



TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN

Technical fundamentals

Nowadays there is a vast array of information available with 3D and even 6D analysis systems at the disposal for the coach. Without doubt the advancing in technology has had a huge impact in coaching just as it has in golf equipment. In the 1970s the leading coaches, such as the revered John Jacobs OBE, were dependent upon the ball flight and divot pattern as their key diagnostic tools.

Then throughout the 80s and 90s video became more prevalent and slow motion analysis became affordable and available for every coach. Coaches could video the tour players at tournaments and carefully scrutinise their swings and then apply the common denominators to their players.

Most coaches involved with elite players use or have access to 3D and biomechanical analysis. This gives an even greater picture and more detailed analysis of the swing movement, and without doubt it's a great aid having access to this type of information.

But sometimes it's easy to overlook the 'basics', like;

- **Posture**
- **Grip**
- **Alignment**

Many swing problems can be traced back to issues in one of these three areas.

I cite a conversation I had in 2006 with former Ryder Cup player David Howell. I had previously not seen him since early 2003, and during this period he had a career breakthrough playing in 2 Ryder Cups and winning several tour events. I asked him what he attributed this success to, and in his normal self effacing way he said "luck". But in further conversation he said that he'd just been working on his posture, and he had been working on pretty much that for 3 years. He said that when he first went on Tour he was seduced by all the different equipment players are exposed to each week on the range, and was constantly trying different clubs, and constantly tinkering with his swing. Then in 2003 he started working on the **basics**, and continued staying on a much more **consistent path** and suddenly everything clicked into place.



Ryder Cup player Oliver Wilson made a very perceptive comment in a recorded interview I did with him at the Singapore Open last year. Oliver said, "I'm basically working on my posture and alignment. I know it sounds basic, but I feel there are **different levels** of what good posture is. I know I have a good posture, but I also know it can make it better, and I know this will help my whole swing".

Jack Nicklaus was famous in that every year he started the season with a one week intensive course with his teacher, the same teacher since he was 10 years old, Jack Grout. This week would be focused just on the **basics**, as Nicklaus knew the importance these played in establishing a good swing and thus a good season.

The moral of these stories? Always pay respect to the basics such as **posture, grip and alignment**. As Oliver says there are '**different levels**' - every player can strive to make their fundamentals better and this will have a knock on throughout the whole swing.

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.

Practice productively, purposefully, and have fun!

The *Ultimate* Golf Skills Challenge



As coaches, we are always looking for way to help our players make their practice time more **productive and purposeful**. Former ECGA coach Stephen McOmish, who is currently a PGA Professional based at the prestigious Dalmahoy resort in Scotland, has invented an ingenious game that does just that.



Side-Spin <<The *Ultimate Golf Skills Challenge*>> is an innovative and exciting golf game new to the market place. The game is played on a Golf Course or practiced on a driving range designed so that you the player can have fun and improve your actual **shot making** and **course strategy** skills.

The Game is played over as many holes as you wish using 6 designated clubs per player. It requires the player to spin a pointer on a dial. Wherever the pointer finishes will determine the shot to play. You then have to attempt that shot. There are rewards and penalties for any successful and unsuccessful shots played.

The game is **great fun** to play. You will not know what your next shot will be until the dial is spun. You will benefit tremendously from learning and developing your **shot making skills** under real conditions, as each shot requires the player to play a different shot which may be to put a particular spin on the ball. You will also find that you will increase your skill of actually being able to **control** the golf ball.

Your awareness of the club head will become sharper, your pre shot routines will become fine-tuned and your general course management and strategy will improve.

At ECGA we are always striving to find '**development**' games for our players to practice—practice games that develop **players' skills**. So many players play practice/training rounds with the sole purpose of scoring low. Games such as 'Side-Spin' take the focus off the score and more on **development of skill** and in my opinion this is great practice.

The game comes in a pocket sized box and is available at www.side-spin.com, and costs merely £14.99—yes it's not a misprint! **Don't delay, buy today!**



Great new Golf physiology DVD from X factor Golf

Over the last decade golf physiology has become an ever increasing part of the elite players game. Most players now recognise that it's futile trying to strive to develop a swing your body does not allow, and so the more **functional the body** the more **functional the swing**.



Australian golf specific physiotherapist Josh Meyer has been working with ECGA for the last 4 years and he has teamed up together with our strength and conditioning coach through their X factor golf clinic to produce a golf specific golf physiotherapy DVD series.

Josh says, "A great golf swing starts

with **good posture** and the DVD helps to build the ultimate swing whilst eliminating muscle fatigue and general tightness throughout the neck, shoulders and back regions. Producing a professional DVD provides us with a means of demonstrating injury mitigation strategies and correct techniques to golfing enthusiasts all over the world, Sales of the DVD have well and truly exceeded our expectations with the package sent as far afield as Tokyo in Japan and the United Kingdom".

Interested in ordering the DVD at a cost of only A\$19.95? Go to www.xfactorgolf.com.au