

# STAGE BLACK

Participant	
Instructor	
Date	

## FINAL RESULTS AND COMMENTS FROM INSTRUCTOR

#### **MOVEMENT SKILLS**

FUNDAMENTAL MOVEMENT SKILLS: Be introduced to and participate in counter movement jumps, bounding and agility. Be introduced to and participate in activities that emphasize loading and unloading principles. Be introduced to and participate in activities that develop reaction skills. Be introduced to and participate in activities that contribute to the development of hand & eye coordination skills. Be introduced to randomized skill development in the fundamental movement patterns.

**GOLF SPECIFIC MOVEMENT SKILLS:** Explore power development using pressure shift, vertical thrust and rotational movements. Develop body awareness through mimicking good posture during various positions within the swing. Further development in the following areas: 1) Aerobic capacity

2) Flexibility

3) Posture during all golf movements

4) Core strength in both static and dynamic movements

**PERFORMANCE SKILLS:** Refine golf warm-up (dynamic movements) and cool-down (stretching). Further develop knowledge of general healthy nutrition and introduce on course, golf-specific nutrition. Be introduced to coping with environmental factors such as heat and cold. Be introduced to rest and recovery concepts.

#### GOLF 101

**SAFETY:** Consistently model physically and environmentally (heat, lightning) safe behaviours when practicing and playing.

**ETIQUETTE & RULES:** Continues to develop an understanding and execution of effective pace of play behaviours. Consistently implements care of the course behaviours. Continues to develop an awareness and understanding of the rules of golf, such as out of bounds and different types of hazards. types of hazards.

**GOLF TERMS:** In a fun environment, be introduced and use common slang golf terms such as fried egg, shank, fat, thin, Texas wedge and others.

#### MIND MATTERS

**IMAGERY:** To further develop imagery ability with greater focus on variety, vividness and controllability of the images. Be introduced to the idea of developing mental movies as a means of creating a mental map of performance.

**PERFORMANCE PREPARATION:** Be introduced to pre-performance plans in order to ensure they feel prepared to play, while including at least one mental skill.

**SELF TALK:** To gain awareness and control around their own self talk tendencies. Reinforce and practice positive thinking prior to performing. Practice changing their thinking from negative statements to more productive and positive ones.

**PERFORMANCE CUES & FOCUS:** Be introduced to how to think clearly and focus on relevant cues for tactics or skill execution. Demonstrate pre-shot routine.

**EVALUATING YOUR PLAY:** Participate in post-performance evaluations with instructors to identify strengths and area of improvement with minimal negative emotion.

#### SKILL DEVELOPMENT

FULL SWING: Develop full swing technique, resulting in more speed, with a consideration to developing more consistent ball contact/smash factor. Be introduced to full swing execution from short to moderate length rough, as well as uneven lies.

**CHIPPING**: Develop chipping technique, resulting in more solid contact and more consistent control of trajectory, distance and direction.

**PUTTING:** Develop more consistent control of distance and direction. Develop basic green reading strategies.

**GREENSIDE BUNKERS:** Develop greenside bunker technique to create solid contact more often and moderate control of distance.

**FAIRWAY BUNKERS:** Be aware of the differences in club and ball contact of a greenside and fairway bunker. Be introduced to the skill of fairway bunkers and progress towards solid contact.

**PITCHING:** Develop pitching skills with a focus on solid contact, distance control and experimenting with using different clubs.

#### ON COURSE PLAY

**PLAY:** Be introduced to calculating general distances to the green. Be introduced to basic green reading techniques. Be introduced to the use of scorecards and keeping score using the basic rules of golf.

**RECOMMENDED FACILITIES:** Be exposed to and participate in multiple golf environments such as short courses, executive courses and full length courses played from appropriate length tees.

**COMPETITION:** Participate in contests and games that have a focus on fun and competition against him/herself. Be introduced to competitions against others that focus on the life skills of sportspersonship, responsibility and perseverance.

**TRACKING:** Be introduced to basic golf analytics such as:

- 1) Score
- 2) Greens in regulation
- 3) Fairways hit
- 4) Number of putts

### LIFE SKILLS

**EMOTIONAL REGULATION:** Explore methods to recognize lack of emotional regulation and determine ways to manage them in golf, such as breating techniques.

**GOAL SETTING:** Continue the practice of goal setting – encouraging positive, specific and controllable goals. Encourage goal setting at the outset of each program session.

**PERSEVERANCE:** Demonstrate perseverance through practicing and playing and by supporting others to persevere.

**RESPECT**: Demonstrate respect for self and others by following safety rules, using appropriate etiquette with others and caring for the golf course. course.