



Coaching Program 2019-2020

Satellite Tour Players (pro or amateur)

The coaching program is for players, who play on satellite tours (f.ex. ProGolf Tour in Germany, Finnish Tour).

COACHING TEAM.

Head Coach - David Silva.

Assistant Coach – Niklas Dahlgren.

Mental coaching – Panu Kuhlberg

PRIMARY OBJECTIVE – The coaching program is for players, who play on satellite tour (f.ex. ProGolf Tour in Germany, Finnish Tour). 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 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** – Tournament cycle 1: 1.1.– 5.5.2020
Players participate to tournaments outside Finland according to their tournament schedule made with the head coach. If there are enough participants in the group (min 5 players) coach will attend some of the competitions. When in Finland, the players join practice with Elite Amateur or Pro group (practice 4 x 2 hours weekly). During tournaments abroad online and video coaching.
- **Cycle 3** – Tournament cycle 2: 6.5. – 30.9.2020
Tournament cycle C – weekly training/practice with tournament preparation, analysis, coach observations to selected tournaments – 11 weeks total.

B. SGA Satellite Tour Players Training.

- 3 training/tournament cycles including intensive group and personally designed coaching, technical development, tournament preparation, analysis and execution.
- 4 x 2 hr group training in cycles 1, 8 hrs training
- Tournament planning, preparation and analysis in cycles 2 and 3
- 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.
- Satellite Tour Players 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 – four yearly payments of 500€ when the scholarships is granted