

## LEARN TO GOLF

KEY COACHING PRINCIPLES

1

## LTG AIMS

- 5 levels –Beginner to first official Handicap or be competent to play golf independently on a full course
- 5 Components-Physical Skills/Golf Skills/Mind Matters/On the Course /Golf Knowledge
- Increase self Confidence and esteem
- Responsibility and respect
- Team work , looking out for and encouraging each other
- Problem solve
- Facilitate their progression with a pathway
- Retain in golf

2

## LTG HELPER Coaching Aims

- Make sure we are being consistent and reinforcing the same points
- Roving Pro Support Objectives
- Coaches coach and Helpers Support and look after them on the course DT –Forres Model
- Shadowing the Roving Pro if possible

3

## LTG COACHING –KEY POINTS

Introduce the Basics and develop skills

- It's a progression-see LTG Levels Golf Skills- don't be too prescriptive at start
- Stick to 1 or 2 points-see HOW to COACH Card-don't try and fix it all in one
- TRY (not Do) new things and encourage them to problem solve
- Reinforce SAFETY points every session
- Praise effort as well as performance
- If there is anything you think needs attention speak to the coach/PRO
- MIND MATTERS-it's good to make mistakes –mistakes are a learning opportunity and help you improve-see Level 1 to 3
- Encourage FEEDBACK and if in doubt make sure they are active and having FUN-FUN-FN

4

## FUNDAMENTALS GOLF SKILLS-see LTG Levels and How and What to Coach Cards

- HOLD/GRIP
- SET UP
- AIM-see WHAT TO Cards
- ALIGNMENT
- STANCE and POSTURE-
- BALL POSITION-middle
- PUTTING/CHIPPING/PITCHING/FULL SWING/BUNKERS
  - Progression with the same principles
  - Use games

5