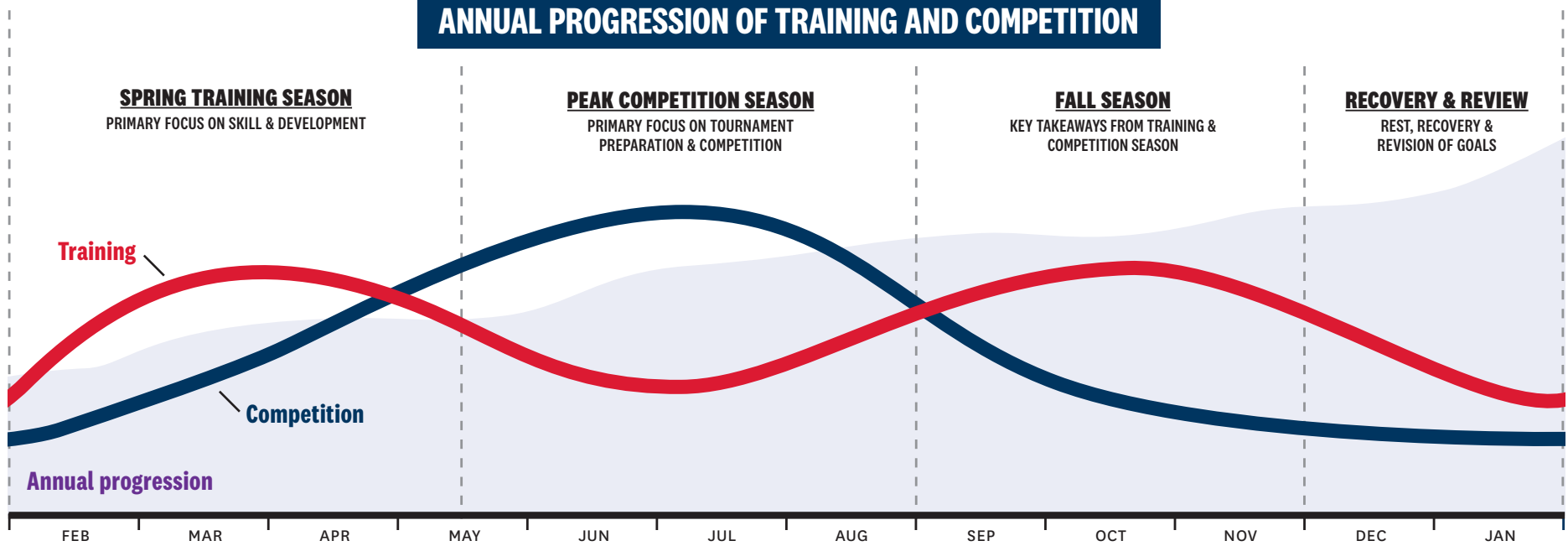


TRAINING & COMPETITION GUIDE FOR ELITE JUNIOR GOLFERS

ANNUAL PROGRESSION OF TRAINING AND COMPETITION



EXPERT ADVICE

“Having the conviction and discipline to stick to your training plan and tournament schedule, without getting distracted by quick fixes or flashy Instagram posts, is essential for solid and steady, long-term personal development.”

- Mike Small,
Head Men's Golf Coach, Illinois

“It isn't possible to be in top shape 52 weeks a year, therefore, it is imperative that the best athletes take time to strategically plan around their tournament calendar and identify time for competition, skill development, rest and recovery.”

- Anne Walker,
Head Women's Golf Coach, Stanford

“Skipping tournaments can be hard, but it's essential to take time to work on your game, rest your mind, and let your body recover.”

- Chris Zambri, USNDP Head Coach

“Elite golfers master the art of developing a schedule that balances practice, play, workouts, rest, and fun. When your body is fatigued and can't perform at its peak, the effort you've invested in your game won't reflect in your results.”

- Dr. Harry Sese, USNDP High Performance Coach

“Many junior golfers play too many tournaments and don't spend enough time on intentional training, but thriving long-term comes from a more balanced approach.”

- Dr. Beth Brown,
USNDP Senior Athlete
Development Specialist

PLANNING GUIDELINE

- Optimizing performance
- Maximizing recovery
- Increasing practice
- Effectiveness & efficiency

- Lack of intention and structure
- Golfers over-compete and under-train
- Greater chance of injuries
- Higher rate of burnout

★ PLAN A (TOP RECOMMENDATIONS)

★ PLAN B (ONLY WHEN NECESSARY)

✗ THINGS TO AVOID

PRACTICE PLANNING



- 5-8 months per year dedicated to golf
- 20-30 weeks; includes golf-specific training/practice and tournament play
 - 10-20 hours per week
 - 2-4 hours per session
- Minimum of 12 weeks off from golf (do not need to be consecutive)
- Weeks off from golf provide the possibility to play a second sport
 - 60:40 training-to-competition ratio
- Detailed data and technology-use to gather performance feedback and set goals

- 8-10 months per year dedicated to golf
- 30-40 weeks; includes golf-specific training/practice and tournament play
 - 15-30 hours per week
 - 2-4 hours per session
- Minimum of 10 weeks off from golf (do not need to be consecutive)
- Weeks off from golf provide athletes with the possibility to cultivate other parts of their identity
 - 50:50 training-to-competition ratio
 - Limited feedback and data collection
- Goals only for competitive performance

- Up to 12 months per year dedicated to golf
- Having the same practice plan for the entire year
- Less than 25% of weeks devoted to training and skill development
- Taking three or less weeks off from golf
- No plan with coaches
- No data gathering
- Not having goals to work toward

TOURNAMENT SCHEDULING



- 8-12 multi-round tournaments per year
- Focus on local and regionally appropriate events
- Maximum of three consecutive competitive weeks of multi-round tournaments
- Identify 5-6 tournaments to prioritize (“majors”)
- Have a back-up plan for not qualifying for a “major”

- Up to 18 multi-round tournaments per year
- Maximum of five consecutive weeks of multi-round tournaments
- Adjust when not qualifying for a “major”

- Over 20 multi-round tournaments per year
- Playing as many as eight or more consecutive multi-round tournaments per year
- Considering every tournament to be a “major”
- Considering travel days as recovery days
- Having no back-up plan

PHYSICAL TRAINING



- Year-round with intentional rest and recovery
 - 6-12 hours per week
 - 1-2 hours per session

- Year-round with limited rest and recovery
 - 12-14 hours per week
 - 2-3 hours per session

- Random training schedule with no planned rest and recovery

DEVELOPING ATHLETES WHO

