



Coaching Program 2019-2020

Professional Tournament Players

Head Coach - David Silva

Assistant Coach – Niklas Dahlgren

Mental coaching – Panu Kuhlberg

PRIMARY OBJECTIVE – Develop Tour professional player technical skills for professional tour tournament golf via personally designed practice & training programs; develop Tour competitive mentality, discipline and guidance in physical conditioning required at the highest level of golf. Create career path for players wanting to compete on the highest level with ultimate goal of PGA Tour/LPGA Tour.

Pro Tour program players must have total commitment to the processes developed by the Head Coach for each player in terms of training and practice hours, pre-season and in season training/practice camps, sessions and days. It takes total dedication and 100% coachability to progress onto the international top-level tours.

Additionally, all analysis and practice systems designed to record, analyze and structure pro training/practice must be adhered to – DDP Templates, Strokeaverage.com analysis systems, Golf Equipment Custom Fit parameters, Nutrition, Physical Training/Development, Mental Coaching and Tournament Schedules are to be discussed, finalized and completed with the Head Coach.

Access to the SGA Pro Tour Level coaching is limited and subject to interview, analysis and contractual obligations by player, SGA and Head Coach.

Newcomers to the Tour Pro category players accessing the program are analyzed after 3 months, and the coaching agreement can be rescinded after this by SGA Management if the player is not meeting his programmed requirements.

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 selected 4 tournaments with coach presence nationally, regionally or internationally at player own cost.
- All training camps abroad are optional extra cost.
- Pro Tour players must have own physical training and conditioning programs.

B. SGA Pro Tour Player Training.

- 6 Training/Tournament Cycles totaling 47 weeks and 375 hours of intensive group and personal DESIGNED coaching, technical development, tournament preparation, analysis and execution.
- 3 x 2 hr group training + 1 individual session/week in cycles 1 to 4; weekly 6 to 8 hr training, tournament planning, prep, analysis in cycles 4 & 5.
- Trackman 4, SAM Putt Lab, Video, Bodi Trak, Golf Book, 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.
- Weekly sessions – Technical Development; wedge/short game, putting & testing.
- Tour Pro Players expected to train/practice minimum of 36 hrs per week; 144 hrs per month and 1600 hrs per year incl. training with coach and own practice.
- Access to additional SGA specialist coaches such as Panu Kulhberg Mental Sports Coach, assistance from Niklas Dahlgren.

C. Details & services.

- Advanced golf technique, high level training, guidance and advice.
- Strategy, course management, tournament prep, analysis & coach attendance.
- Own practice time and on-course play required – minimums per cycle.
- SGA Training Camps – Totaling 5 weeks are extra cost per week.
- Winter Season Golf practice balls – Included in group training and own card included in 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, goal setting, etc.
- Head Coach accompaniment, observation and training at selected tournament sites in Finland.
- Guidance with equipment choice and personalization.
- Feedback to Players, Management Companies & Sponsors.
- 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.