



Golf Excellence

Dominic Wall

EXIT

BACK

Player Presentation



ROG





The Road to Becoming an Elite Golfer

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The Road to Becoming an Elite Golfer

Major Winners Average Age 2001 – 2006

US Masters	US Open	British Open	US PGA
2001 T Woods 26	R Goosen 32	D Duval 30	D Toms 34
2002 T Woods 27	T Woods 27	E Els 33	R Beem 32
2003 M Weir 33	J Furyk 33	B Curtis 26	S Micheel 33
2004 P Mickelson 34	R Goosen 35	T Hamilton 38	V Singh 41
2005 T Woods 30	M Campbell 36	T Woods 30	P Mickelson 35
2006 P Mickelson 36	G Ogilvy 29	T Woods 31	T Woods 31



**The average age for Major winners
over the last 6 years is 32.16**



Technical – The Swing

Tactical – The Course

Physical – The Body

Psychological – The Mind

Personal – The Individual

Professional – The Golfer

“The quest (for the perfect swing) falls into the “Fountain of Youth”, “Shangri-La” and “Meaning of Life” classification – seemingly there, vigorously pursued, yet never quite attainable. Good advice is: Don’t chase the myth! There is no one perfect golf swing for everyone.”

The Coach

- Psychologist
- Physiotherapist
- Fitness Trainer
- Caddie
- Nutritionalist
- Masseur/Myotherapist
- Physician
- Short Game Specialist Coach
- Equipment Specialist
- Biomechanist
- IT Specialist



The use of computers and technology in coaching

- V1
- SAM Putt Lab
- SportsCode
- 3D Swing Analysis



- Course Management
- Course Charting/Scouting
- Statistics
- Play Systems
- Drills and Skills
- Emotional/Personal Control



Golf Course Scouting

Used internet

Bought Stroke Saver / collected other information (eg, magazine articles, video)

Systematically collected yardages on course

Developed a Yardage Book for the course

Understand local wind conditions

*Good knowledge of greens – holding speed, grain
Have hittable targets off tee, with “Plan A” & “Plan B” shots*

Identified tournament pin placements

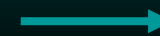
Considered short side risks, green & red light targets

Know tee shot start lines, Aussie Rules targets around course

Know approach shot lines & target shapes, Aussie Rules targets

Physical – The Body

- Increased strength which leads to the ability to hit the ball further and be more controlled
- Quicker recovery between rounds
- Reduced risk of golf and overuse injuries
- Better ability to concentrate throughout a round and decrease in the effects of fatigue on performance
- Greater range of movement of muscles
- Better technical ability



Player (Seeks support)



Coach/Manager

(Work with player to set goals and identify fitness experts)



Physiotherapist

(Screening/diagnosis – muscle imbalances, weakness, motor pattern identification)



Coach/Fitness Trainer

(3-way development of golf-specific program with physio, coach and trainer)



Player (Program implemented and monitored)



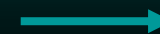
Physiotherapist

(Player improvements assessed and intervention strategies applied)



Masseur/myotherapist

(Recovery therapies applied to he apply)

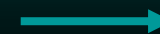
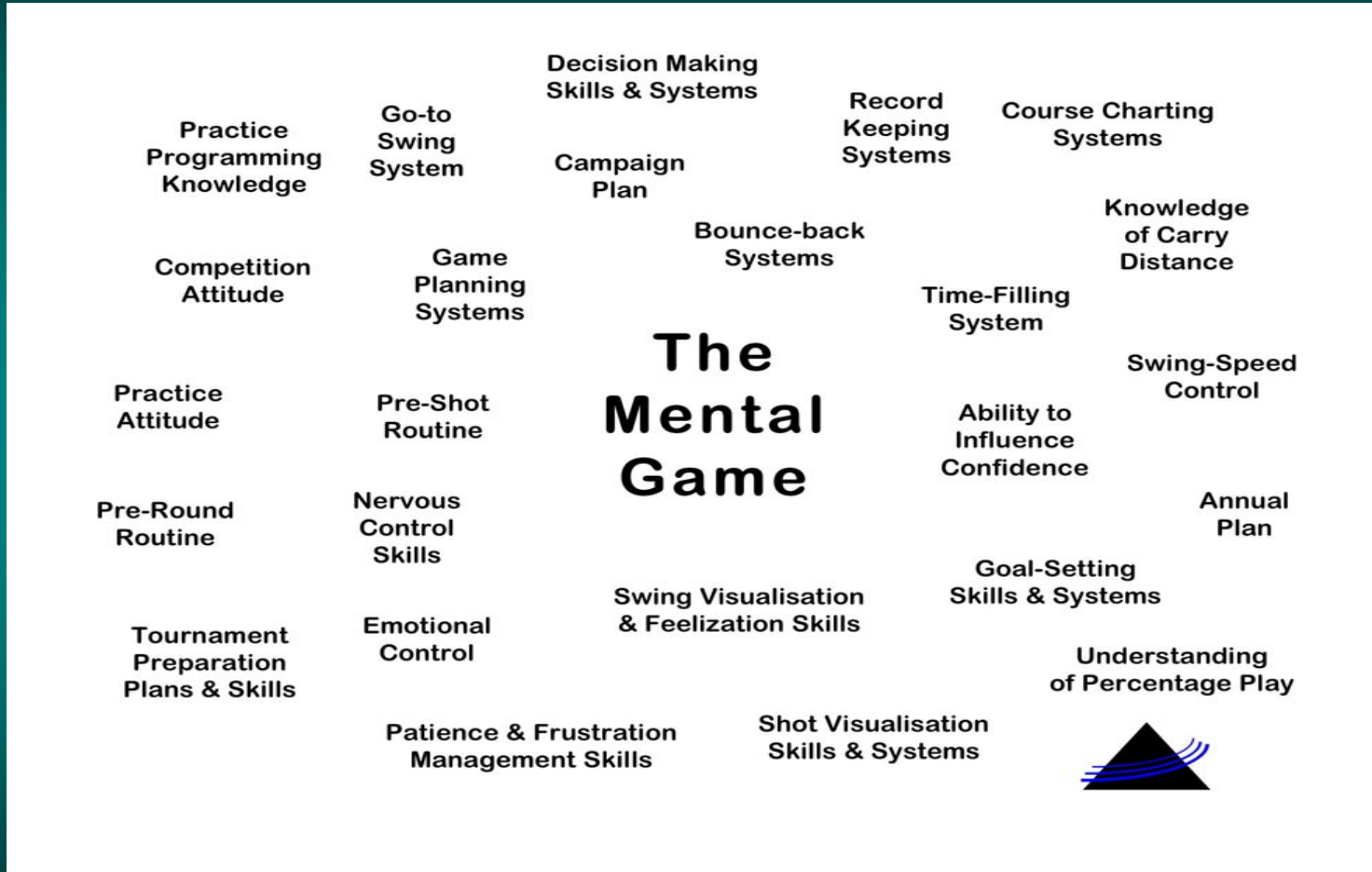


Golf Nutrition - Eat and Drink your Way to Better Golf

- Competition Diet
- The Travelling Golfer
- Hydration



Psychological – The Mind



- Lifestyle Management
- Traits of Successful Golfers



Traits of Successful Golfers

Persistence **Dedication** **Commitment**
Drive **Good Learner** **Discipline**
Desire/Passion **Confidence**
Coachable **Ability/Talent** **Flair** **Focus**
Balance **Composure** **Mental Toughness**
Well Organized **Preparation**
Resourceful **Work Ethic** **Good Listener**



What Tour/s do I want to play and how do I qualify?

What Rules apply to Tour Players?

How much money do I need? What are my accounting/financial/taxation requirements?

Can I get a sponsorship/equipment deal?

What can a management company provide for me?

What personnel do I need? - Coach, caddy, manager, trainer, etc. How much do I have to pay them?

How do I enter tournaments?

Who will book my flights/accommodation?

Can I Fly?

Where can I practice?

Are there any support structures in place and who else can help me?