

Long-Term Player Development Guide for Golf in Canada



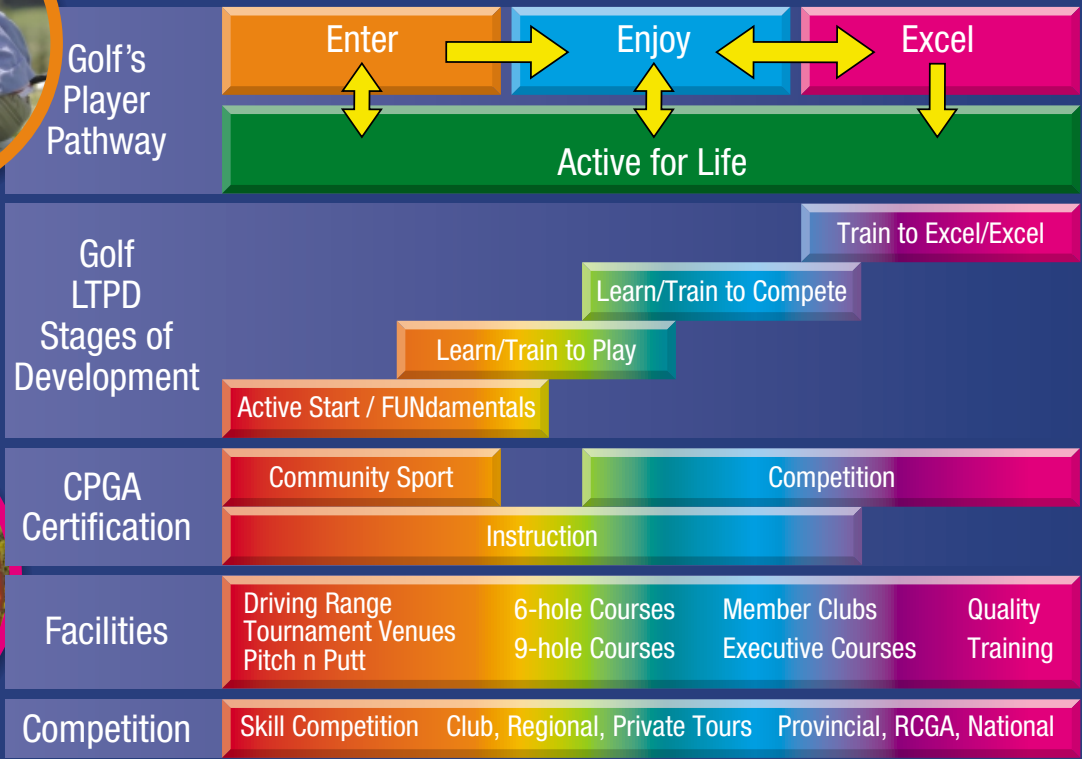
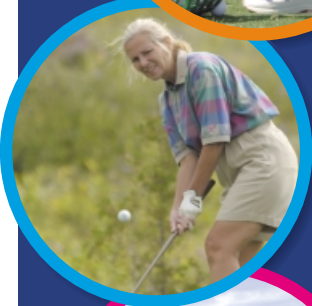
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Long-Term Player Development Framework for Golf

The Long Term Player Development Guide has three overarching categories of involvement (Entry, Enjoy and Excel) which clearly show the hypothetical long term route of involvement for a child starting his/her golf career before the age of 10 (Entry) and progressing over the next decade or more into the 'Enjoy' and potentially the 'Excel' streams. It should be noted that this is a theoretical journey that provides guidance to those (instructors, coaches, parents etc) that will influence the young golfer's competencies and experiences along the way. Furthermore, it should be apparent that there is likely to be some degree of variation in the exact pathway that any given player adopts reflecting aspects such as individualization of ability, desire, and commitment.



Active Start

Ages 0 to 6 years (males & females)

Objectives:

- Learn fundamental movements and link them together into play.

To-Do List:

- Fitness and movement skills are a part of everyday life.
- help children to build confidence and positive self-esteem.
- Ensure games for children are non-competitive at this stage and are structured around participation.

stage ONE



FUNdamentals

Ages 6 to 9 years (males), 6 to 8 years (females)

Objectives:

- Learn all fundamental movement skills and build overall motor skills.

To-Do List:

- Help children learn to move skillfully and enjoy being active.

- Play many sports.
- Focus on the ABC's of athleticism – ability, balance, coordination and speed.

Key Competencies:

Include **Grip**: (holding the club with two hands close together), **Stance**: (standing with their feet either side of the ball), **Balance**: (finishing in balance when swinging the club), and **Swing**: (arms swing back up and then swing through to a finish, copying, imitating and doing.)

stage TWO



Learn to Play

Ages 9 to 12 years (males), 8 to 11 years (females)

Objectives:

- Develop all fundamental movement skills, golf fundamental movement skills. Otherwise, a significant window of opportunity is lost, compromising the ability of the young player/athlete to reach full potential.

To-Do List:

- Apply a ratio of 70 per cent training to 30 per cent competition. The 30 per cent ratio includes competition and competition-specific

training. These percentages vary according to individual specific needs. • Encourage unstructured play.

Key Competencies:

Include **Grip**: (effective and functioning grip), **Stance**: (routine or procedure for each shot), **Alignment**: (aiming the clubface and aligning the body), and **Scoring**: (how to keep each others' score), **Etiquette**: (where to stand, quiet, bunkers, pitch marks), **Chipping/Pitching/Putting**: (angle of club at impact, loft, roll vs. carry.)

Mental Management:

- Introduce the mental skills of constructive self talk, imagery, and confident behavior.

stage THREE



Train to Play

Ages 12 to 16 years (males); 11 to 15 years (females)

Objectives:

- Learn to cope with the physical and mental challenges of competition.
- Optimize the skill set and build on competitive experiences.

To-Do List:

- Major fitness development stage.
- Practise 20 to 40 hours per week – golf specific.
- Seven to nine months of training/competitive periodized program.

Key Competencies:

Key concepts of the game that would be introduced include **Putting**: (eyes

over the ball, putter face square to intended target at impact, grip with both thumbs down the shaft, ball positioned forward of centre, handle slightly forward at impact.), **Ball position for all swings**: (the ball is positioned appropriately in relation to the player's sternum given the chosen club and desired shot trajectory), **Weight transfer**: (complete transfer to the forward side should occur) and **Handle of club**: (the handle is set forward of club-head at address and remains in this position through impact.)

Mental Management:

- Introduction to basic pre-game preparation, on-course focus planning, and performance monitoring (i.e., evaluating competitive performances.)

Sport Science:

- Anthropometry (height, limb length), general fitness testing.

stage FOUR



Learn to Compete

Ages 16 to 18 years (males), 15 to 17 years (females)

Objectives:

- Optimize fitness preparation and specific skills as well as overall performance.

To-Do List:

- Provide year-round, high intensity, individual event and golf position-specific training.
- Change the training-to-competition and competition-specific training ratio to 40:60. Devote 40 per cent of available time to the development of technical and tactical skills, improving fitness and 60 per cent of training to competition and competition-specific training.

Key Competencies:

Key concepts of the game that would be introduced include **Pitching**: (shot selection, stance balanced, tempo), **Chipping**: (loft of club, stance, ball position, grip), **Bunkers**: (face angle, stance, ball position, spin vs. roll) and **Sloping lies**: (uphill, downhill, side-hill, ball position, body angle, balance, tempo.)

Mental Management:

- Increase self-awareness of personal psychological performance factors in order to identify personal performance needs.

Sport Science:

- Fitness testing (semi-annual) to benchmark and monitor development of physical abilities.

stage FIVE



Train to Compete

Ages 18 to 23+ years (males), 17 to 23+ years (females)

Objectives:

- Optimize overall golf-specific skill set.
- Optimize fitness preparation.
- Achieve a high degree of excellence and knowledge in every skill set needed to be successful and perform in the present and future.

To-Do List:

- Teach golfers, who are now proficient at performing basic and golf specific skills, to perform these skills under a variety of competitive conditions during training.
- Place special emphasis on optimum preparation by 'modeling' high competition.

Key Competencies:

Key concepts of the game that would be introduced include **Escape shots**: (fades, draws, ball position, body alignment, clubface angle), **Trouble shots**: (punch shots, low shots, high shots, ball position, club selection), **Fairway bunkers**: (club selection, "quiet legs", ball position, grip.)

Mental Management:

- Ongoing refinement of personalized practice and game plans.

Sport Science:

- Detailed periodized seasonal planning (preparation, competition 1, competition 2.)
- Detailed physiological and biomechanical testing (three to four times per year) to optimize physical performance.

stage SIX



Train to Excel

Ages 23 to 29 years (male), 23 to 28 years (female)

Objectives:

- Achievement of pre-established targets at the amateur or professional level.
- Achieve a high degree of excellence and knowledge in every skill set needed to be successful and perform in the present and future.

To-Do List:

- Train golfers to peak for major competitions.
- Change the training-to-competition ratio to 25:75 with the competition percentage including competition-specific activities.

Key Competencies:

Key concepts that would be introduced include **Full swing**: (impact position hips cleared, swing plane one or two plane) **Tempo**: (same tempo with each club, takeaway to impact), **Balance**: (full swing and partial swings, weight transfer throughout each swing) **Alignment**: (aim club align body to intended target), **Trouble shots/Short game**: (use the clubface, buried lies, left handed, one handed.)

Mental Management:

- Have the ability to adjust emotions and focus to gain control over confidence and performance outcome.

Sport Science:

- Comprehensive sport science support (access to performance enhancement team.)

stage SEVEN



Excel

Age 23+ years (male), 23+ years (female)

Objectives:

- Become a high-performance player at either the amateur or professional level.

To-Do List:

- Introduce financial management and travel planning practices into the mix.
- Continue with the critical evaluation program in which coach and player thoroughly examine how the golfer prepared for a competition and how he or she fared. The cycle would occur after each event played.

Key Competencies:

Include **Full swing**: (Impact position, swing plane), **Greenside bunkers**: (shaft angle, spin, loft), **Ball flight**: (manipulate the ball to desired target, club face position, body position), **Ball flight pattern**: (Predominant flight, left to right or right to left, body set up, swing path.)

Mental Management:

- Demonstrate the ability to self-regulate and adjust focus when under pressure

Sport Science:

- Detailed periodized seasonal planning (preparation, competition 1, competition 2.)

stage EIGHT



Active for Life

May be entered at anytime after a player's entry into golf and reflects, among other things, an individual's desire, competency, and personal pathway.

Objectives:

- A smooth transition from a player's competitive career to lifelong participation in the game.
- Involving family in the game

To-Do List:


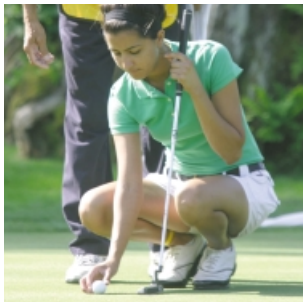
- Minimum of 60 minutes moderate daily activity and 30 minutes of intense daily activity for adults.
- Move from highly competitive golf to participating in age group specific golf.
- Move from competitive golf to supporting the game in other ways, volunteering, administration, mentoring/coaching.

stage NINE



Golf's Long-Term Player Development (LTPD) Guide

The objective of this guide is to provide every parent/player with a clear, well-illustrated pathway for development. This player pathway will give each player the best opportunity to reach their potential, whatever that might be – club, regional, provincial, national, or even at the international level. A key component that must be kept at the forefront of any player development pathway is that development takes time. PGA statistics indicate that it takes close to an average of 20 years of focused playing of the game to win on the PGA Tour. Thus the need for a *Long-Term Player Development Guide*. The time between the ages of 9 to 16 is critical to laying down the foundation for a solid skill base as a player progresses.

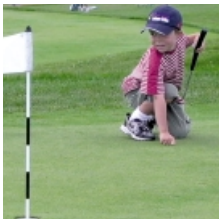


This brochure is a brief overview of what is covered in detail within the *Long-Term Player Development Guide for Golf in Canada* (see contact info below for further information). It identifies some of the key benchmarks that need to be in place as a player progresses through golf's development stages and ages. We know through scientific research that there are "windows of opportunity" where accelerated skill development should occur. We also know that if these windows are missed, it will be very difficult for players to obtain specific high-level skills as they mature because the simple skills are not in place.

This brochure highlights specific benchmarks elements of development within our sport such as:

- The objectives of each stage within golf's development framework.
- Key skill concepts required at each stage.
- Windows of opportunity that exist for golfers as they progress through each stage to optimize his/her development.

It is important to realize that the pathway described and the ages referred to in this document are a guide to effective programming and that there is some degree of flexibility and an understanding of the need for individualization when appropriately implementing the suggested direction. In addition, the guide recognizes the need to promote a physically active lifestyle with informed healthy choices being made by all concerned and that the notion of being 'Active for Life' is a cornerstone objective.



Finally, parents should be clearly aware that they are a critically important ingredient in this mix. We hope that this information gives everyone a clearer understanding and ability to guide the development of their children.