our younger players, 17 year old Laszlo Streit fired a career best 69 in the National Championship and further progress will be forthcoming during the summer from this talented and motivated student. In addition, some of our mental training programme students in Asia have achieved turnaround and breakthrough results.

During the summer, you can see ECGA Elite Performance Coach Jonathan Wallett on Sky Sports giving elite performance tips during the Golf Weekly show. This series of tips was televised at the Moonah Links Academy in Melbourne, where we will be based for part of our Winter Programme.

