

GCE Physical Education – Exemplar Materials

Unit 2: The Critical Sports Performer (6PE02)

Task 2.4 – Performance analysis (Golf)

Mark band five (25-30):

“The student has produced a very high standard of analysis tasks which have enabled them to demonstrate a significant level of knowledge and understanding in their chosen performance role.”

General comments

This is a very detailed and clearly presented piece of work. The specification requirements have been covered in full and the candidate demonstrates a very significant level of knowledge and understanding of all aspects covered.

The information and analysis is presented in a structured and measured way with extensive use of annotated pictures / photographs throughout. The level of technical language is both accurate and appropriate and there is a helpful glossary of key terms towards the end of the work. There is clear evidence of research and of the candidate extending personal knowledge.

Content

2.4.1 – Technical analysis of four core skills

Four appropriate core skills have been identified. Annotated diagrams have been used to illustrate key technique points. Pictures and tables have been used to identify the physiological / mechanical detail, including the muscle group used; range of movement and the nature of muscle contractions. There is a brief explanation about the tactical use of the technique. There is also a reference to psychological factors which might impact on performance. There is a comparison of technique to the perfect model demonstrating clear analytical skills.

2.4.2 – Tactical analysis

The candidate considers the tactics of playing a variety of different holes and compares how he would approach club and shot selection with that of a professional. The level of technical detail and language is of a very high order. This offers the chances of descriptive and analytical detail. Appropriate rules of the game are referred to. Presentation and use of annotated diagrams are both excellent.

2.4.3 - Notational analysis

Three notations have been undertaken, including that of an elite performer which provides an ideal opportunity for analysis. Each notation has included the date and location together and a summary of key points. There is an overall summary of key points identifying what the candidate has learned about how his own game might be enhanced, together with a brief strategy as to how that could take place.

2.4.4 - Training analysis

This section starts with a helpful summary of components, principles and methods of training which provide the necessary overview of the training programme which is outlined. Fitness test scores are summarised and there is an analysis of how the existing training programme might be developed, especially taking account of the approach of an elite performer on the basis of an elite comparison. Finally, there is a clear action plan for future training.

2.4.5 - Strengths and weaknesses

In addition to a personal analysis of his performance (covering all four required areas of physiological, technical, tactical and psychological) the candidate has included the views of a professional coach. This information has been presented in an accessible way including a simple wagon wheel which gives a helpful overview of key points. Targets for future improvements are outlined together with a clear strategy for improvement.

Task 2.4 — Performance Analysis	
Technical Analysis	6/6
Tactical Analysis	6/6
Notational Analysis	6/6
Training Analysis	6/6
Analysis of strengths and weaknesses	6/6
Total	30/30

Golf

2.4 Analysis Coursework



"Golf is a game that is played on a five-inch course - the distance between your ears." - Bobby Jones

2.4.1

Technical Analysis

Skill 1 – Putting

Putting in golf is the most important part in golf because it counts for about a third of your shots; on average you should take about 36 putts a round. You can use putting just off the green and use it on the green.

Technical analysis

1



Preparation - The back stroke in putting is the preparation. Your eyes should be directly over the ball. Check the line of putt to make sure that you are in the right position. Your feet should be shoulder width apart for balance. Your arms should swing in a pendulum motion, so this creates a nice rhythm when lining up towards the ball. Both your knees should be slightly flexed so you have good balance when taking the shot.

2



Execution - When you connect with the ball on your stroke that is the execution. Your feet should still be shoulders width apart. Arms should still be parallel with the body, make sure your rhythm hasn't sped up or slowed down because you will leave it short or hit it too long.

3



Recovery - After you hit the ball your follow through is the recovery. Your shoulders and arms should be still producing a pendulum motion and your shoulders should still be parallel to clubs. Also your club face should be aiming at the target and the putter face should be parallel to the ball. The movement of your Golf Club must be like the movement of a clock pendulum. With all things equal, the ball will travel longer downhill and shorter uphill.

Tactical analysis

Putting is the most important skill in golf because it counts of a third of your shots and is a game winner. When you're putting, you look at the line that you're going to hit the ball to see which direction it is going to break. You also look at the gradient to see whether the putt is up hill or downhill so you know what pace to hit it. The technical break down of putting is that you would use it when you are on the green or just off the green. The outcome of the putt should be near the hole, or in the hole, so you can beat your opponents. Putting counts for most shots in your game, you should have 36 putts a round! If you beat your opponent on putting you should win the match. It can intimidate your opponent if you're putting well because this puts them under a lot of pressure. One way to practice putting to outwit opponents is to practice short putts because these are the most difficult putts when under pressure. The drill below is called around the clock.

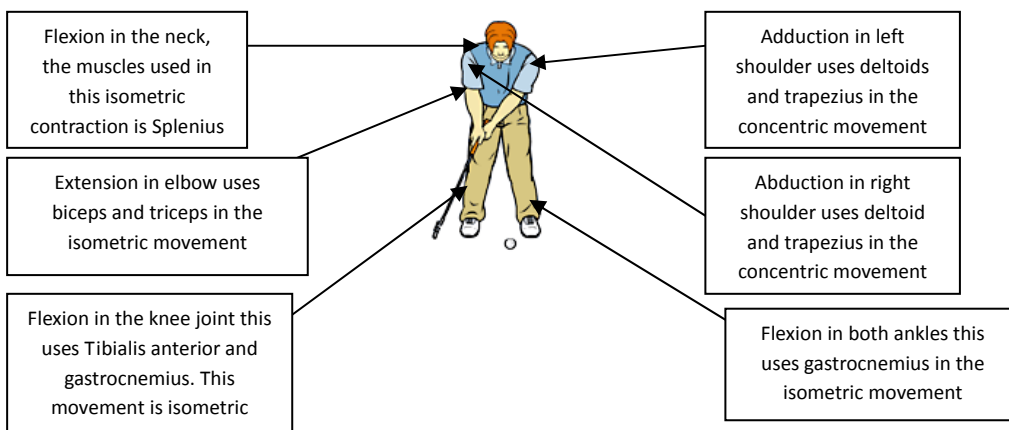


Pick out a hole and place the 12 tees in a circle about three to four feet from the cup and keep practicing these little putts till you get them all in. Putting Round the Clock as a practice drill can therefore not only help you to practise your short putts, but also help you to improve your ability to read the break.

Physiological/Mechanical Analysis

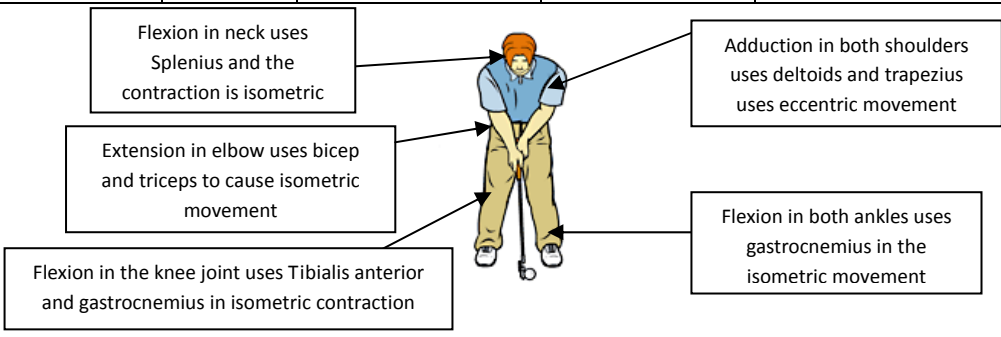
1

	Joints	Movement	Muscles	Contractions
Preparation	Knee -hinge	Flexion	Tibialis anterior and gastrocnemius	This is isometric contraction
	Shoulder - ball and socket	Abduction-right shoulder/Adduction -left shoulder	Deltoids and trapezius	This is concentric movement
	Pivot - neck	Flexion	Splenius	This contraction is isometric
	Hinge - elbow	Extension	Biceps and triceps	This movement is isometric
	Hinge - ankle	Flexion	Gastrocnemius	This movement is isometric



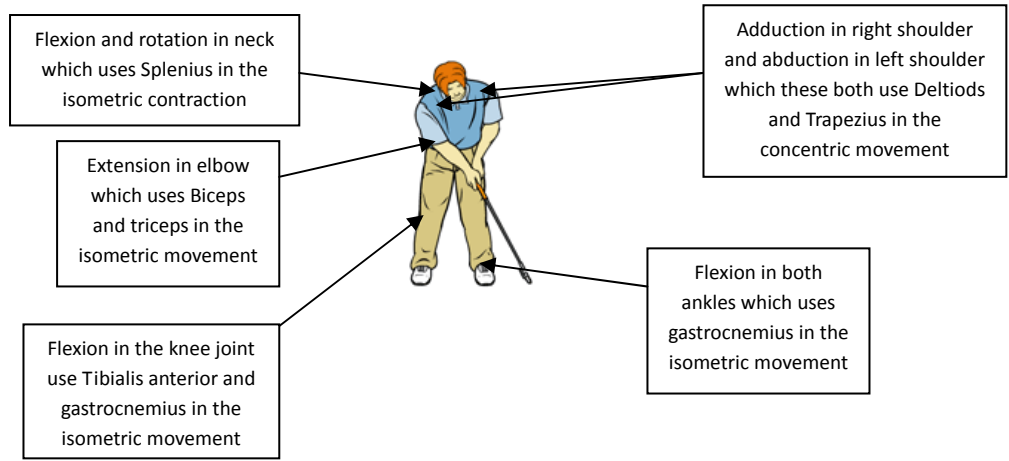
2

	Joints	Movement	Muscles	Contractions
Execution	Knee -hinge	Flexion	Tibialis anterior and gastrocnemius	This contraction is Isometric
	Shoulder - ball and socket	Adduction in both shoulders	Deltoids and trapezius	This contraction is Eccentric
	Pivot - neck	Flexion	Splenius	This contraction is Isometric
	Hinge - elbow	Extension	Biceps and triceps	This movement is isometric
	Hinge - ankle	Flexion	Gastrocnemius	This movement is isometric



3

	Joints	Movement	Muscles	Contractions
Recovery	Knee -hinge	Flexion	Tibialis anterior and gastrocnemius	This contraction is Isometric
	Shoulder - ball and socket	Abduction in left shoulder/adduction in right shoulder	Deltoids and trapezius	This is concentric movement
	Pivot - neck	Flexion and rotation	Splenius	This contraction is Isometric
	Hinge - elbow	Extension	Biceps and triceps	This movement is isometric
	Hinge - ankle	Flexion	Gastrocnemius	This movement is isometric



Psychological Analysis







For putting you have to always be confident and positive, because if you're not there is always a chance that you will miss the putt, so your opponent will take advantage and could beat you. This could knock your confidence because you lost the hole, so when you play the next hole you will feel down and you will lose your rhythm of your game and you could lose the whole game. If you beat your opponent on putting you should win the match. It can make your opponent to make mistakes if you're putting well. You should never let your confidence drop when you're putting because you will not hit the ball so you will leave it short and could end up 3 putting where you should aim to 2 putts each hole. Putting is the most difficult skill because you have to read the greens and get the right pace so people straight away don't feel confident when they have a long putt because they think they are going to 3 putts, so they should feel confident so they can 2 putts.

Definitions

Confidence – Belief in one's own abilities

Mistakes – An error or fault resulting from defective judgment

Perfect model comparison

<p><u>Skill 1 – putting (stage 1)</u></p> <p>Feet are shoulders width apart. Club face is parallel with the feet to produce a good stroke. Head is all was over the ball. Elbows are both extended to produce pendulum motion.</p>		<p><u>Analysis of my performance</u></p> <p>My feet and shoulder alignment are correct however I could improve on extending my elbows to produce more pendulum action. My head position is correct which is over the ball.</p>	
<p><u>(Stage 2)</u></p> <p>Shoulders and feet are still parallel. Feet are still shoulders width apart to help for balance head is still over the ball, and shoulders are away from the body to produce a pendulum motion. Both arms are still extended. Club is also parallel with ball.</p>		<p>Club face was not parallel to the ball when struck, so the ball is not going where I want it to. Apart from that my feet and shoulders were parallel and head was over the ball.</p>	
<p><u>(Stage 3)</u></p> <p>Shoulders are feet still parallel. Feet are shoulders width apart for balance. Club face is still parrallel after striking the ball. Both arms are still extended.</p>		<p>My clubs face is parallel after striking the ball. Shoulders and feet are still parallel. But both of my arms are both flexed so little movement is happening, so when I strike the ball it is not a good connection.</p>	

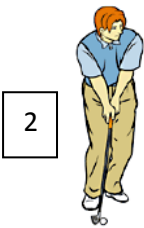
Skill 2 – Pitching

Chipping is used about 40-90 yards away from the green. This is a high shot that stops quickly and needs to be controlled so you have a good putt. You can use pitching any where, i.e. going over bunkers or straight towards the green

Technical Analysis



Preparation - The back swing in pitching is the preparation this abducts the arm away from the body and this is also the extension of the left arm and flexion of the right arm. Also on your back swing your left knee should be flexed so when you connect with the ball it gives you greater control. You set up with a slightly open stance with your feet positioned at the left of the target line then you check the area first before hitting the Golf Ball, shift your weight on your forward foot. When making a back swing, this can be waist-high or shoulder-high or you may need to do a full swing. It will be based on the type of shot you need to make, turn your wrist slightly left so you can create a downward blow on your shot. The back of your left hand and the clubface should face the front.



Execution - When you connect with the ball this is the execution your arms should be adducted when striking the ball. Hands should be little bit forward when striking the ball, so you take a divot and get a nice controlled shot when you strike the ball.



Recovery - The follow through is the recovery this is abducting the arms away from the body, your right knee should be flexed to show your weight transfer from right leg to left leg and your shoulders should have rotated towards the target and your weight should have been transferred to the left foot. In the follow-through, do not rotate your hands and the clubhead so you can keep the clubface square to the target longer and thus increase the probability that your ball will go up and keep its direction.

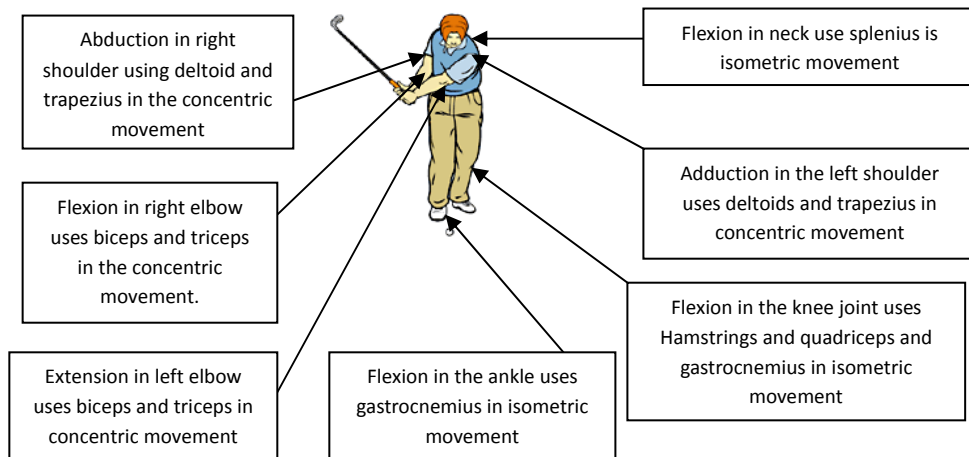
Tactical analysis

In pitching you always keep your head down to connect with the ball and get a high controlled shot. You set up to the ball with club face slightly closed so it creates a high shot. When you line your feet up your right foot should be slightly ahead. As you connect with the ball you have to make sure your weight goes through and not to decelerate, when you hit the shot you want a good connection because you want a controlled shot when you're pitching into the greens. This is a good area to beat opponents because they will be under pressure because if you hit a shot close they might feel under pressure because they will want to match your shot. Make sure you don't decelerate when you hit the ball because you will fat your shot this is when you take a really big divot and don't connect will the ball properly leaving the ball short. The technical break down of pitching is that you would use it on the fairway or in the rough about 40-90 yards away and you would take a lofted club like a pitching wedge. Your goal is normally to get close to the flag so you can putt the next shot in. This can intimidate your opponent because if you pitch close they might find it difficult to get closer than you and might mess the shot up, so this could help you win the hole. A great way to practice your accuracy with pitch shots is to place a range-ball bucket on the location where you want your ball to land. While this drill is very simple, the real benefit will manifest itself on the golf course. Whenever you are faced with a pitch shot on the golf course, you will now be able to visualise that range bucket on your landing spot.

Physiological/Mechanical Analysis

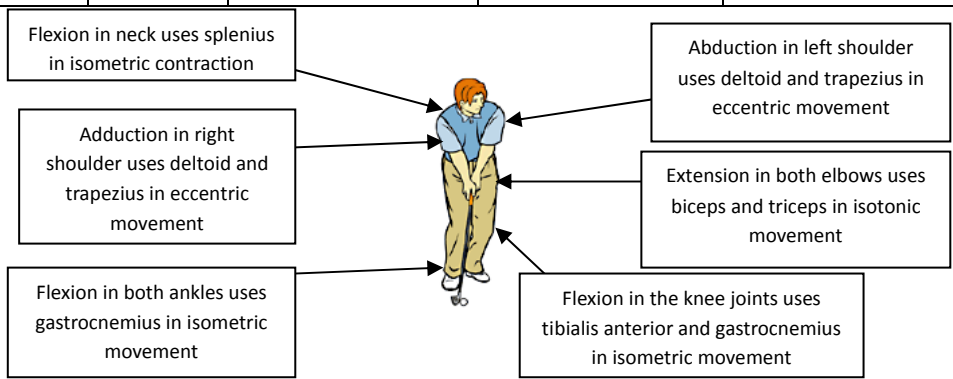
1

	Joints	Movement	Muscles	Contractions
Preparation	Knee -hinge	Flexion in both knees	Hamstrings and quadriceps and gastrocnemius	This is isometric contraction
	Shoulder - ball and socket	Abduction in right should and adduction in left shoulder	Deltoids and trapezius	This is concentric movement
	Pivot - neck	Flexion	splenius	This contraction is Isometric
	Elbow - hinge	Flexion in right elbow and extension in left elbow	Biceps and triceps	This is concentric the movement
	Hinge - ankle	Flexion	Gastrocnemius	This movement is isometric



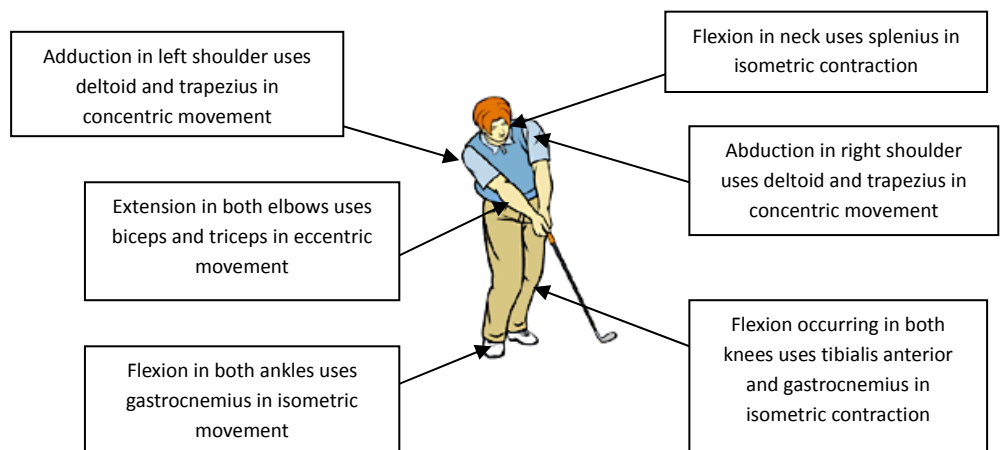
2

	Joints	Movements	Muscles	Contractions
Execution	Knee -hinge	Flexion	Tibialis anterior and gastrocnemius	This contraction is Isometric
	Shoulder - ball and socket	Adduction	Deltoids and trapezius	This contraction is Eccentric
	Pivot - neck	Flexion	splenius	This contraction is Isometric
	Elbow - hinge	Flexion	Biceps and triceps	This is isotonic the movement
	Hinge - ankle	Flexion	Gastrocnemius	This movement is isometric



3

	Joints	Movements	Muscles	Contractions
Recovery	Knee -hinge	Flexion	Tibialis anterior and gastrocnemius	This contraction is Isometric
	Shoulder - ball and socket	Abduction	Deltoids and trapezius	This is concentric movement
	Elbow - hinge	Flexion	Biceps and triceps	This is eccentric the movement
	Pivot - neck	Flexion	splenius	This contraction is Isometric
	Hinge - ankle	Flexion	Gastrocnemius	This movement is isometric



Psychological Analysis







In pitching no matter where you are on the course, you naturally feel under pressure and lose confidence when you're playing a match because if your opponent is on the green and you are about 50 yards short you know you need to produce a good shot so you can half the hole, so you naturally put yourself under pressure. If both of you are short and both have to pitch on this could put your opponent under pressure if you go first and get close on the green, your opponent could lose his confidence and mess the shot up. You must always feel confident when making the shot because you do not want to fat the shot then have to retake it again because you have left it short, so this put you under more pressure especially when you're in a match.

Definitions

Confidence – Belief in one's own abilities

Pressure – A problem or situation that causes you to have this worried feeling

Perfect model comparison

<p><u>Skill 1 – Pitching (Stage 1)</u></p> <p>The wrists are shoulders high. Set up with a slightly Open Stance with your feet positioned at the left of the target line. Both knees are flexed for balance. Head is over the ball.</p>		<p><u>Analysis of my performance</u></p> <p>My wrists are shoulder high and my stance is open and is aiming left of target and both of my knees are flexed for balance and my head is over the ball.</p>	
<p><u>(Stage 2)</u></p> <p>Stance should be slightly open hands are slightly forward for a mid to high shot.</p>		<p>My hands are forward to get a mid to high shot so it is controlled. Both of my knees are still flexed and club face was parallel with the ball when connected.</p>	
<p><u>(Stage 3)</u></p> <p>Shoulders should be rotated towards target. Both knees should still be flexed. Head should be rotated towards target.</p>		<p>My shoulders have rotated towards the target. And both knees are still flexed and my stance still open which is aiming left of the target. The ball will keep its direction because of hands being forward in the set up.</p>	

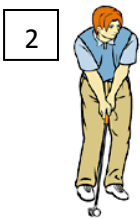
Skill 3 – Chipping

A chip shot in golf is a shot played from close to the green, usually within a few yards of the putting surface that results in the ball popping into the air, then hitting the ground and rolling forward.

Technical analysis



Preparation - In chipping the back swing is the preparation this abducts and extends both arms away from the body. Open your stance so you will be able to see the target line clearly. Your feet should be positioned a little to the left of the Golf Ball. Lean a bit forward and slightly bend your knees for balance and control of a shot. Your wrists should promote a downward blow through the shot.



Execution - When you connect with the ball this is the execution. Your arms should be adducted when striking the ball. Also your hands should be forward so that you control the speed of the shot. Your knees should still be flexed for balance. Shoulders should also be parallel with feet and head should still be down so you don't mess the shot up.



Recovery - The follow through of the shot is the recovery this is abducting and extending the arms away from the body, your right knee should be flexed. Also your shoulders should point towards the target on the recovery of the shot. In the follow-through, do not flick your left wrist. It should be in a straight line after hitting the ball.

Tactical analysis

The technical break down of chipping is that you would use it around the greens. You should aim to chip the ball close so you can intimidate and beat your opponents. In chipping this is where you can save shots or lose shots, because if you chip close you might be able to hole the putt. If you chip badly you could be chipping again or putting twice. In chipping you always have to keep your head down if you don't want to mess your shot up because if you lift your head up you could top the ball and or if your head comes up quickly you could

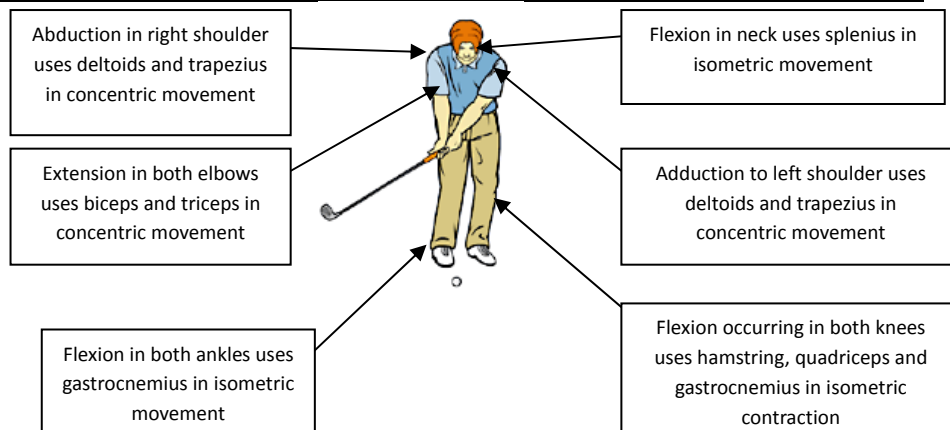
thin it. You have to have a nice consistent, smooth swing and not a quick rushed swing; you should have a nice chip shot that is controlled. Flex your knees to help keep balance, because if you lose balance you could mess up the shot, resulting in you to play the shot again or have a long putt. This could save shots in your game if you chip close to the hole on the greens because it might take you less putts after you chip close. In chipping you would look at the green to see where to land the ball and the gradient so you know where the ball is going to slope. You would look to see if the greens would be quick or slow so you know how far you need to chip the ball. A way to improve chipping is the drill called flamingo drill. <http://www.pga.com/golf-instruction/instruction-feature/short-game/better-chipping-flamingo-drill-video>



A problem with a lot of amateurs chipping is their inability to maintain their weight on their left hand side, so when their setting up and hitting their shot the end up reversing and falling on to their back leg. One drill is called the flamingo drill you put your back foot in the air and rest your toe on the ground, helps maintain your weight on your left leg, gives nice descending flow to the golf ball to ensure solid contact and help for better contact.

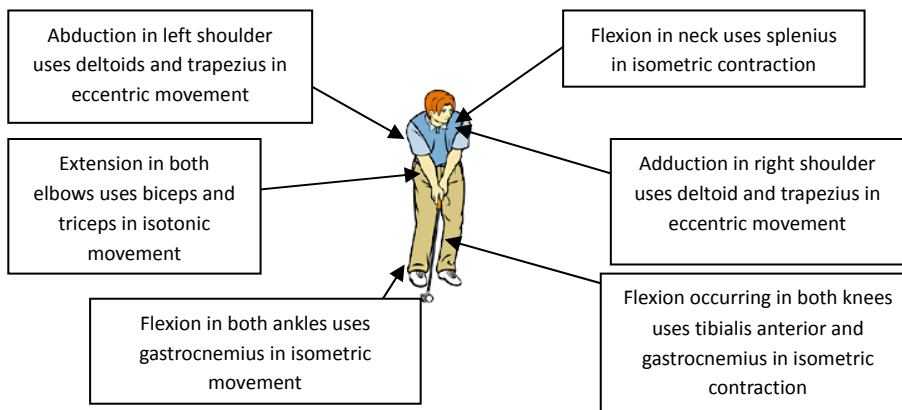
Physiological/Mechanical Analysis

1	Joints	Movement	Muscles	Contractions
	Knee - hinge	Flexion	Hamstrings and quadriceps and gastrocnemius	This is isometric contraction
	Shoulder - ball and socket	Abduction in right shoulder and adduction in left shoulder	Deltoids and trapezius	This is concentric movement
	Pivot - neck	Flexion	splenius	This contraction is Isometric
	Elbow - hinge	flexion	Biceps and triceps	This is concentric the movement
	Hinge - ankle	flexion	Gastrocnemius	This movement is isometric



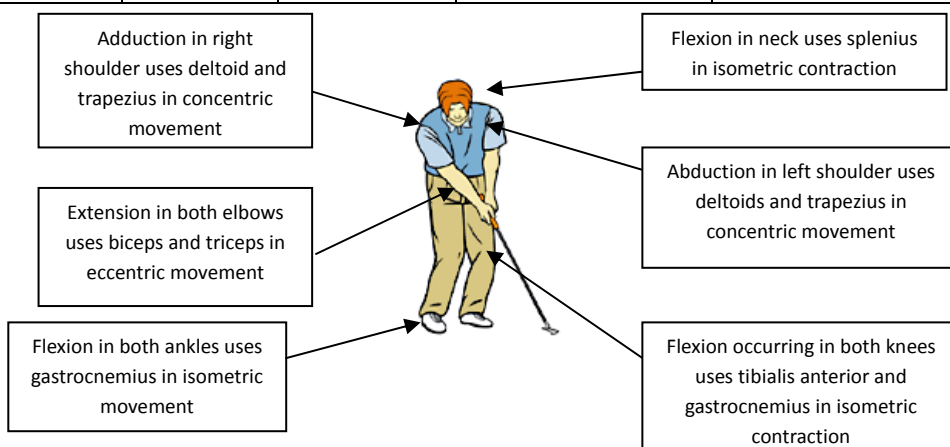
2

	Joints	Movement	Muscles	Contractions
Execution	Knee - hinge	Flexion	Tibialis anterior and gastrocnemius	This contraction is Isometric
	Shoulder - ball and socket	Adduction	Deltoids and trapezius	This contraction is Eccentric
	Pivot - neck	Flexion	splenius	This contraction is Isometric
	Elbow - hinge	flexion	Biceps and triceps	This is isotonic the movement
	Hinge - ankle	flexion	Gastrocnemius	This movement is isometric



3

	Joints	Movement	Muscles	Contractions
Recovery	Knee - hinge	Flexion	Tibialis anterior and gastrocnemius	This contraction is Isometric
	Shoulder - ball and socket	abduction	Deltoids and trapezius	This is concentric movement
	Elbow - hinge	flexion	Biceps and triceps	This is eccentric the movement
	Pivot - neck	Flexion	splenius	This contraction is Isometric
	Hinge - ankle	flexion	Gastrocnemius	This movement is isometric



Psychological Analysis




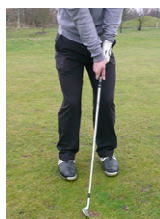


In chipping there is a lot to think about when it comes to a match because you want it close. You have to think about where you are going to land it, where to aim and how far is it going to roll? You naturally want to chip it close because your opponent will be on the green so you think you have to put it in the hole or close. This puts more pressure on you, because you might rush your shot and mess it up, then lose the hole then your head will be down when you get to the next hole. You must think positive and say to yourself that you are going to chip close and beat your opponent. You also don't need to rush your shot because you want a delicate, controlled chip.

Definitions

Pressure – A problem or situation that causes you to have this worried feeling

Positive – Positive mental attitude, is a psychological term which describes a mental phenomenon in which the central idea is that one can increase achievement through optimistic thought processes

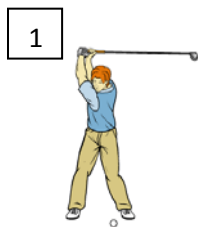
Perfect model comparison

<p><u>Skill 1 – Chipping (Stage 1)</u></p> <p>Stance should be slightly open. So you can see the target line clearly. On the back swing left arm should be adducted and right arm should be abducted and knees should be flexed and head should be over the ball. Both arms should be extended.</p>		<p><u>Analysis of my performance</u></p> <p>Both my arms are extended. My head is over the ball and my club face is slightly closed for a low flight. But I could have my stance open a bit to see the target line.</p>	
<p><u>(Stage 2)</u></p> <p>Knees should still be flexed club face should be slightly closed for a low flight.</p>		<p>My knees are still flexed and club face is slightly closed. I think this is a good comparison of stage 2. My hands are also slightly forward so a low flight is produced.</p>	
<p><u>(Stage 3)</u></p> <p>In the follow-through, do not flip your left wrist. It should be in a straight line after hitting the ball. Head should still be looking at the ground after connected with the ball.</p>		<p>My wrists are in a straight line and both of my arms are extended. My knees are flexed for balance. But feet are slightly closed and could be open.</p>	

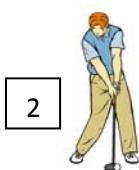
Skill 4 – Driving

Drive refers to the first stroke played from the teeing ground on longer holes. A drive may be played with any club in the bag and 3-woods are also fairly common to use on drives.

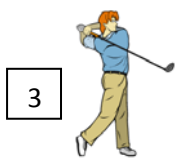
Technical Analysis



Preparation – The back swing in driving is the preparation this abducts the arm away from the body and this is also the extension to the left arm and flexion to the right arm. Your feet should be shoulder-width apart. Slightly lean forward and keep your knees slightly bent. Your grip should not be too tight that there's no more room for wrist movement, or too loose that the club slips off your fingers. Swing your hands up over your right shoulder. Your shoulders are turned to help the hand and arms go up. The hips will follow your shoulders, then the left foot rolls on its inner side and makes your left knee move slightly to the right. Keep your left heel flat on the ground and your right elbow pointing down.



Execution – When you connect with the ball this is the execution, your arms should be adducted when striking the ball and both should be extended, also face of the club has to parallel with the ball with hands slightly forward, so you get a nice shape to the ball. Turn your hip towards the target and move your right knee towards the left followed by your shoulders. The angle of your club shaft and left forearm should remain unchanged as your club and hands move towards the toe line.



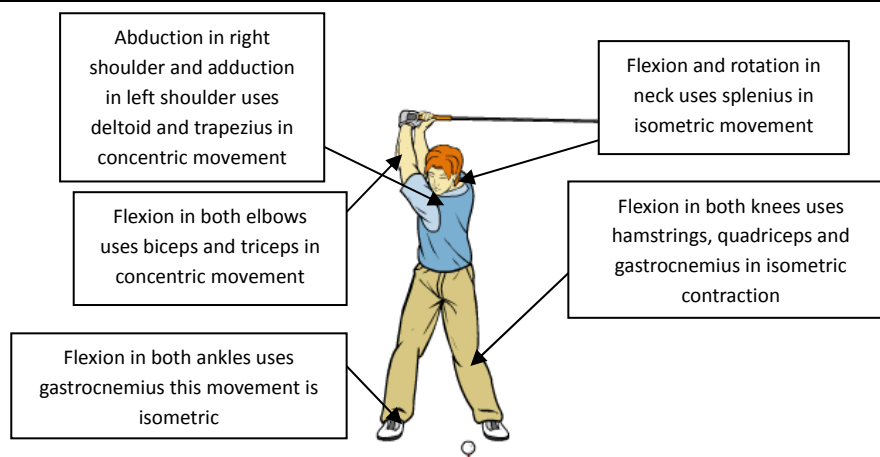
Recovery – The follow through is the recovery this is abducting the arms away from the body and this also flexes both elbows, your right knee should be flexed and your shoulders should have rotated towards the target and your weight should have been transferred to the left foot. At follow-through, your hand should be over your left shoulder. Most of your weight should be on the left foot and your right foot is on its toe to retain balance.

Tactical analysis

In driving you want to keep your head down because if you look up when striking the ball you will top it, this could let your opponent take the lead. The technical break down of driving is that you would use the technique when you're hitting off the tee, towards the fairway. Your goal normally is to put it on the fairway, if you manage this your opponent will have a lot of pressure on him when he is hitting because they know that you are already down the middle. Driving is the one of the main keys to get you opponent intimidated because it can put them off if you're down the middle of the fairway and they are not because they know that you have a good next shot into the green. You have to have a constant pace when striking the ball because if you have to fast swing you could hook the ball, and if you don't complete your swing you will fade the shot. A lot of golfers suffer from hitting the golf ball with a slice, pull or even blade a lot of shots because they don't keep their head down through out the golf swing. A drill to fix that is called keep your head still, you go to the range take a certain number of balls and do nothing but concentrate on keeping your head still through out the back swing and impact with the golf ball. During this drill force yourself to stay still and don't even worry where the ball goes after you make contact. This drill will help consistency in shots.

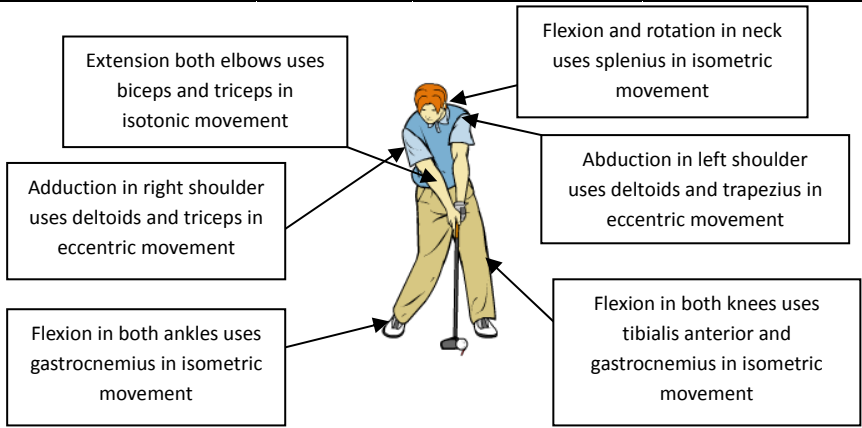
Physiological/Mechanical Analysis

1	Joints	Movement	Muscles	Contractions
	Knee -hinge	Flexion	Hamstrings and quadriceps and gastrocnemius	This is isometric contraction
	Shoulder - ball and socket	Abduction in right shoulder and adduction in left shoulder	Deltoids and trapezius	This is concentric movement
	Pivot - neck	Flexion and rotation	splenius	This contraction is Isometric
	Elbow - hinge	Flexion	Biceps and triceps	This is concentric the movement
	Hinge - ankle	Flexion	Gastrocnemius	This movement is isometric



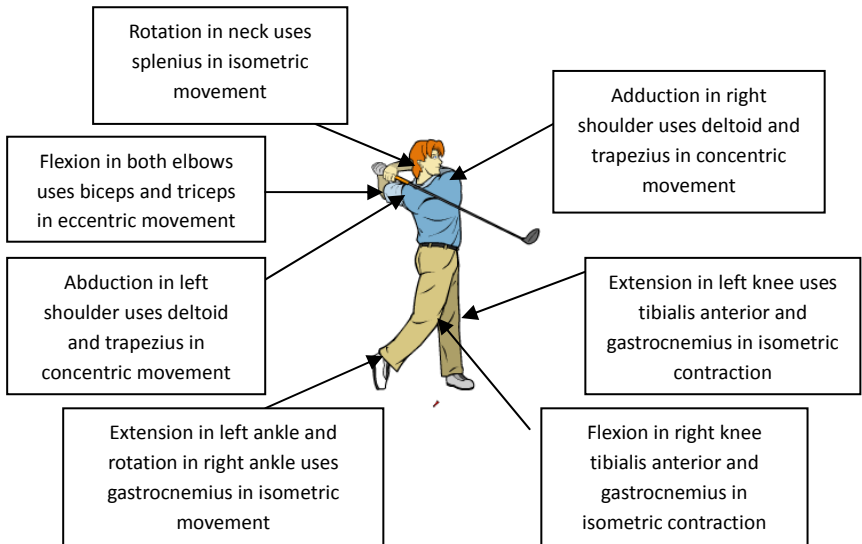
2

	Joints	Movement	Muscles	Contractions
Execution	Knee -hinge	Flexion	Tibialis anterior and gastrocnemius	This contraction is Isometric
	Shoulder -ball and socket	Adduction	Deltoids and trapezius	This contraction is Eccentric
	Pivot - neck	Flexion	splenius	This contraction is Isometric
	Elbow - hinge	Extension	Biceps and triceps	This is isotonic the movement
	Hinge - ankle	flexion	Gastrocnemius	This movement is isometric



3

	Joints	Movement	Muscles	Contractions
Recovery	Knee -hinge	Flexion	Tibialis anterior and gastrocnemius	This contraction is Isometric
	Shoulder - ball and socket	abduction	Deltoids and trapezius	This is concentric movement
	Elbow - hinge	flexion	Biceps and triceps	This is eccentric the movement
	Pivot - neck	Flexion	splenius	This contraction is Isometric
	Hinge - ankle	Extension in left ankle and rotation in right ankle	Gastrocnemius	This movement is isometric









Psychological Analysis

When Driving this can get you nervous because if your opponent has hit a good one down the middle, you immediately feel under pressure and think you have to out drive them, when you try to do that you immediately make mistakes and could put your ball in trouble. You have got to think to yourself to put in play and make sure it is safe. The next shot your opponent might put it in trouble so you have to always think when teeing off is just to put it in play. When driving you must let nothing distract you, because it will put you off your game. If you hit a good drive you will have good motivation for the next shot.

Definitions

Motivation - Motivation is defined as the process that initiates, guides and maintains goal-oriented behaviours

Perfect model comparison

<p><u>Skill 1 – Driving (Stage 1)</u></p> <p>Feet should be shoulder width apart. Both knees should be flexed. Your hips should follow your shoulders. The hips will follow your shoulder, then the left foot rolls on its inner side and makes your left knee move slightly to the right. Keep your left heel flat on the ground and your right elbow pointing down.</p>		<p><u>Analysis of my performance</u></p> <p>My feet are shoulders width apart. Both knees are flexed and my hips follow my hips. My elbows are pointing down. So I think this is a good comparison of stage 1.</p>	
<p><u>(Stage 2)</u></p> <p>Turn your hip towards the target and move your right knee towards the left followed by your shoulders. The angle of your club shaft and left for arm should remain unchanged as your club and hands move towards the toe line.</p>		<p>My hips are pointing towards the target, and my right knee is pointing towards my left knee, my hands have also moved towards the toe line so I'm following stage 2.</p>	
<p><u>(Stage3)</u></p> <p>At follow-through, your hand should be over your left shoulder. Most of your weight should be on the left foot and your right foot is on its toe to retain balance.</p>		<p>My hands are over the left shoulder. My weight has moved from my right foot to my left foot to show the weight transfer through the shot. My hips have also Moved towards the target</p>	

2.4.2

Tactical Analysis

Analysis of myself against a professional, of how we would play three different holes at Ufford.

1. Hole 6 at Ufford which is a par 5 and is 602 yards off the whites and is the hardest hole on the course.

Me **Professional**

Have two putts. Have two putts

Chip on to the green. Strength of this shot is that you have a lot of green to work with. Weakness is that you are too close to the bunkers. For this chip onto the green I would use a 7 iron which is a safe shot.

Pitch on to the green, a lot of room to hit the green, weakness = bunker in front of the green. The professional would play a high controlled shot in using a sand wedge.

Hit an iron before the green to avoid the bunkers. Strength is nice easy approach shot. Weakness got trees in the way. This shot I would hit an 8/7 iron to leave myself about a 20 yard chip.

Hit a wood and leaves him 90 yards in. strength=plenty of room, weakness=trees right and left. The professional would use a 3 wood to leave himself a shot into the green. He would hit this about 240 yards.

Hit a wood up there to leave about 160/170. A lot of fairway is a good strength. Weakness is got trees left and right. I would hit my utility wood about 200 yards up the fairway.

This would be the pros drive about 270 yards. Strength = plenty of fairway, weakness= trees and bunkers come into play. So for this shot of the whites he would use a driver.

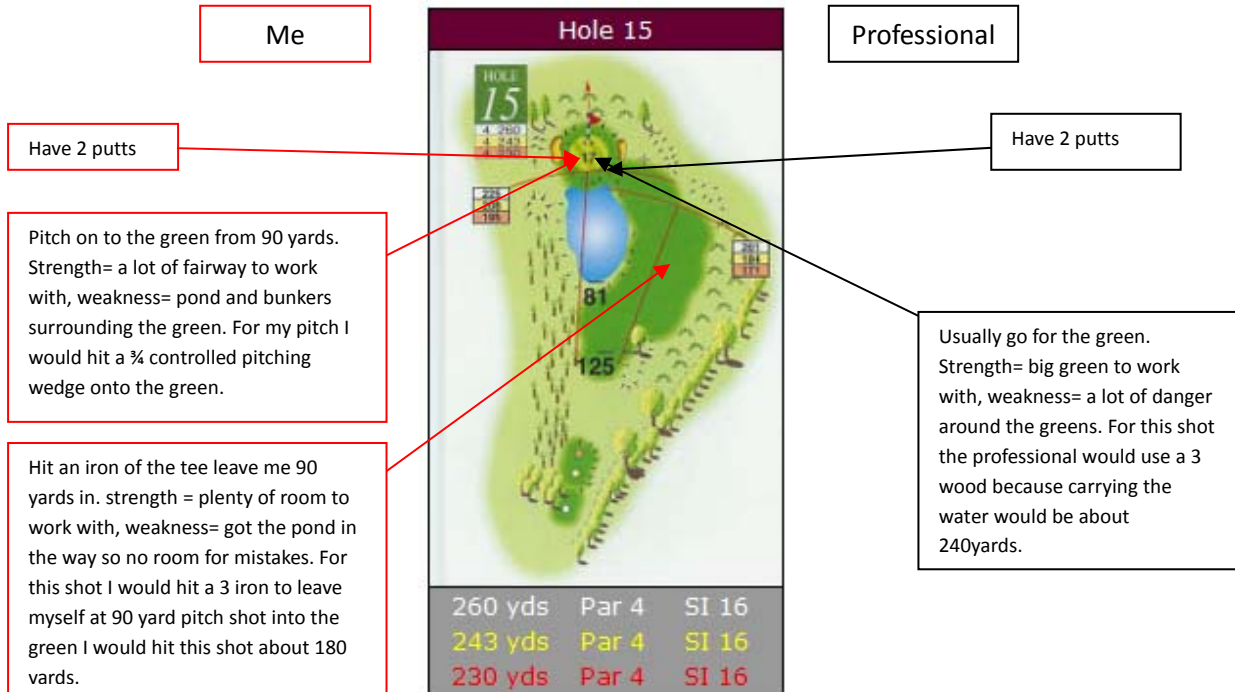
This would be my drive of the whites about 240 yards. Strength=plenty of fairway. Weakness= bunkers left and right. For this shot I would use my driver and hit it about 230 yards.

602 yds	Par 5	SI 1
567 yds	Par 5	SI 1
483 yds	Par 5	SI 1

<u>Me</u>	<u>Professional</u>
<ul style="list-style-type: none"> This hole always slopes down to the left, so before each shot I hit I will be aiming it up the right hand side of the fairway, so I'm using the slope on each shot and it will come back down to the middle. I will also look at the wind and take that into account. For each shot I look where I want to hit it and how far to leave myself in, then I choose a club and have about three practice swings to get a feel for the club and then line up to where I want to hit it. Before each shot I would also look at the wind direction and remember from the previous holes whether the ground was soft or solid. My first shot I would be cautious of both bunkers on left and right because they both come into play. For my 2nd shot I will try and put the shot into the dip so that it leaves me a good shot for which I can lay up. My 3rd shot I would also be cautious of the trees and on The 4th shot I would watch out for the bunkers around the green and try to get my ball on the green and two putts. Advantage of my approach to the hole is that it's a safe option so I don't put myself in danger, so this leads to consistent scores. Disadvantage of my approach there is always the slightest chance of any of my shots being messed up so my score will be above average and I won't be playing to handicap, so this will increase my overall score. Cardiovascular endurance would come in to play because it is always sloping up hill and is a very long hole, so good cardio will help me keep on going to the green also I would use power to help me get my distance, also I would use flexibility and agility to help me with more consistent shots to the green. The skills used for this hole are driving, pitching and putting. The only law that would come into play is STAKED TREES. Relief from all staked trees. Where an immovable obstruction interferes with a player's stance or area of intended swing, a ball may be dropped within 1 club length from the nearest point of relief, not nearer the hole, without penalty. 	<ul style="list-style-type: none"> For the professional he would look at the hole on the course guide and have an idea where he wants to hit each shot and where his preferred area was for him to hit each shot. He would also look at the wind direction before he hits his first shot and look at the slope of the fairway to see where to aim. For the professional on his first shot he will be looking to miss the bunker on the left so his next shot can hit down the fairway. With the professional on his 2nd shot he has to be cautious of the bunker on the left because that will come into play He would also be cautious of the 3rd shot because of the bunkers surrounding the green. The professional would also look at the slope of the green and where the flag is situated and then would attack the pin for his 4th shot. Advantage of the pros approach is that he is attacking the hole so his score is low or to level par, The disadvantage of this approach is that the professional is always bringing in a lot of danger with each shot because of the bunkers and trees that come into play, so some shots could be messed up resulting in a higher score. Cardiovascular system will be use because the hole is always sloping up hill and is a very long hole, so good cardio will help keep the professional going to green, the professional would also use absolute strength and power to help him get more distance on his drives and approach shots. He will also use balance for his shot to ensure better connection. The professional would also use agility and flexibility to allow rotation of the body on the recovery of the shot. Not all skills will be coming into play because the professional is using an attacking approach so the only two skills coming into play will be putting and driving. The only law for this hole is STAKED TREES. Relief from all staked trees. Where an immovable obstruction interferes with a player's stance or area of intended swing, a ball may be dropped within 1 club length from the nearest point of relief, not nearer the hole, without penalty.

From my findings when playing against the professional at Ufford is that with my 3rd shot into the green I can have a go at the green because I normally I leave myself 170 yards in to the green. This will get my score closer to the professionals score. This could help me improve my overall score because if I par this hole. This means I will be playing 1 under my handicap for this hole. So my focus will be on improving my approach shots into the green from 160 yards to 200 yards.

2. Hole 15 is a par 4 and is the 3rd easiest hole on the course and is 260 yards of the whites.



<u>Me</u>	<u>Professional</u>
<ul style="list-style-type: none"> This hole is a tricky little par 4 because you have the choice whether to go for it or lay up. With me I lay up every time, and then hit a pitch shot on to the green and then 2 putting to come off with a safe 4. With the first shot of the tee I've got to watch out for the tree just the right and pond just to the left, also I have to be cautious about the wind I normally hit an iron of this tee because if I hit a wood I will go too far. I normally leave myself about 90 yards in. this green is difficult to stop on because it always runs down towards the left, so where ever the flag is on the green I have to pitch it right of the flag to leave myself a good putt. When I am pitching towards the green I have got to look out for the bunkers left and right of the green. Before each shot I will have three practice swings, look at wind direction and see where I want the ball to go. Advantage of my approach to the hole is that it's a safe option so I don't put myself into danger because if I went for the green I might not be able to make it so I'll go into the pond and cause a stroke penalty, so not going for the green leads to consistent scores. Disadvantage of my approach is that always the slightest chance of my approach shots being messed up, because if I miss the green I could go in either bunkers left or right so my score could increase as a result and I won't be playing to handicap, so this will increase my overall score. Cardiovascular endurance would come in to play because the hole is near to the end of the round so I'll be getting tired and I will want to be performing my best right up till the last shot. I would also use agility and flexibility to allow for better/consistent shots. I would 	<ul style="list-style-type: none"> For the professional he would go for the green because it is a 240 yard carry because it is a big green and has plenty of room to work with. The professional would look at the wind direction to see where it is going then he would play with the wind. The professional has to think carefully on what club to take because it is a large carry and needs to miss the water but he has to also watch out for the bunkers right and left of the green. He looks at the green on the course guide and by sight to see where he wants to land the ball. He would then take a couple of practice swings, and then strike the ball. Advantages of this approach from the pro are that if he gets on the green he has a good chance of making a birdie (one under par) or par. This is a big disadvantage as well because if the pro falls short of the green he could end up in the pond and inflict himself a shot penalty so his score increases, which will affect his overall score. The pro could also end up missing the green right and left, which results in him going into the bunkers, so there is a slim chance of getting a birdie but a good chance of par. He could also go too long the pro and find himself over the back of the green, to leave him a chip on the downwards sloping green, which he could end up in the water from. So this approach from the pro is very risky. The pro would be using muscular and cardiovascular endurance because the pro will want to make sure that his muscles last to finish the whole eighteen holes so he doesn't get tired too easily, the pro would also use power to give him enough distance to reach the green in 1, he would also use agility and flexibility to allow for rotation in the execution and recovery of the shot which helps for better connection in the shot. The skills this pro would use are driving and putting on this hole. The rule that would occur for this hole is the water hazard (yellow)

<p>only use driving, pitching and putting skills.</p> <ul style="list-style-type: none"> The rule that would occur for this hole is the water hazard (yellow stakes), under penalty of one stroke, is to drop a ball behind the water hazard, keeping the point at which the original ball last crossed the margin of the water hazard directly between the hole and the spot on which the ball is dropped, with no limit to how far behind the water hazard the ball may be dropped. 	<p>stakes), under penalty of one stroke, is to drop a ball behind the water hazard, keeping the point at which the original ball last crossed the margin of the water hazard directly between the hole and the spot on which the ball is dropped, with no limit to how far behind the water hazard the ball may be dropped.</p>
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For this hole I think I could do is when I gain more strength so I get more distance on my shots is go for the green in one shot so I give myself a chance for a birdie and getting the same score as the professional. If I get a birdie on this hole this will be 1 under my handicap. This will help my overall score improve to match the professionals score. So I'm going to work on my strength in the gym by working mainly on my upper body strength.

3. This is the 10th hole and is the 10th most difficult hole and is 172 yards of the whites.

Me

Professional

Aim for the middle of the green and have two putts. Strength = wide green to work with, weakness= a lot of danger, so no room for errors. For this shot I would hit a 5 iron of the tee depending on the wind

Attack the flag and have 1 or 2 putts. Strength = plenty of green to work with, weakness= a lot of danger surrounding the green. For this shot the professional would hit a 7 iron attacking the flag.

Hole 10									
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #90ee90; padding: 2px;">172 yds</td> <td style="background-color: #90ee90; padding: 2px;">Par 3</td> <td style="background-color: #90ee90; padding: 2px;">SI 10</td> </tr> <tr> <td style="background-color: #ffff00; padding: 2px;">142 yds</td> <td style="background-color: #ffff00; padding: 2px;">Par 3</td> <td style="background-color: #ffff00; padding: 2px;">SI 10</td> </tr> <tr> <td style="background-color: #ff0000; padding: 2px;">103 yds</td> <td style="background-color: #ff0000; padding: 2px;">Par 3</td> <td style="background-color: #ff0000; padding: 2px;">SI 10</td> </tr> </table>	172 yds	Par 3	SI 10	142 yds	Par 3	SI 10	103 yds	Par 3	SI 10
172 yds	Par 3	SI 10							
142 yds	Par 3	SI 10							
103 yds	Par 3	SI 10							

<u>Me</u>	<u>Professional</u>
<ul style="list-style-type: none"> This is a tricky par 3 off the whites because the tee is high raised and when there's a lot off wind it is difficult to control the ball. This green is a very narrow green it is 12 feet from top to bottom but it's a very wide green. When teeing off the whites you have to watch out for the water if you end up short and if you go to right you will go in the bunker and to long you will go in the other bunker. Before I hit my shot I look at what the wind is doing, then I select a club that I believe will make it over the water, I have a couple of practice swings with that club and if I don't feel comfortable with that club I will change it and select a different club. My shot I just aim for the middle of the green so I'm safe from all the danger. The strength of playing this approach is that it is the safe option hitting the middle of the green because the green slopes downwards towards the pond. The disadvantage of this approach is that it will leave me a long putt for the second shot which is very difficult because the green is very undulating. Also if I go to long on my shot I could either go in the bunker or just too long, so this leaves me a very difficult chip down to the green, which could end up in the pond because it is all slopping down hill. Muscular endurance will play a key part up to this hole because I will be half way through my round so I will start to feel a little tired so this 	<ul style="list-style-type: none"> For the professional he will attack the flag because he will have more of a controlled shot, when playing against the wind. But the professional still has got to watch out for both bunkers and water in front of the green. The professional will take a couple of practice swings then see what direction the wind is going, then if he is happy with his choice of club he will take his shot. The strength of playing this approach is that it the pro is attacking the pin to leave him a short putt, to make a good birdie or par. The disadvantage of this approach is that it is very dangerous because there is always chance of ending up too short and rolling into the pond ending up with a stroke penalty or going to long leaving yourself a very difficult chip coming back down the hill and could roll of the green back down to the hole. Muscular endurance will play a key part up to this hole because the pro will be half way through his round so he will start to feeling a little tired so this is where training on his muscular endurance will help his muscles perform longer without getting tired. The professional would also use agility and flexibility to allow from rotation in the execution and recovery of the shot to allow for more consistent strike each time. The skills used on this hole are putting and hitting off the tee.

<p>is where training on my muscular endurance will help my muscles perform longer without getting tired, I will also use agility and flexibility to allow for rotation in the shot which will help for more consistent shots. The skills used on this hole are putting and hitting off the tee.</p> <ul style="list-style-type: none"> • The rule that would occur for this hole is the water hazard (yellow stakes), under penalty of one stroke, is to drop a ball behind the water hazard, keeping the point at which the original ball last crossed the margin of the water hazard directly between the hole and the spot on which the ball is dropped, with no limit to how far behind the water hazard the ball may be dropped. 	<ul style="list-style-type: none"> • The rule that would occur for this hole is the water hazard (yellow stakes), under penalty of one stroke, is to drop a ball behind the water hazard, keeping the point at which the original ball last crossed the margin of the water hazard directly between the hole and the spot on which the ball is dropped, with no limit to how far behind the water hazard the ball may be dropped.
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On this hole what I could do to give myself a chance for a birdie is to attack the pin more so I'm within 10 feet of the hole. This will help me improve my overall score because if I get a par this will be 1 under handicap and if I get a birdie this will be 2 under my handicap which will help me get closer to the professional's score. So what I'm going to practice on to help me improve my attacking shots is to practice hitting shots into the green from 130 to 150 yards in. what I could also improve on this hole is my putting because this green is very undulating and difficult so I need to practice on my long distance putts to give myself an opportunity to hole the smaller putt.

2.4.3.

Notational exercises

Analysis of myself at Ufford Park Golf Club on Sunday 15th January 2012

Hole	If hit the fairway off the tee.	If hit the green in regulation.	How many bunkers went in.	Amount of putts taken per hole.	Amount of shots taken.
1 – par 5	No	Yes	None	2	5
2 – par 4	Yes	Yes	None	2	4
3 – par 3	No	No	None	2	4
4 – par 4	No	No	1	2	5
5 – par 4	Yes	Yes	None	2	4
6 – par 5	Yes	No	1	2	6
7 – par 4	Yes	No	1	2	5
8 – par 4	Yes	Yes	None	2	4
9 – par 4	Yes	Yes	None	3	5
10 – par 3	Yes	Yes	None	2	3
11 – par 4	No	No	None	2	5
12 – par 3	Yes	Yes	None	2	3
13 – par 4	Yes	Yes	None	2	4
14 – par 4	No	Yes	None	2	4
15 – par 4	Yes	No	1	1	4
16 – par 3	No	No	1	2	4
17 – par 4	No	No	1	3	6
18 – par 5	Yes	Yes	none	2	5
Total = 71	11/18 fairways hit of the tee	10/18 greens hit in regulation	Amount of bunkers went in = 6	Amount of putts taken = 37	Total = 80

I thought my performance was good because I shot 3 under my handicap, shooting a 9 over gross with a total of 80. My putting is above average, so I could improve on putting to do that I'm going to practice that more to take less putts on the course so my score drops. I could also try to avoid more bunkers and hit greens in regulation to give myself a chance for pars and birdies. For this to happen I am going to practice my approach shots towards the greens. I think I also need to improve on hitting the fairways straight off the tee to give myself a chance to hit the green in regulation. The strengths of my game are hitting the fairways off the tee this gives me a chance to hit the green in regulation. The weakness of my game is putting because I took above average on the amount of putts. To improve my putting I am going to spend more time on practicing putting when I'm training at Ufford Park Golf Club. Me compared to the pro is that he took ten less shots than me, shooting a 70, he hit more greens and fairways in regulation compared to me and he took less putts than me. I played this round when I was doing my pre-season training so I felt confident to play this round because of me

doing exercise and looking at the changes that has occurred which has put me in a positive mood when playing golf. My drives were good because I hit over half of the fairways so this is showing signs of consistency when playing golf. My pitching and chipping wasn't used that much in my round because I hit over half of the greens in regulation. But my putting was not great because I took above the average of putts so if I reduced the number of putts I would have lowered the score.

Analysis of team mate at Ufford Park Golf Club on Sunday 15th January 2012

Hole	If hit the fairway off the tee.	If hit the green in regulation.	How many bunkers went in.	Amount of putts taken per hole.	Amount of shots taken.
1 – par 5	No	No	1	2	7
2 – par 4	Yes	No	None	2	5
3 – par 3	Yes	Yes	None	2	3
4 – par 4	Yes	No	None	2	5
5 – par 4	Yes	Yes	None	2	4
6 – par 5	No	No	1	3	8
7 – par 4	Yes	Yes	None	2	4
8 – par 4	Yes	No	1	2	5
9 – par 4	Yes	No	None	2	5
10 – par 3	Yes	Yes	None	2	3
11 – par 4	Yes	No	None	2	5
12 – par 3	No	No	None	2	4
13 – par 4	No	No	1	1	4
14 – par 4	Yes	No	1	2	5
15 – par 4	Yes	No	none	2	5
16 – par 3	No	No	1	2	4
17 – par 4	Yes	No	None	3	6
18 – par 5	Yes	Yes	None	3	6
Total = 71	13/18 fairways hit off the tee	5/18 greens hit in regulation	Amount of bunkers went in = 6	Amount of putts taken = 38	Total = 88

My team mate played a steady round; he played 1 over his handicap. My team mate could try to hit more greens in regulation, to give him more of a chance to get pars, to reduce his score, because he hit 5/18 greens in regulations. Another way for my team mate to reduce his score is to try and reduce his putts because he is above average so one way he could reduce his putts is by practicing putting when he is training and trying out new tactics to practice putting. The strengths of my partner is that he was very good at hitting the fairway off the tee because he hit 13/18 fairways which equivalent to 72%. My partner's weakness is trying to hit the

greens in regulation because he hit 5/18 greens in regulation which is equivalent to 28%. My partner compared to the pro has taken 18 more shots and the pro has hit 10 more greens in regulation than my partner. So my partner he could improve on approach play to the green, he could practice this by practicing 100 yards shots in and seeing how many has got on the green, and then keep increasing the distance, to practice approach play. My team mate's drives were very good because he only missed 5 fairways off the tee so he was very consistent. But he was always chipping and pitching because he only hit 5 out of 18 greens in regulation. If my team mate hit more greens in regulation his score would have lowered. My partner would have also lowered his score by putting because he took above average putts.

Analysis of professional At Ufford Park Golf Club on Sunday 8th January 2012

Hole	If hit the fairway off the tee.	If hit the green in regulation.	How many bunkers went in.	Amount of putts taken per hole.	Amount of shots taken.
1 – par 5	Yes	Yes	None	2	4
2 – par 4	No	Yes	None	2	4
3 – par 3	Yes	Yes	None	2	3
4 – par 4	Yes	No	1	2	5
5 – par 4	Yes	Yes	None	1	3
6 – par 5	Yes	Yes	None	2	5
7 – par 4	Yes	Yes	None	2	4
8 – par 4	Yes	Yes	None	2	4
9 – par 4	Yes	Yes	None	2	4
10 – par 3	Yes	Yes	None	2	3
11 – par 4	No	Yes	None	2	4
12 – par 3	No	No	1	2	4
13 – par 4	Yes	Yes	None	2	4
14 – par 4	Yes	Yes	None	1	3
15 – par 4	Yes	Yes	None	2	4
16 – par 3	Yes	Yes	None	2	3
17 – par 4	Yes	No	1	2	5
18 – par 5	Yes	Yes	None	2	4
Total = 71	15/18 fairways hit of the tee	15/18 greens hit in regulation	Amount of bunkers went in = 3	Amount of putts taken = 34	Total = 70

When the pro played at Ufford he shot 1 under gross, he hit 15 out of 18 fairways off the tee which is equivalent to 83% of fairways hit off the tee. If the pro hit the other 3 fairways he would give himself more of a

chance to hit those greens in regulation and then have more chance for par, so the pro could drop 3 shots by hitting the other 3 fairways off the tee. The pro could also make his approach shots count by hitting the other three greens in regulation, for him to make more pars to improve his score. To do this the pro could practice his approach shots to the green. The pro was very good on his driving because he only missed 3 fairways of the tee so he was very consistent. The pro didn't also have to do much chipping and pitching because he hit 15 greens in regulation. His putting was also very good because he took under average of the putts.

An overview of all 3 notations is that they are all very good rounds of golf played of all putting was consistent and driving off the tee was very consistent from all players. Also all players managed not to go into to many bunkers to get themselves in danger. So overall all everyone played a consistent and steady round of golf.

Summary of all 3 players

Myself

Total = 71	11/18 fairways hit off the tee	10/18 greens hit in regulation	Amount of bunkers went in = 6	Amount of putts taken = 37	Total = 80
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For this round I was playing off 12, off the yellows and I shot 3 under my handicap, from this round I saw improvements from tee to green, so there was a lot more consistency in my shots, which helped me decrease my score. My putting for this round still wasn't brilliant so I know that I have got to improve on my putting for next time. For me compared to my team mate he played 1 over his handicap, his tee shots onto the fairways was good, but his approach play into the green was not good because he only got on 5 of the greens in regulation. For me compared to the professional is that he took 10 less shots than me and the place where he beat me was my approach play and putting.

Team mate

Total = 71	13/18 fairways hit off the tee	5/18 greens hit in regulation	Amount of bunkers went in = 6	Amount of putts taken = 38	Total = 88
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My team mate played some steady golf but his putting and approach play let him down which caused him to shoot 1 over his handicap. My team mate compared to the professional is that the professional took 18 shots less than my team mate he took less shots on putting and hitting greens in regulation.

Elite performer

Total = 71	15/18 fairways hit off the tee	15/18 greens hit in regulation	Amount of bunkers went in = 3	Amount of putts taken = 34	Total = 70
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The elite performer played better than me and my team mate and it shows in the tables because he was better at the approach play than us and his short game was very good when he was around the greens. The elite performers' putting was very consistent and good because on average you are meant to take 36 putts were he took 34 putts.

Improvements for me

My key points on my round that I'm going to take into account allowing me to improve on them or what I don't need much improving on:

1. I need to improve on my putting, so what I'm going to do is spend more time a week on putting using different drills to help me improve. The drills I could use to help me on my short putts is around the clock. This should help me over time to reduce my score. This will help me get closer to the professional on my overall score.
2. I need to practice on my approach play so I can hit more greens in regulation and have better chances on getting pars. Overtime this should help me reduce my score. To improve on this aspect I'm going to keep using different drills to help me improve. The drill I'm going to use is having 10 golf balls to see how many I get on the green from a certain distance and I have to get a certain amount then I increase the distance.
3. My driving off the tee was consistent so I believe I don't need to work on this as much as I need to as the other aspects of my game.

So overall I believe if I improve on these aspects I will drop shots quickly and get closer to the professional by shooting near the same score.

2.4.4

Training analysis

Components of fitness required for golf

Absolute strength

"This is the maximum force that can be exerted once regardless of body weight or size". In golf you would use this on the execution of the drive, because I will want the maximum force to be exerted in the shot, to get good distance on the shot. A way to improve this is weight training so your muscles build up, so more power can be used in the execution of the shot.

Aerobic endurance

"This is the ability of the aerobic energy pathway to meet the demands of an activity". This is used for being able to last playing 18 holes without getting tired. Ways to improve aerobic endurance is that you can use a treadmill at a slow long distance pace; this would improve cardiovascular vascular system allowing more blood going round the body delivering oxygen to muscles to work longer. The demand of this component for golf is that it is important because this will help me meet the demands for golf.

Cardiovascular endurance

"The ability of the heart, blood and blood vessels to perform their function fulfilling the needs of the cells in the body". In golf you want to be able to last the full 18 holes, so you can perform the best you can. On the last few holes most golfers get tired because they haven't got good cardiovascular endurance, a way to improve cardiovascular endurance is using a treadmill because it will develop your heart and lungs so more oxygen is the supplied to muscles enabling you to perform longer. The demand of this component for golf because this will help me last 18 holes without getting tired so I'm able to play the best I can.

Muscular endurance

"This is the ability of a muscle to resist fatigue while exerting force performing repeated muscular action over an extended period". When playing golf you will not want to be tired because you will not be able to perform as effectively as you want. So you want your muscles to resist fatigue so you can keep producing consistent golf shots. The demand of this component for golf is very important because I want to be able to play my best right up till the last shot so I perform my best without my muscles getting tired.

Flexibility

"This is the range of movement available at a joint determined by joint structure and muscle elasticity". Flexibility is used in the golf swing. You need good flexibility because it will keep you stable in your shot. A way to help flexibility is doing some stretching so your body does not feel tense, when you swing and loose balance. The demand of this component for golf is important because this will help me rotate my body through the connection of each shot so I get a good strike in my execution of each shot, and so they are more consistent.

Agility

"This is being able to change position quickly with control". Agility is used in the swing because you have got to use several parts of the body at the same time, when swinging the club; you use you arms and shoulders for movement of the club, your legs when you connect with the ball and the recovery of the shot and your hips helping with the movement on hitting the golf ball. Ways to improve agility is doing exercises which combine balance, speed, strength and coordination. The demand of this component for golf is important because this also helps in my rotation when moving different parts of my body, this will help for better connection each time when I play golf. This will also help me produce a fast change of body movement so I'm able to generate more power in my shots.

Dynamic balance

"This is the ability to control the position of the body when moving". This would be targeted at the lower body when swinging, because in golf you will want to be able keep you balance when connecting with the shot. To help improve balance you can work on one legged exercises, i.e. single leg squats. The demand of this component for golf is that it is important because each time I play a golf shot I need balance to help me for more consistent shots because if I don't have good balance I will mess my shot up each time.

Power

"This is the ability to transform physical energy into force at a fast rate". This would be used on the down swing of the shot because that is when you will need the most power, to get greater distances. To improve power you would work on weigh training so your muscles get bigger so more power is exerted when connecting with the ball. The demand of this component for golf is that this is important because each time I drive to start each hole I need some distance so I can reach the green for my next shot. This will also help me gain advantage over opponents because I will be able to out hit them off the tee.

Principles of fitness/training

FITT

"Frequency is how many times you do it". I train about 3 to 4 times a week in golf, I train this many times to try and improve my game and my overall fitness.

"Intensity is how difficult or easy the exercise is". For golf when I'm training first time I train that week it will be high intensity till I get nearer my match, when the intensity will decrease, so I don't do progressive overload.

"Time is the length of the exercise period". When I'm training the first training session will be the longest because it will be assessing my strengths and weaknesses, and then I will start fixing the faults. As I go through the week the training session lengths will be shorter, so I don't over train.

"Type is the method of training specific to the sport". I would assess my performance, to see where my area of weakness is then. I would choose a suitable method for me to help improve my performance.

Specificity

"What the athlete is aiming to achieve and to choose specific and appropriate activities for training". In golf I'm aiming to achieve more muscular strength and endurance, so I'm able to play a good round of golf without getting tired and still produce consistent shots.

Individual needs

"What the athlete is aiming to achieve, fitness demands?" The training should reflect other factors such as gender, experience and levels of performance. In golf my individual needs are to get more muscular strength and power, so I can get more distance in my shots. To do this I will be doing weight training.

Progressive overload

"This is the need to increase training demands upon the body in order to encourage it to adapt further." Each week I will spend a little more time on my training sessions and put in more work so my body will adapt more, so when I play my matches I will be able to perform the best I can.

Methods of training

Continuous training

“Continuous training is continuous or consistent and associated with long distance/duration activity.” When I train I use continuous training to help my cardiovascular system, so when I play competitions there will be a greater supply of oxygen to my muscles allowing me to work longer without getting tired so this will help me to also perform my best when playing golf.

Circuit Training

“This consists of a series of exercises arranged and performed in order”. When I'm training I will have a mixture of exercises to help my flexibility, balance, strength and cardiovascular vascular fitness. So this helps improve my overall game. This will also help improve my flexibility and agility because in golf this will help my posture and help allow me to rotate when striking the golf ball so I get more consistent shots.

Weight/resistance training

“Weight training involves exercising with a variable resistant”. This training session will be difficult and long. In the training session I will build my strength up for my next match, allowing me to get extra distance, I will allow myself recovery 3 days before the match. This weight training helps my game a lot enabling me to get more distance over opponents.

Core stability training

“This helps improve muscle which are within the torso and generally attach to the spine, pelvis and muscles that support the scapula”. This is to help me improve my balance when I'm playing golf, I will probably spend about half an hour to an hour on core stability.

Plyometric training

“This is a type of exercise that utilises a rapid eccentric movement, followed by a short amortisation phase, and then followed by an explosive concentric movement, which enables synergistic muscle to engage in the myotatic - stretch reflex during the stretch shortening cycle”. This helps me improve my strength and power, so when I'm taking my shots I will be able to get more distance because of the more power going into the shots, which will help me beat opponents.

Training programmes for pre, mid and off-season

Here is the analysis of the training that I have done this year during pre-season, mid- season and off season and how it compares to that of a clubs training schedule.

Pre season training

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK1	CARDIO TRAINING	PERSONAL WEIGHTS	REST	CIRCUIT TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK2	CARDIO TRAINING	PERSONAL WEIGHTS	REST	CIRCUIT TRAINING	REST	PRACTICE MY GAME	MATCH

WEEK3	CARDIO TRAINING	PERSONAL WEIGHTS	REST	CIRCUIT TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK4	CARDIO TRAINING	PERSONAL WEIGHTS	REST	CIRCUIT TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK5	CARDIO TRAINING	PERSONAL WEIGHTS	REST	CIRCUIT TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK6	CARDIO TRAINING	PERSONAL WEIGHTS	REST	CIRCUIT TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK7	CARDIO TRAINING	PERSONAL WEIGHTS	REST	CIRCUIT TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK8	CARDIO TRAINING	PERSONAL WEIGHTS	REST	CIRCUIT TRAINING	REST	PRACTICE MY GAME	MATCH

My pre season training only has 2 rest days because I feel as though, I need to feel my best ready for the season that is up and coming. For cardio training this will normally be running or cycling to help improve my supply of oxygen that is being delivered to my muscles, so I'll be able to work longer on the golf course without getting tired. For personal weights I use dumbbells to help build my biceps and triceps, helping me to get more power. I will also do training on my shoulders to help the power of my shots in. When doing personal weights this has a positive effect on me because I will feel good about my self when I will be able to get more distance. In circuit training I will have exercises that will help my core stability, strength and flexibility. Each time I do this I feel good because I know each time I do the circuit training I will be improving on each of these aspects. On Saturdays I practice golf on the driving range to see the improvements made, ready for the match on Sunday this should have a good effect because of the improvements made, but if I have made no improvements this would have a negative effect on me before the match.

Pre-season training will have a positive effect on me because before the season starts I will feel good about myself on the improvements made to my game, I will want to do a lot of training before the season starts because it will make me feel good before the season.

Mid season

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK1	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PLYOMETRIC TRAINING/PRACTICE MY GAME	PRACTICE MY GAME	MATCH
WEEK2	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PLYOMETRIC TRAINING/PRACTICE MY GAME	PRACTICE MY GAME	MATCH

WEEK3	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PLYOMETRIC TRAINING/PRACTICE MY GAME	PRACTICE MY GAME	MATCH
WEEK4	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PLYOMETRIC TRAINING/PRACTICE MY GAME	PRACTICE MY GAME	MATCH
WEEK5	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PLYOMETRIC TRAINING/PRACTICE MY GAME	PRACTICE MY GAME	MATCH
WEEK6	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PLYOMETRIC TRAINING/PRACTICE MY GAME	PRACTICE MY GAME	MATCH
WEEK7	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PLYOMETRIC TRAINING/PRACTICE MY GAME	PRACTICE MY GAME	MATCH
WEEK8	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PLYOMETRIC TRAINING/PRACTICE MY GAME	PRACTICE MY GAME	MATCH

In mid season training I will only have two rest days because I will want to keep and obtain my improvement in golf, so this will have a positive effect on me when I'm playing golf. When training with personal weights this will be working on the upper part of my body to help me with strength and power in my shots, this will be a positive effect on me because I will feel good about myself when I'm playing golf. When doing personal weights I could injure myself by over training, this will have a negative effect on me because I won't be able to train till I'm fully fit, so reversibility might occur. Cardio training has a big positive effect on me because every time I go for a long run at medium intensity, it always makes me feel good. Their will also be a greater effect on me because there will be increased supply of oxygen to my muscles which helps me to perform longer. For Plyometric training I will be working on the lower part of my body building up more muscle and power to help my balance when playing golf. This will have a positive effect because of my golf shots being more consistent. When practicing golf in the driving range before my match this could have a positive effect because when practicing I will see the improvements made to my game, but if no improvements have been made this will have a negative affect on me.

Mid-season training will have a positive effect on me because this is part way through my season and I will feel very motivated because I will want to train all the time so I can keep my game steady and keep making improvements so my golf game will improve overall.

Sample of my training programme for cardio training for mid season training

Warm up:

Dynamic stretching which includes lunge and I do this for 30 seconds, do open and closing the gate for 30 seconds and do crossovers for 30 seconds.

5 minute gentle jog to get warm and also helps raise the pulse.

Main Activity:

A 15 mile bike ride which takes about 50 minutes, I usually do this with my dad. This bike ride is mid intensity and long duration because there are a few hills that go up and down.

Warm down:

Static stretching, on lower part of my body, each stretch will last about 30 seconds. This helps increase range of movement and reduces that wastes that are building up in the body.

This training session last about an hour, which this is designed to help improve my fitness.

Off season

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK1	REST	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK2	REST	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK3	REST	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK4	REST	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK5	REST	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK6	REST	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK7	REST	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PRACTICE MY GAME	MATCH
WEEK8	REST	PERSONAL WEIGHTS	REST	CARDIO TRAINING	REST	PRACTICE MY GAME	MATCH

In off season I have more rest periods than mid and pre season; because I will be reflecting back on how my season went and where I need to improve for next season. In off season I find my strengths and weaknesses. This is will have a positive effect on me because I will be assessing my strengths and weaknesses to I see where to improve. When doing personal weights this will be a light training session and not too intense, this is so I retain my power and strength within my golf shots. Cardio training will also be light so I retain my fitness and my supply of oxygen to muscle is great. This will have a positive effect on me because I will always feel good about my self each time I play golf. When I practice golf in the driving range this is just to monitor to see if my game is steady or not.

In off season training I feel less motivated because the season is over and I feel the need for no practice, so reversibility occurs which puts me in a negative mood for the up and coming season.

Fitness test results

<u>Fitness tests</u>	<u>Results</u>
<u>Cardio training</u>	
Running for 15 minutes	Distance ran is 1.5 miles
Cycling for 45 minutes	Distance cycled is 12 miles
<u>Weight training</u>	
bicep curls	Use dumbbells weighing 10kg, 3 sets of 10 reps on each arm. The result is building up muscle mass size.
Seated row	Do 3 sets of 10 reps lifting 50 kg. This helps increase muscle mass.
Bench Press	Bench press 40 kg doing 2 set of 7 reps. This help increase muscle size.
<u>Circuit training – Flexibility</u>	
Stretching for flexibility	Cats up and down. This exercise stretches the lower back. Get onto all fours. Your arms should be in line with your shoulders and your legs should be in line with your hips. Arch your back and hold this position for a count of 30. Then flatten your back for the count of 30. Your eyes should be looking at the floor and your arms should be kept straight
Side Stretch	Stand with your feet slightly apart, aligned with your shoulders. Keep your hips facing forward. Lift your left hand in the air and stretch it to the side over your head. Hold the position, release and repeat with your right arm.
Forearm and Wrist stretch	Lengthen your right arm in front of you without bending your elbow. Use your left hand to bend your right wrist down and stretch it. Repeat for the opposite side.
Hamstring stretch	Lie flat on your back with your legs straight out. Lift one leg into the air and hold the back of your thigh with your hands. Pull your leg towards you. The other leg should be flat on the ground. Hold the stretch and then release it. Repeat, alternating legs.
Rotator Cuff	Hold the golf club at its centre point. Keep your arm extended. Turn the golf club to the right and then to the left. Repeat and then change to your other hand.
<u>Plyometric training</u>	
<u>Squat jumps</u>	I do these 15 times then have a 10 second break and then do it 15 times again. This helps build more core stability up.

<u>Lateral Hurdle Jumps</u>	I do these 10 times then have a 10 second break and then do it another 10 times. This helps build my leg muscle up which helps for balance.
<u>Lateral Box Push Offs</u>	I do these 10 times then have a 10 second break and then do it for another 10 seconds. This helps build my leg muscles and core stability.

Summary

In pre season training I have had improvements in my strength and power in my upper body. This improvement is from personal weights and circuit training, this improvement helped me get much more distance in my shots with control. I need to improve on core stability, so I'm going to spend more time on circuit training with more exercises focused on core stability. So when playing golf I will have more control and balance on the shots, which will help me improve. I will keep the weight training and cardio training the same because my golf has improved from it.

In mid season training I have maintained my improvements in strength and power to my upper body. The improvement is from personal weights, where my muscles have improved in size allowing me to get more distance when playing golf. During the season training I have also improved on the lower part of my body for strength, this is through Plyometric training. This enables me more balance when hitting shots so they are more consistent. My cardiovascular fitness has improved with the training I have done, this enables me to last longer when playing golf. I need to improve on my core stability to do this I will need to spend one day of the weeks on circuit training so I have a mixture of exercise to help strengthen my muscles around my spine. So my target is to improve my core stability by adding in circuit training to help my balance when playing golf.

In off season training I have kept my strength and power by doing little training each week on weight training, this is so no reversibility occurs in my strength, which would have a negative impact on me when it comes to pre season training. I also do cardio training once a week to keep the amount of oxygen supply to my muscles the same, so I'm able to perform longer. This has a positive effect on me when I play a match on Sundays because I'm able to last 18 holes of golf. Reversibility occurred in my lower part of the body with the strength and power because of not including Plyometrics and Circuit training in off season training. This had a bad impact on me before pre season training because this helped me for balance in golf. My target is to improve on including Circuit training on one of the days to help my balance and strength/power in lower part of the body.

Plan of action/targets

- My first target is going to be to improve my cardiovascular system so I'm going to train more times a week.
- Another important target for me is to improve my flexibility because when I am playing golf I find it difficult to get my whole body through the ball so I don't get a good strike on the ball.
- Need to involve plyometric training more times a week because this helps build my muscles up and this helps me get more balance in golf.
- Add a couple more weight training exercises in my routine so when I practice I don't get bored of doing the same things over and over again.
- Spend more time overall on every training session.

Comparison of personal fitness to elite fitness



To compare the strengths and weaknesses of an elite athlete to myself I have chosen Tiger Woods a former world number 1. Tiger Woods train from 2 to 10 hours a day, to help him improve his fitness, where as I train 2 hours a days with rest days each week. Tiger Woods is always trying to improve his conditioning so he can be a better golfer and athlete. His basic routine includes stretching, core exercises, cardio and weight training. Tiger Wood's trainer, Keith Kleven, designed a great program that keeps his upper and lower body in perfect balance and builds his endurance. The training sessions are intense and require solid focus. For cardio training, Tiger Woods either does a run or bike ride. When he is running he will either do a three mile speed run or endurance run up to seven miles. Tiger Wood's says "I enjoy the tempo of cardio; it's peaceful and a good way to get focused for the rest of the workout. Of course, cardio also builds endurance and helps deliver oxygen to the muscles, which gets me ready for two-to-three hours of weights." When I'm doing cardio training I do it once a week in my training program, I work on the same ways to help improve my cardio system, where as Tiger does it every day to help his supply of oxygen to muscles.



Tiger training early morning on his cardiovascular system

Tiger's weight training program is designed for balance, control and endurance, he lifts to enhance his entire body because golf require upper and lower symmetry. He develops his right and left side equally because it improves how you strike the ball. Where my weight training session is mainly for strength and power. This helps me improve my distance when playing golf. Tiger's training program works all of my muscle groups, he thinks it's important to work on strengthen the back and shoulders to support good posture and for legs because legs are the platform for every swing, so he is able to create a strong power base. Tiger say's "I keep things interesting, I use a mix of weights, resistance and isometric training. If you keep your muscles guessing, it

makes them work harder. Whatever I'm doing, I'm careful not to overstress my muscles. I push to the point of muscle failure, not pain."



Tiger woods working on his back, shoulders and arms in his muscle work out to improve on balance, control, endurance, and speed.

Tiger’s trainers use different systems to maintain the flexibility because he needs to be able to release a powerful swing. He stretches up to 40 minutes before each workout. Then he works on his muscles and joints from my spine to toes to create a balance and freedom of movement. Core muscles help control movement and transfer energy from the center of the body out to the limbs, which can obviously impact how well you strike the ball. His core training builds overall strength and flexibility and helps him maintain an ideal state of posture and symmetry. His workouts are intense and long, but he listens to his body to avoid injury. My way of helping flexibility is doing circuit training which includes a range of exercises to help improve my flexibility and I do this once a week, where Tiger does it every day, so he will be more flexible because of him doing exercises each day to improve it. So Tiger Wood's training program is far more intense than mine and is a good comparison to my training program because of the similarities in training exercises.



Tiger stretching whilst playing golf to stay loose and maintain flexibility allowing rhythm and flow in shots

Table for comparison for me against Tiger Woods

<u>Me</u>	<u>Tiger Woods</u>
I train from 1 to 2 hours a day with rest days each week	He trains from 2 to 10 hours a day
My basic routine is weights, cardio and stretching	His basic routine includes stretching, core exercises, cardio and weight training
My cardio training either involves a run or bike ride	For cardio training, Tiger Woods either does a run or bike ride

My weight training is designed for power, balance and endurance	For Tiger's weight training program it is designed for balance, control and endurance
I stretch for about 10 minutes before each workout	He stretches up to 40 minutes before each workout

So overall I think Tiger Woods is a good comparison for me because I play the same sort of style of golf as him.

Analysis of personal training regime

Advantages

Advantages of my training session are that it helps me improve my overall fitness levels for when I'm playing golf i.e. when training I have improved my cardiovascular system levels. So when playing golf this enables me to last longer on the golf course without getting tired, so I'm able to perform the best I can. I have also improved overall in my strength and power; this has helped me in golf to improve my distance when striking the golf ball, balance and good posture for when I'm striking the ball which also allows for better rhythm in my swing which also allows for better connection in the strike. Another advantage is that I always practice my game on Saturdays for an hour to two hours, so I can see where I have improved or if I haven't so I would work on this on next week's training sessions so improvements can take place. I have a variety of training sessions so I don't get bored of doing the same exercises in all sessions during pre, mid and off season. This has a positive effect on me because I don't get bored of each training session, so I'm always happy when it comes to training.

Disadvantages

Disadvantages of my training sessions are that I don't allow time for recovery after each training session so some improvements may not take place. This has a negative effect on me because I'm overtraining so no improvements are occurring, so when I practice golf on Saturday this will be a negative effect on me because I will see no improvements made when I strike the ball. Another disadvantage of my training session is that I don't work that much on my lower part of the body, which helps me for balance and forms part of the posture for when I'm striking the ball. So if I don't have have posture and balance, when I strike the ball it won't be a good connection so I won't be able to perform my best.

Personal fitness from club coach

My coach says my training programme is good but he said I might need another rest day in my pre and mid season training programme so improvements can be made, which will have a positive effect on me because I will notice the improvements. My coach thinks I should include circuit training in off season training program so I'm able to improve on strength/power/endurance so this helps me for balance and good posture for when I'm playing golf. My coach thinks I have a good mixture of exercises so I don't get fed up with always doing the same thing. My coach has noticed the improvements made when I practice Saturday and thinks my training program is correct for me.

Plan of action

- Need to spend more time a week on cardiovascular endurance to help me keep my fitness levels up, so when I play a full 18 holes of golf I will be able to perform my best without getting tired.

- Need to spend more time on strength which allows me to gain more distance when playing golf, which will allow me to play attacking golf. For this I am going to spend more time on weight training.
- I also believe I need to spend more time on agility/flexibility which allows more to more than 1 part of the body at the same time. This will help me with more consistent shots.

2.4.5

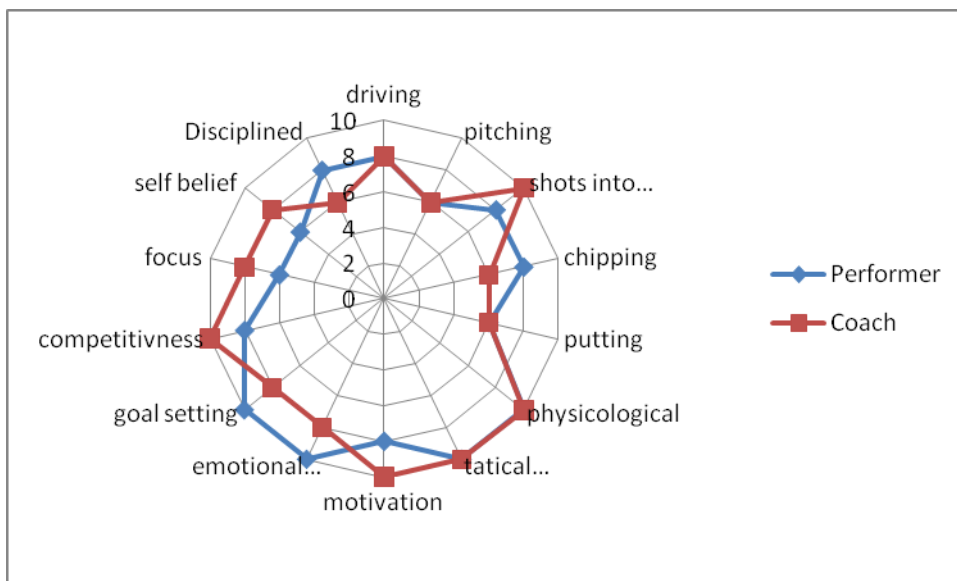
Strengths and Weaknesses

Introduction

In this section, I will carry out an analysis of my own strengths and weaknesses for my performances in golf. I will also do some "Performance Profiling" on my aspects of performances. Profiling will look at the Mechanical, Physiological, Technical and Psychological aspects of my game.

My coach [REDACTED] is (a qualified coach) will assess my strengths and weaknesses for my 2.4.5. He is the assistant professional at Ufford Park Golf Club who is fully qualified.

Wagon-wheel assessment of strengths and weaknesses



My main strengths from this is that I'm good at hiding my emotions when playing golf, so the opponents can't see I'm getting upset when I'm losing so they can take advantage of me in the match. I'm also good at goal setting so at the start of each year I have a target that I want to complete by the end of the year; physiological also has an important part in the goal setting because if I get myself in a positive mood about reaching the goal I know I can do it. Strength is that I have a lot of tactical knowledge for golf so I know the rules and the best option for my approach on each hole at Ufford. My weaknesses is mainly the short game area because my putting, chipping and pitching scored low, scoring about 6, my coach believes there is a lot of room for improvement for my short game where I could drop a few shots, were my handicap will also decrease. My coach has the same view as me but he thinks my emotional control, goal setting, discipline and shots into the green is better than I actually think. My coach also believes that I'm quite competitive when playing against other opponents because I don't like losing.

Technical proficiency

Type of Shots	My strengths and weaknesses	Elite performers strengths and weaknesses	Coach's opinion of me (strengths and weaknesses)
Driving	8/10	9/10	8/10
Pitching	6/10	7/10	6/10
Chipping	8/10	8/10	6/10
Putting	6/10	10/10	6/10

My strengths for technical proficiency are driving because when I practice I mainly practice on long game which involves long shots to green and teeing off. I'm always quite consistent with my drives. My other strength is chipping because when I practice putting, I also practice my chipping at the same time. Another weakness is pitching because when I'm about 60 – 90 yards away from the green, most times I miss the green with my next shot so I'm also gaining shots here. I also struggle with putting because I find the long putts difficult because I find it difficult sometimes to judge the pace, so I sometimes 3 putt.

The elite performers strengths are driving because 9/10 he will always hit the fairway with his drive to leave himself on hitting the green in regulation, so he has a chance of birdies and pars. The elite performers other strength is putting because he is always practicing his putting doing different drills each time and thinking of ways to improve his putting. The elite performer's only weakness is pitching because he feels nervous if the other person is on the green and he knows he has to hit the green to stand a chance of winning the hole.

The coach's opinion of me is the same because he agrees with my ratings and how I play golf. The only rating he does not agree with is chipping because when he has played golf with me he said there is still a lot to improve on when I'm chipping. So the coach believes this is my weakness and said I should practice more on short game particularly chipping. The coach believes my strength is driving because it is very consistent.

Fitness for purpose

Components of fitness	My strengths and weakness	Elite performers strength and weakness	Coaches opinion of me (strengths and weaknesses)
Absolute strength	9/10	10/10	9/10
Aerobic endurance	8/10	9/10	6/10
Cardiovascular endurance	6/10	9/10	6/10
Muscular endurance	6/10	9/10	6/10
flexibility	8/10	8/10	8/10
Agility	8/10	8/10	7/10
Dynamic balance	7/10	10/10	7/10
Power	9/10	10/10	9/10

My strengths for fitness for purpose are absolute strength and power. These are my strengths because when I do training in the gym I spend more time on using free weights and weight machines, so this helps build my muscles allowing me for distance in my shots for when I'm playing golf. My weaknesses are when I'm playing golf are cardiovascular endurance and muscular endurance because when I play golf I get tired when it comes to the last few holes of the round and I'm not performing to the best of my ability. When I'm in the gym I don't really practice on these fitness components because I mainly practice on weights.

The elite's performers' strengths are absolute strength, dynamic balance and power. These are his strengths because he is always practicing on trying to improve his distance in golf. He is also always practicing on improving his balance which will help the elite performer get a better connection when playing golf which allows for more consistent shots. The elite's performers' weaknesses are flexibility because when he is practicing he don't practice on his flexibility which will allow for a more consistent shot because flexibility will allow rotation in the back so the elite performer is able to get his whole body through the ball so which will also help with more power.

The coach's opinion of me is pretty much the same. The coach believes my strength is power and absolute strength because I'm always practicing on this when I'm in the gym which has improved my distance in golf. The coach believes my weakness is aerobic endurance, cardiovascular endurance and muscular endurance because when I'm playing a round of golf I'm always getting tired towards the end and I'm not playing to the best of my ability.

Tactical knowledge and understanding

Tactical of knowledge of the 4 different shots and rules	My strengths and weakness	Elite performers strength and weakness	Coaches opinion of me (strengths and weaknesses)
Putting	8/10	9/10	7/10
Chipping	6/10	7/10	7/10
Pitching	6/10	8/10	4/10
Driving	9/10	10/10	8/10
Rules	7/10	9/10	8/10

My strengths for tactical knowledge is driving because I have a lot of knowledge on this part of the game because I believe that each time you start a hole with a drive you want it to be good because this will have a positive effect on your game because it will make you feel confident about the shot onto the green. Also I believe putting is my other strength for the tactical knowledge because in golf short game especially putting is where the match is won or lost. With putting you have to get the pace and the alignment correct because this is the key on how you hole putts. My weakness for my tactical knowledge is chipping and pitching because this is a part of my game that I do not practice enough so I don't have the efficient knowledge to help this part of my game. So this is where I always lose shots in golf because I'm sometimes unsure what to do.

The elite performer's strengths are driving, rules and putting. This is what the professional practices most on because he believes there are the most important aspects of golf, because he thinks this is where you can gain or lose shots which help you win the match. The professional also thinks that rules are important because when you're in a match your opponent they might break one of those rules and don't know what the ruling is so you apply to correct rules and correct penalty shots, so this also might help you in some cases to win the match. The elite performers weaknesses is chipping because he don't practice this shot that much when he is practicing so when he is playing he doesn't have the correct knowledge so this is where the elite performer loses the game.

The coach's opinion of me differs to my view of my strengths and weaknesses because he believes my strength is driving and rules because I mainly practice the long game so he believes this is my strength. He also thinks rules are my strength because when I play golf I always apply the correct rules and understanding to my opponents and team mates. But my coach believes my putting is not my strength because I don't practice my short game enough. My coach also believes my weakness is pitching because I don't have correct understanding of the part of my game because I do not practice this enough and he believes when I'm playing I get a bit stuck on the knowledge or pitching.

Mechanical underpinning of techniques

Understanding of the different parts involved in the shot for golf	My strengths and weakness	Elite performers strength and weakness	Coaches opinion of me (strengths and weaknesses)
Joints	8/10	9/10	9/10
Movements	8/10	10/10	7/10
Muscles	6/10	8/10	5/10
Contractions	7/10	9/10	7/10

My strengths for the mechanical underpinning of techniques is my knowledge of the movement involved in each type of shot explained in 2.4.1, which is driving, pitching, chipping and putting. Movement occurs in all 4 shots that I have explained and it occurs in the elbow, neck, knee, shoulder and ankle all this movement is essential because this helps for better connection and stick of the ball for each shot. My other strength is my knowledge about the joints and how it helps contribute for every golf shot played. The joints work with the movements involved to produce a good golf shot. My weakness is about my knowledge of all the muscles involved in golf and what they do to help each type of golf shot being played. When playing golf I don't think about the muscles involved in the sport and what they help me achieve in golf.

The elite performers strengths for the mechanical underpinning of techniques is his knowledge about the movement produced in each shot. The elite performer believes that every bit of movement is essential in golf because of helping him to produce a good, clean connection with the shot each time. The elite performer weakness is his knowledge about the muscles used in golf because the elite performer does not have great understanding of muscles.

My coach's opinion of me is slightly different because he just thinks my main strength is joints where as I believe my strengths are joints and movements. He believes these are my strengths because I have the correct knowledge and understanding of this area of the mechanical underpinning of techniques. The coach believe my weakness is muscles the same as I chose because he believes I do not have a great understanding of muscles when applied to golf, so he believes I could improve on the aspect of the mechanical underpinning of techniques to golf and he believes this could also help me improve my game me knowing what types of muscles are used for each type of shot.

5 point plan for improvement

1. Assess your performance - look at past rounds and asses the performance.
2. Set your goals - Work out what you want to achieve
3. Plan how to get there - Which areas of your game need the most work?
4. Schedule time - Schedule practice times but make them realistic and stick to them?

5. Celebrate success - When you have reached a goal, reward yourself with something.

Summary of key points

- Golf is not just about hitting the golf ball. Golf involves tactics to play each hole, practicing and assessing strengths and weaknesses to improve on and psychological aspects as well.
- Training is very important for golf because this helps you assess strength and weaknesses so this allows improving my overall game.
- Elite performers training programme is far more complex than my training programmes.
- For my development plan I will need to improve a lot on my putting. If I want to be a good single figure handicapper. So during pre season training I will want to mainly practice on my putting and short game because during matches this is where the game is won or lost.
- Also for the development plan I will want to work on my approach shots in to the green from about 150 yards+ because if I hit the green in regulation this could help me reduce my score.

Targets

- Improve my overall short game because this is where I gain shots so I don't play to handicap.
- Improve my cardiovascular system to help me last the whole 18 holes without getting tired so I'm able to perform my best. So to do this I'm going to practice every other day on my cardio vascular system by running or cycling.
- Improve my overall knowledge of the mechanical underpinning of techniques, so this will help me improve my understanding of golf more.
- Spend more time on my entire training programmes which are cardiovascular system training, weight training, plyometric training and circuit training which will help me improve in golf.
- Train more times a week on golf itself.

Key terms

- Address - The act of setting the body and club up to the ball when preparing to hit a shot
- Alignment - The position of the body in relation to the initial target.
- Approach - A shot hit towards the green
- Balance - The proper distribution of weight both at address and throughout the swing.
- Birdie - A score of one under par on a hole.
- Bogey - A score of one over par on a hole.
- Break - The amount a putt will curve to the side because of the slope, grain and wind that affect the movement of the ball.
- Bump and Run - A pitch shot around the green in which the player hits the ball into a slope to deaden its speed before settling on the green and rolling towards the hole.
- Bunker - A hollow comprised of sand or grass or both that exists as an obstacle and, in some cases, a hazard.
- Chip and Run - A low-running shot played around the greens where the ball spends more time on the ground than in the air.
- Decelerate - A decreasing of the club head speed in the hitting area. Divot - The turf displaced when the club strikes the ball on a descending path. It also refers to the hole left after play.
- Follow-through - That part of the swing that occurs after the ball has been struck.
- Footwork - The coordinated action of the lower body during the golf swing.
- Level-Par - A term describing a score of even par.
- Lie - As it relates to the ball, the position of the ball when it has come to rest. As it relates to the club, it is the angle of the sole of the club relative to the shaft.
- Line - The intended path of the ball usually referred to in the context of putting.

- Long Irons - The 1-4 irons.
- Par - The score an accomplished player is expected to make on a hole, either a three, four or five.
- Pre-Shot Routine - The actions a player takes from the time he selects a club until he begins the swing.
- Green in Regulation - A statistical category on the pro tours and a popular method for amateurs and recreational players to rate their rounds. To achieve a green in regulation, your ball must be on the putting surface in the expected number of strokes in relation to par.
- Reading the Green (or Putt) - The entire process involved in judging the break and path of a putt.
- Rhythm - The coordination of movement during the golf swing or putting stroke.
- Setup - The process of addressing the ball, so that the club and body are properly aimed and aligned.
- Shank - When the ball is struck on the hosel of the club, usually sending it shooting off to the right.
- Short Game - Those shots played on and around the green, including putting, chipping and pitching, and bunker shots.
- Slice - A ball that curves from left to right to a greater degree than a fade.
- Stance - The position of the feet at address.
- Target Line - An imaginary (often visualized) line drawn behind and through the ball to the point a player is aiming. If the player is planning to curve the ball, this point is the initial -- not the ultimate -- target.
- Three-Quarter Shot - A shot played with a shortened backswing and lessened arm speed.
- Tier - A rise or level in a green or tee.
- Timing - The sequence of motions within the golf swing.
- Topped Shot - A low, bouncing shot caused by the bottom of the club striking the top half of the ball.

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Gary Player - "The more I practice, the luckier I get."