

Golf Presentation Outline

By David W. Smith, Author of "Junior Golf", 2019 National High School Coaches Assn., Hall of Fame Inductee

Optimal Golf Development for Individual and Team Success

1. Skilled technique leads to skilled play
 - a. Skilled golf is NOT strength dependent; It is "SKILL" dependent
 - b. Developing skills takes understanding of skill development: "Planting Seeds"
2. Team Development: Belief in your program; Understanding player development; creating competitive opportunities
 - a. Most players starting out add too many swing elements
3. Step 1: Creating the culture, passion, belief
 - a. Sincere belief in your program and players
 - b. Dress for success
 - c. Branding your team
 - d. Beyond HS play: Making players WANT to play in the off-season
 - e. Pro events
4. Step 2: Developing an Advanced Foundation
 - a. Training, competing, performing
 - b. Training for Success
 - c. First skill: Putting
 - i. Keep the Plane the Same: Hit and Hold: two priceless ideas
 - ii. Common putting problems; must address and correct these
 - iii. Putting drills; creativity; alignment, lines, star drill; WAR
 - d. Chipping; similar to putting
 - i. Grips
 - ii. Alignment; linear stroke, practice keys
 - iii. Common problems
 - e. Full Swing: Posture, spine angle, balance, stance, swing plane, swing path, finish HOLD
 - i. Advanced Strokes: Full turn; extension, inside to outside, leg drive, 'let the club pull you around,'
 - ii. Common problems; casting, over-rotation; shoulder tilt, too much right hand, outside to inside (slice), too fast, too short, lifting the head, too much forward press; grip issues, too much wrist, not enough wrist, alignment, no hold, left arm.
 - f. Sand/Bunker Play
 - i. Optimal Bunker Play; avoiding the typical bad technique/swing
5. Evolution of a Player's development
6. Create Memories