

# A philosophy on golf instruction and training



**ASSIGN  
BUSTER**

Golf instruction is a business. Constantly pushing the limits of our knowledge and seeking out the world's most innovative ideas will ultimately allow us to satisfy each one of our customers in the best possible way. Putting all of our knowledge and all of our effort into everything we do is the only way we will inspire success. Golf is a sport. There are three major elements of this sport. The full swing, the short game, and the mental game. Each element must be acknowledged and trained in order to achieve a high level of performance and enjoyment in the sport of golf.

**The Full Swing:** The full swing is one of the most complex and demanding skills in all of sport. In order to train the full swing effectively instructors must possess a clear understanding of the fundamental physical movements that create it. Instructors should also be aware of the physical abilities and limitations of each student as they pertain to performing these movements and skills. It is the job of the instructor to remain focused on developing a plan for each student that will allow them to continually achieve measurable progress toward mastering their full swing.

**The Short Game:** The short game is an essential part of golf, and it must be treated as such. All play inside of 100 yards, chipping, pitching, bunker play, and putting are all elements of the short game. As in the full swing it is essential that instructors possess an in depth understanding of all the fundamental physical movements that make up each short game skill. Instructors must also be aware of each student's physical abilities and limitations as they pertain to performing these movements and skills.

It is the Job of the instructor to remain focused on expressing the importance of the short game to their pupils, and developing a plan for each student that will allow them to continually achieve measurable progress toward mastering their short game. \*In order to achieve success in the full swing and / or the short game, students must be outfitted with equipment that meets their individual needs. In order to determine the equipment needs of each student the instructor must possess an evolving understanding of golf equipment and custom fitting procedures.

It is the Job of the instructor to remain focused on providing the student with the knowledge and means needed to obtain equipment that will allow them to achieve measurable progress toward mastering their full swing and short game. The Mental Game: As in all other sports it is essential for participants in the sport of golf to develop skills beyond the physical realm to achieve at their highest level. Instructors must possess an understanding of sports psychology and the human brain