



SHREWSBURY
BANGKOK • RIVERSIDE

GOLF STRENGTH & CONDITIONING PATHWAY



PEAK

Collegiate Scholarship and Professional Circuit



PERFORMANCE

1st Team representation and Amateur Circuit



DEVELOPMENT

Inter-curriculum and You-Time Training

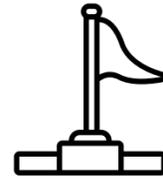


FOUNDATION

Inter-curriculum Participation

STRENGTH & CONDITIONING FOR GOLF

We aim to inspire and support every pupil on their athletic journey. This begins with developing general athletic abilities, such as strength, power and flexibility. As they progress through the pathway we we build on these, narrowing the focus to highlight specific qualities and their transfer to golf performance. A primary example of this is the positive relationship between lower body strength and club head speed.



Peak

Within this stage, training becomes highly individualised, searching for marginal gains and ensuring the athlete continues to thrive at the highest level of performance.



Performance

Training in this phase focuses on developing golf specific movement. Emphasising strengths and improving weaknesses with the overall aim of optimising on course performance.



Development

This stage sees a shift towards higher intensities and weighted movements. A more structured approach to training lays a solid base needed for golf performance.



Foundation

The aim here is general athletic preparation. Sessions are movement and game based with heavy focus on technique. This is where the foundations are laid for future training.

MONITORING PROGRESS & PERFORMANCE IN GOLF

Understanding the standards required to perform at the highest level allows us to reverse engineer the process of how to get there. From here we can establish where an athlete currently sits on the pathway and how to best individualise their training. We also monitor their growth and maturation to ensure best practice and highlight any red flags.



High Performance Testing & Standards

As training starts to mirror the sport, we begin to implement sports specific performance tests based on current available research. The tests we select, provide us information surrounding the physical capabilities of an athlete to perform sporting actions.

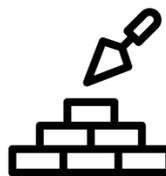


In golf we would look at the ability to produce force quickly (i.e jumping) and its relationship to club head speed and driving distance. This testing data also allows us to examine how our athletes compare to those at the collegiate and professional level.



Growth

Throughout all stages of the programme we monitor an athletes growth. This allows us to adapt training, reduce risk of injury and keep the programme in line with recommendations for long term athletic development.



Motor Skill Development

During the foundation stage of training we keep track of how well an athlete can perform various motor skills to ensure we are developing physical literacy.