



# The Golf Institute at Bond Head Player Development Program

In conjunction with the CJGA

## Week 1

- Fitness Assessment
  1. Flexibility Test
  2. Cardiovascular Fitness Test
  3. Golf Specific Strength Test
- Biomechanical Assessment
  1. 60 point Biomechanical Evaluation
- Golf Swing Assessment
  1. Trackman testing for Ball Speed from Driver and 5 iron
  2. TOMI Digital putting stroke evaluation
  3. Take home packages will be given to all students so they can monitor progress
  4. Tests performed by Liam Mucklow, Bruce McCarrol's swing assessment done by satellite video

## Week 2

- Players given their personalized fitness programs
- Personal training session:
  1. Players will be taken through their individual program and given instruction on technique, work load, and rest time
- Trackman practice station
  1. Players will be introduced to the following components of ball flight: Ball Speed, Launch angle, Spin Rate
- TOMI/ PPM practice station
  1. Players will be introduced to Swing Path and its components
  2. Players will learn about compatibility of putter and stroke

## Week 3

- Intro to golf specific strength training
  1. Players will be shown the difference between power and strength
  2. Introduced to Strength Training
- Video lesson on lower body mechanics
  1. Proper lower body mechanics will be outline in mechanics and principle
  2. Student lower body mechanics will be analyzed and critiqued
  3. homework will be given
- Putter fitting using Scotty Cameron and PING iWi x/ TOMI
  1. Several putters will be available for test with TOMI system
  2. we will determine the ideal putter design for the students given swing path

## Week 4

- Conditioning re-test
  1. Students will be run through the initial fitness test
  2. improvements will be charted
  3. Changes to individual programs will be made if necessary
- Putting stroke re-evaluation
  1. Initial putting test will be re-done
  2. improvements on path will be charted
  3. new putting drills will be given to the students as homework
- Re-test launch conditions
  1. Progress will be monitored by re-testing Ball Speed from driver and 5 iron
  2. Launch Angle and Ball Spin will also be charted at this time

## Week 5

- Personal training session with modified program
  1. Students will be guided through the amendments to their physical training program
  2. Regular workout as scheduled
- Video swing evaluation with take home CD
  1. video will be sent down to Bruce McCarrol to be analyzed prior to next session
- Wedge test and fit using Wrx wedges from PING
  1. Spin rate test with Trackman
  2. Players will be fit for loft, bounce, and sole design

## Week 6

- Motion Reality Session
  1. Recommended swing changes from Bruce McCarrol will be implemented using the Motion Reality System
  2. Take home CD will be provided
- Accra Shaft testing
  1. Ideal golf shaft specs will be determined using Trackman
- Golf specific strength testing
  1. Students will be tested with the STRENGTH portion of their golf fitness programs
  2. Personal training session

## **Week 7**

- Driver fitting session on Trackman
  1. ideal head and shaft combinations will be determined
  2. On-site testing with PING
- Video Capture to be sent to Bruce
  1. changes from initial video will be reviewed
  2. new recommendations will be created by Bruce
- Indoor swing training
  1. practice drills given to help train skills to be worked on
- Personal training session
  1. introduction to POWER training

## **Week 8**

- Swing lesson as per Bruce's recommendations
  1. review of fundamental drill
  2. supervised practice
  3. homework drill's to be given individually
- Lie/loft/swingweight check of all clubs
- Trajectory analysis with Trackman
  1. all clubs should be reaching the same maximum height for consistency purposes
  2. inconsistencies will be indemnified and corrected
- PPM/TOMI training

## **Week 9**

- Gapping Analysis
  1. we will be looking for any new gaps that may have formed due to increases in speed
- Final Putter re-test
  1. Stroke path and rotation will be tested to quantify improvement as well as putter change
- Distance control on pitch shots using Trackman
  1. Approach practice will be done to help students gear their 25, 50 and 75 yards pitch shots
- Personal training session
  1. continue POWER training
  2. Golf swing speed exercises will be given

## **Week 10**

- Final swing speed test
- Final conditioning test
- Final strength test
- Take CD final swing review
- Students will leave with a "Gameplan" for the 2009 competitive season