



Coaching Program 2019-2020

Pre-Elite Amateur, junior players

COACHING TEAM

Head Coach - David Silva

Assistant Coach – Niklas Dahlgren

PRIMARY OBJECTIVE – Develop elite amateur player skills for national tournament golf via personally designed practice and training programs develop competitive mentality and training discipline required at the top level of youth golf. Create path for players wanting to compete on a high level with goal of national youth teams, future college and elite amateur golf.

A. Program Details. 1st Nov. 2019 to 30th 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 including minimum of 3 regional tournaments with coach presence.

B. SGA Pre-Elite Amateur Training.

- 6 training/tournament cycles totaling 47 weeks and 141 hours of intensive group and personal DESIGNED coaching, technical development, tournament preparation, analysis and execution.
- On-site tournament preparation, coaching and analysis.
- 3 x 2 hr group training in cycles 1 to 4 and weekly 6hr training, tournament planning, preparation and analysis in cycles 3, 4 & 5.
- Trackman 4, SAM Putt Lab, Video, Bodi Trak, Strokeaverage data systems, Direct/Dedicated Practice templates with daily/weekly/monthly work volumes and progress reporting.
- Group Coaching comprised of 4 to 5 players per group with sessions equally divided between Head and Assistant coaches.
- Weekly sessions – technical Development; wedge/short game, putting and testing.
- Pre-elite players expected to train/practice minimum of 12 hrs per week; 50 hrs per month and 550 hrs per year incl. training with coach and own practice.

C. Details & services.

- Advanced golf technique, high level training, guidance and advice.
- Strategy, course management, tournament prep, analysis & coach attendance.
- SGA Training Camps in Finland and abroad, at extra cost
- Own practice time and on-course play required – minimums per cycle.
- Practice balls in Season Golf included in the price in group training
- 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 3 national tournament sites.
- Coaches meet and 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.