

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN

Management game —what's that??

Some people ask us what exactly does the management game entail. Examples of areas of the management game are;

- On course strategy
- Tournament preparation
- Tournament analysis
- Practicing
- Time management

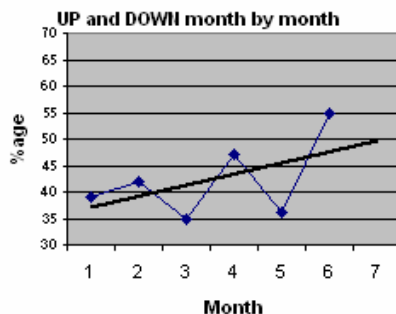
If you want to be the best player that you can be, you need to take a holistic approach and work on all areas of your game. That means having aims and improvement strategies for your technique, mental, management and physiological aspects of golf.

In this article, we are going to look at the tournament analysis area of the game. Let's look at the end of season statistics from one of our students.

SCORE AVERAGE	75.7		
	1-6	7-12	13-18
Strokes above Par	1.3	1.5	1.6
		out of	
DRIVING ACCURACY	412	666	62%
D/A Driver	288	479	60%
D/A other	130	197	66%
GIR	474	882	54%
GiR (<=4; incl. woods)	55	143	38%
GiR (5-7)	88	242	36%
GiR (>=8)	331	496	67%
UP AND DOWN	274	597	46%
50-100	29	139	21%
25-50	46	141	33%
0-25	199	313	64%
SAND SAVES	22	59	37%
PUTTS	1496	848	31.8

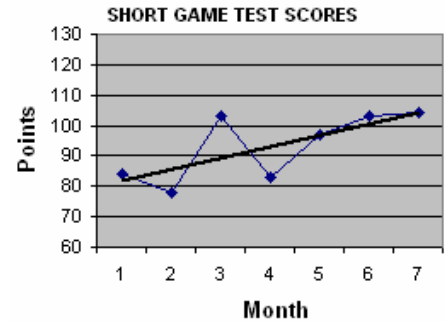
Now let's just take one statistic from the end of year analysis—UP and DOWN. If we look at the end of year statistic it is 46% (from up to 100m from the green).

Let's now have a look at the month by month analysis for the summer season (MAY to OCTOBER)



These statistics show that in May his Up and Down statistic was 39%, with a high of 55% in October. The trend line shows that the student has improved his short game over the summer.

Now let's look at some practice statistics. During practice this student regularly does the Pelz short game test. Now let's look at his results over the same period (MAY to OCTOBER)



We can see that as this student's scores in practice improved, so did his short game score in tournaments improve. This statistic reinforces one of the '8 Key Beliefs' at our Academy;

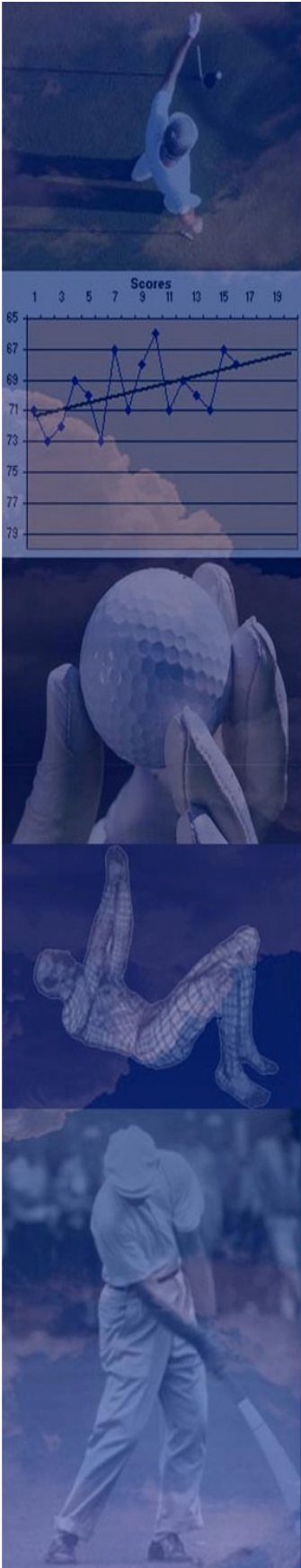
“Victories come during practice—train hard and play easy”

It's logical really, you wouldn't expect a Formula One car to win race after race if their times in practice are always poor. However many players first of all don't even have practice statistics, and secondly hope that all will come good on the day of the tournament.....

Tournament statistics can show you a lot. Do you recognize an anomaly in these statistics?

Can you see that the GIR statistic for medium irons (5 to 7 iron) is 36%. One would normally expect this statistic to be mid way between short and long irons. Further investigation can then be taken—perhaps there is a loft/lie problem with the clubs? Is the player aiming always at the flags with these clubs, instead whereby at this level it may be best to still aim for the fat (biggest area) of the green?

We have a range of statistic analysis packages depending upon the level of the player. If you are serious about becoming the best player you can be it's important that you develop a strategy for developing all areas of your Management game. If you want to join one of our Program's, whether it's just our Distance Learning Program or our full time Residential Program, contact us today.



MENTAL TRAINING by INTERNET

Last month we launched a new service of mental training by internet. We were surprised by how much interest we had!! Thank you for your emails and we are enthused and encouraged by the response. It shows us that there are a lot of golfers out there who understand the importance of the mental game, and hence also understand that in order to be the best player that you can be, it is necessary to have a long term strategy for mental skills education and training.

As a result of the interest we are now extending our initial offer of a free introductory 45 minute session to the end of 2006 (31.12.06).

How it works

Students who are interested in this Program should contact us by email, and then we will send you our Mental Aptitude Questionnaire. This is a very detailed questionnaire which will allow us to identify your current mental

skills. Then, a tailor made Program can be suited to each Student, and the first 1:1 session by Internet or Phone will then begin the learning process. After each session, students will often then receive "homework" to do before the next session. Typically, this may include off

"My creative mind is my greatest weapon. It is a kind of inner vision that enables me to see things that others might not, like a certain way to play a shot. The psychology of golf can be complicated as it does entail mental toughness, self confidence, conquering inner demons, instant recall of past successes and being able to purge failures. It is a game within the game. I developed my mental strength early and I cannot overemphasize the importance of you developing yours now!" T WOODS

course or on course mental exercises or assignments.

What it costs

The first trial session (45 minutes) free of charge.

Then, should the student decide to go ahead with the Mental training Program the cost is;

- 5 x 45 minute sessions is **495 Euros**
- 10 x 45 minute sessions **950 Euros**

Please note that all sessions are conducted in English.

What we say to our students is that always the critical point in coaching is the **APPLICATION**—i.e. the action step. If you are serious about becoming the best player you can be, make that action step today and enroll on our internet mental training Program.

PHYSIOLOGY and PHYSICAL CONDITIONING—How does it relate to golf?

Tiger Woods' success has hugely popularized more physical conditioning training in Professional Golf. In the past golfers were never really seen as athletes, but the young players coming on Tour in the last few years, are very much comparable to athletes in other sports.

"Probably about 90% of swing faults are in some way physiologically related"

TONY MEYER, Australian Institute of Sport coach

So what exactly should a player look for if they want to develop their physical condition?

- **Corrective physiological exercises**

Many people have some issues with their physiology and musco-skeletal structure (anatomy). Kyphosis (rounded posture), Scoliosis are common postural problems with many golfers, which can

be corrected with corrective exercises. These problems will then result in compensations in swing technique.

- **Strength**

The main focus on strength training is improving core stability. This mainly involves strengthening the stomach area and the rest of the torso.



Some students with our Physiotherapist Josh Meyer

- **Flexibility**

One can imagine that a gymnast has a much greater range of flexibility than a weightlifter. Good flexibility is critical to develop good technique. One of the best swingers in the history of the game was

Sam Snead, who could still touch his toes at the age of 80!

- **Agility**

Agility is the component of fitness that describes changing of the body's direction with speed and precision.

- **Stamina and endurance**

During a round of golf, a tired body will lead to loss of concentration. This will then lead to a decrease in performance.

- **Co-ordination**

Co-ordination is the ability to synchronize your movement. A key skill in the golf swing.

Physiology and physical conditioning are now regarded as key ingredients to developing a good golf swing and a good all round golf game.