



## Coaching Program 2019-2020

### Elite Amateur Players

#### COACHING TEAM.

Head Coach - David Silva.

Assistant Coach – Niklas Dahlgren.

Mental coaching – Panu Kuhlberg

**PRIMARY OBJECTIVE** – Develop elite player technical skills for international tournament golf via personally designed practice and training programs, develop elite competitive mentality, discipline, guidance regarding the physical conditioning required at the top level of amateur golf. Create career path for players wanting to compete on the highest level with the goal of professional golf.

#### A. Program Details. 1st Nov. 2019 to 30<sup>th</sup> Sep. 2020 - 11 Months, 6 cycles.

- Cycle 1 – 1.11. – 20.12.2019:  
7 weeks of intensive technical development at Season Golf
- Cycle 2 – 2.1. - 14.2.2020:  
2 weeks' training/tournament January camp at own extra cost; 4 weeks Technical Development at Season Golf. – 6 weeks total.
- Cycle 3 – 15.2. - 31.3.2020:  
2 weeks' winter training camp at extra cost, 5 weeks technical development and pre-season training at Season Golf – 7 weeks total.
- Cycle 4 – 1.4. - 2.5.2020:  
Tournament cycle A, training at Season Golf, coach observations to selected tournaments – 5 weeks total.
- Cycle 5 – 4.5. – 17.7.2020:  
Tournament cycle B, weekly training/practice with tournament prep, analysis and coach observations– 10 weeks total.
- Cycle 6 – 18.7.-30.9.2020:  
Tournament cycle C – weekly training/practice with tournament preparation, analysis, coach observations to selected tournaments – 11 weeks total.
  
- TOTAL of 47 weeks of coach driven training

**B. SGA Elite Amateur Training.**

- 6 training/tournament cycles totaling 47 weeks of intensive group and personal designed coaching, technical development, tournament preparation, analysis and execution.
- 3-4 x 2 hr group training in cycles 1 to 4, weekly 6 to 8 hr training
- Tournament planning, preparation and analysis in cycles 3, 4 & 5
- Group coaching comprised of 4 to 5 players per group.
- Trackman 4, SAM Putt Lab, Video, Bodi Trak, Strokeaverage data systems, Direct/Dedicated Practice templates with daily/weekly/monthly work volumes, and progress reporting.
- Weekly sessions – technical development; wedge/short game, putting & testing.
- Elite Amateur players expected to train/practice minimum of 36 hrs per week

**C. Details & services.**

- Advanced golf technique, high level training, guidance and advice.
- Strategy, course management, tournament prep, analysis & coach attendance.
- Mental Training program.
- SGA Training Camps in Finland and abroad
- Own practice time and on-course play required – minimums per cycle.
- Winter Season Golf practice balls – included in group training, SGA unlimited practice ball card is included in annual fee.
- Personal training program with daily/weekly/months rep volumes per game area with Tournament Schedule – DIRECT/DEDICATED PRACTICE – DDP Templates.
- SGA Fundamentals documents, statistics analysis and goal setting
- Head Coach or Assistant Coach accompaniment, observation and training at 1-2 international and minimum of 6 national tournament sites.
- Progress reports to players, management & Federation coaches.
- Coaches meet & discuss player development throughout the program.
- Access to SGA coach's documentation on elite practice methods, drills, etc.
- Integrate SGA Player Conduct code – work, training and competing standards.
- Career guidance and management available.
- Service to help players get USA college scholarships at extra cost, 500€ per year, totally 2.000€. First installment to be paid when the scholarship has been granted, following three installments to be paid at the beginning of second, third and fourth year in college.