

WINTER 24/25 ELITE DEVELOPMENT PROGRAM

Month 1: Foundation and Baseline Assessment

Objectives: Establish baseline metrics, reinforce fundamentals, and analyze each player's starting point.

1. Full Swing Assessment:

- Capture 3D analysis (if available) and video from multiple angles.
- Measure key metrics: clubhead speed, ball speed, smash factor, launch angle, and shot dispersion.

2. Short Game Assessment:

- Test wedge play, putting, and chipping accuracy and control.
- Baseline data on typical performance from key distances (e.g., 10, 30, and 50 yards).

3. Mental Game Introduction:

- Start visualization and breathing exercises to build a pre-shot routine.
- Visualization techniques for indoor environments, emphasizing focus and process.

4. Fitness Screening:

- TPI screening (or equivalent) to identify areas needing flexibility, stability, and strength improvement.
- Personalized fitness regimen to supplement the golf training.

Month 2: Ball-Striking and Consistency

Objectives: Develop consistency in ball-striking and introduce precision under controlled conditions.

1. Low Point and Face Control:

- Low Point drills and learning.
- Face control through gate drills with tees or impact tape for feedback on heel/toe contact.

2. Tempo and Rhythm Training:

- Use metronome-based or rhythm drills to establish a consistent, repeatable tempo.
- Simulate different tempo speeds to prepare for various conditions and refine timing.

3. Intermediate Fitness Work:

- Incorporate core stability exercises to improve rotational strength and balance.
- Add exercises for hip and shoulder mobility to facilitate swing dynamics.

Month 3: Short Game Precision and Shot Shaping

Objectives: Enhance accuracy and distance control in the short game, and introduce basic shot-shaping.

1. Wedge Control:

- Indoor wedge control drills focusing on distance control, spin, and trajectory.
- Targets at set distances for feedback on dispersion and accuracy.

2. Shot Shaping Drills:

- Practice hitting draws and fades focusing on face-to-path and grip adjustments.
- Work on ball position, alignment, and body rotation to emphasize control over shape.

3. Putting Focus:

- Use indoor putting mats to practice different types of putts, emphasizing speed and line control.
- Include putting stroke analysis with alignment aids and gates for feedback on stroke path.

Month 4: Pressure Situations and Decision-Making

Objectives: Build resilience under pressure, improve decision-making, and refine routines.

1. Simulated Course Play:

- Simulated rounds to practice under "competitive" conditions.
- Pressure drills where each shot has a consequence, e.g., scoring penalties for missed targets.

2. Routine Reinforcement:

- Refine pre-shot routine, adjusting for consistency and calm under pressure.
- Visualization drills to reinforce focus on process rather than outcome.

3. Mental Conditioning:

- Mental rehearsal training, focusing on routines in high-pressure scenarios.
- Track improvement in resilience and response to indoor simulated pressure.

Month 5: Integrated Skills and Play Simulation

Objectives: Combine all skills into simulated play situations with a focus on overall readiness and measurable improvement.

1. Full Simulated Play:

- Month-long "mini-tournament" where each session includes score-tracking and situational play.
- Different types of shots and course management decisions as if in real on-course situations.

2. Skill Review and Final Metrics Assessment:

- Reassess the metrics from Month 1 to gauge progress in speed, consistency, accuracy, and mental resilience.
- Identify areas of focus moving forward based on these final assessments.

3. Mental Game Wrap-Up:

- Review mental strategies used over the program and create a custom mental playbook to reinforce resilience.

4. Individualized Plans Moving Forward:

- Progress report, covering strengths, areas for improvement, and recommended practice routines based on data and performance in the final assessments.