



KEY AREAS OF DEVELOPMENT

Program will be modified to the LTAD for golf

SPEED (Increase athletic profile)	
COMPONENTS TO TRAIN	METHODS
Acceleration (Power)	Sprints, resisted sprints, push up sprints, reactive acceleration
Deceleration (Power, power endurance)	Reactive sprint and backpedal drill. Eccentric training: quads, hamstrings, calves, groin.
Distances	300-yard shuttle.
Reactive times/power	Four corner point and touch, Mirror drills (multi directional). Reactive sprint and backpedal drill (set distance, coach cues change of direction)
Nonreactive times	Reactive sprint and backpedal drill (set distance, no cues)

POWER/POWER ENDURANCE	
COMPONENTS TO TRAIN	METHODS
Recruitment of fast twitch fibers	Happens during Max Strength phase. Loads – 70% of 1RM explosively (age specific). Avoid loss of gains by planning in the conversion and maintenance phases.
Increase discharge rate of fast-twitch fibers	Loads – 50% of 1RM or less for novice athletes. 50-60% of 1RM for advanced athletes. Power balls, medicine balls, plyometrics, SAQ drills
Power Endurance. High power output. Ability to repeat	High Volume X High Intensity. Sport specific movement patterns. 30-50% of 1RM explosive and rhythmic. 12-30 dynamic reps explosive and nonstop.
Acceleration power (torso, hips)	Maximum strength training. Converted to power specific training such as isotonic, ballistic, power-resisting, plyometrics. (1-6 reps)
Deceleration power (torso, hips)	Eccentric contractions of leg muscles. Train knee and hip flexion. Plyometrics. Progress from low to high impact exercises.
Rotational power	Medicine balls. Cables. Bodyweight. Wall balls. Light implements focusing on force production and good form.

BALANCE/POSTURE/CO-ORDINATION	
COMPONENTS TO TRAIN	METHODS
Hand eye coordination	Reactive, non-reactive. Wall, partner, movement drills.
Thoracic spine extension	Teaching thoracic spine extension while squatting for good posture and vital for the golf swing.
Single leg balance	Various modalities to challenge single leg strength and core stability.



STRENGTH	
COMPONENTS TO TRAIN	METHODS
Anatomical adaptation phase.	Low intensity, high rep training. Emphasis on core and joint stabilization. Proprioception training.
Strength phase. Endurance. Hypertrophy (if necessary)	Increase core muscles ability to stabilize pelvis/spine. Increase ability of all muscles to adapt to heavier loads. Increase motor unit recruitment. Supersets
Maximum strength – Continual increase so that 50% of 1RM is always higher.	Increases in load, motor unit recruitment, rate of force production, motor unit synchronization. Moderate to heavy loads.
Hip hinge pattern	SL RDL, RDL,
Transverse, lateral patterns. SUBCATEGORY: Horizontal/vertical elements to swing.	Low to high cable work. High to low cable work. Sleds, kettlebells, Barbells, dumbbells, and various modalities.
Overhead squat pattern	Teaching thoracic spine extension while squatting for good posture and vital for the golf swing.

MOBILITY/FLEXIBILITY	
COMPONENTS TO TRAIN	METHODS
Joint mobility	Ankles. Hips. Knee. Shoulders. Wrists. Foam roll. Lacrosse ball. Stretching.
Upper back and Thoracic extension	SMR, static, dynamic, end range strength, drills to encourage thoracic extension (banded squat with oh reach, banded 90/90 with oh press, goblet squat and press).
Lower back	SMR, static, dynamic, end range strength
Groin health	SMR, static, dynamic, end range strength
Shoulders, hips, ankles	SMR, static, dynamic, end range strength

CORE	
COMPONENTS TO TRAIN	METHODS
Stability	Anti-extension, Anti-rotation, Scapulothoracic, Lumbo pelvic hip exercises. Total body exercises.
Strength	Anti-extension, Anti-rotation, Scapulothoracic, Lumbo pelvic hip exercises. Total body exercises. Strength exercises with an emphasis on rotational movement.
Power	Anti-extension, Anti-rotation, Scapulothoracic, Lumbo pelvic hip exercises. Total body exercises. Power exercises with an emphasis on rotational movement.

Notes: Core muscles are mainly slow twitch fibers.

ENERGY SYSTEMS – Anaerobic lactic 100%	
COMPONENTS TO TRAIN	METHODS
Anaerobic alactic – improve acceleration and main energy system for golf.	Workout: 5 to 10 seconds, max intensity, reps 1x10 progress to 2x10, rest 2 minutes between sets, 1-2x week, work to rest ratio 1:5
Aerobic	Endurance for length of time on the course. 20-30 minutes 2-3 times per week.