



Junior Tournament Player 2019 Training Program

A comprehensive program designed to enhance a players skills, speed, strength, knowledge and expertise.

Junior Tournament Player

Monthly Coaching Plan



Coaching Philosophy and Technology

- Each student starts our program by going through an assessment of their game and analysis of their swing and movements using all of our technology. A plan based on the students causes and effects is then developed and exercises and practice drills will be set for the needed time to change the players movements and allow them to develop the necessary skills in a shorter period of time.
- We use CoachNow for 2D video analysis and our communication tool between player, parents and coach with a personalized training space for each family. Trainers and High School coaches can also be added to the training space creating a “team” like atmosphere for the student.
- Blast Golf 360 will be used to capture swing speed, tempo, roc and other data points and a profile will be created on the MD Golf Blast Academy page.
- Boditrak and Swing Catalyst is used to assess a players use of footwork, balance and shift and also to analyze a players Center of Pressure trace.
- FullSwing and ES16 Tour Launch Monitors used to measure path, face angle, FTP, AoA, start direction patterns and dispersion reports. Each will be saved for future comparison.
- K-Vest And K-Player will be used to identify the players kinematic sequence and movement patterns. Tonal Training will be implemented to adjust and correct any skills needed.
- T.O.M.I. Putting software is used to analyze a players putting stroke and to work on building an effective stroke through measured parameters such as path direction, impact spot and many others. BLast Motion is also used in our putting work.

Metrics and Measureables

- Movement And Mechanics
- Motion Analysis
- Club and Ball Data
- Speed And Strength
- Wedges, Short Game and Putting
- Skills Tests And Games

Speed, Strength and Mobility

- Players will go through a series of exercises designed to gain speed over the winter months and to utilize the off season to build strength and flexibility in areas that are needed.
- Systems such as TPI, Tahata Golf and Superspeed Golf will be used to record any mobility issues and to track progress throughout the off season.

Game Like Training

- At the MDGA we believe heavily in deliberate, focused practice. Each student learns to develop efficient and effective practice habits as well as how to train specifically for TOURNAMENT golf.
- We use the Game Like Training system designed by Matt Cooke and Ian Highfield and are the only Academy in Greater Philadelphia to do so.
- GLT was developed to help players achieve a deep understanding of key learning principles such as Motor Learning, Neuroscience, Cognitive Psychology, Performance Psychology and the Neuro anatomical relationships that take place during the golf swing
- While this sounds complicated, GLT focuses on students playing performance games and skills tests that are designed to help them make their practice sessions more effective, and cultivate real skills that can be implemented in tournament play.

Tournament Prep and College Golf Information

- Many families are unsure of how to help their child best forge a path through junior golf and also of the rules and regulations of the NCAA recruiting process.
- Players in our Junior Tournament Players division are given help on many facets of these including;
- Tournament Scheduling
- The junior golf ranking systems, tournament eligibility, national v regional v local tours, costs and many other facets.
- College Golf preparation and information on the recruiting process such as coach contact, eligibility, academic standards and much more.
- Realistic goals and how to maximize a child's chance of a scholarship.
- Resume and recruiting video development and how to maximize your online presence.

Personal Development

- ✦ Besides training to play the game students will also be required to do reading and research on areas directly related to their game.
- ✦ Each month students are required to read one book or research paper from my collection on topics such as course strategy, mental conditioning, Golf history, rules and any other subject they are interested in.

Fees

- ✦ Weekly: 4 x 45 min sessions: \$299
- ✦ Bi-Monthly: 2 x 45 min sessions: \$199
- ✦ Individual: 1 x 45 min session \$100