



THE BODY SWING CONNECTION

HOW PHYSICAL DEVELOPMENT IMPACTS SWING TECHNIQUE

HI I'M SHAWN

- ▶ B.S. Exercise Science EWU
- ▶ TPI Level 2 Medical/Level 3 Fitness
- ▶ Mobility Specialist (FRC)
- ▶ Corrective Exercise Specialist
- ▶ Kvest 3D Certified
- ▶ Coached High School golf for 11 years, College for 4
- ▶ Here today because of one of my coaches!





TODAY'S GOAL

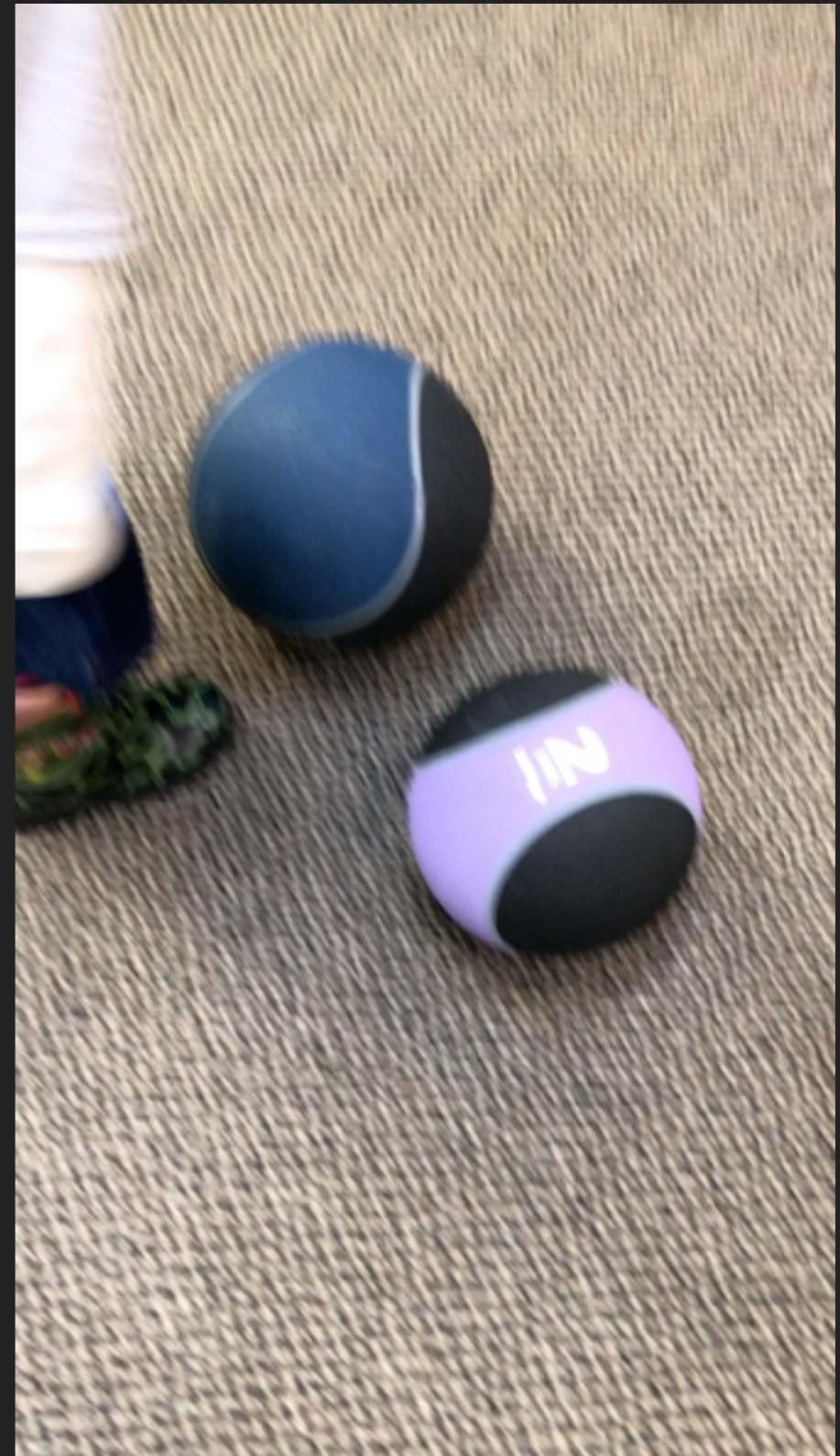
**TO BETTER UNDERSTAND
YOUR ATHLETES**

9 STAGES OF LONG TERM ATHLETE DEVELOPMENT (ATHETICS.CA)

- ▶ Active Start Ages 0-6
- ▶ FUNdamentals: Ages 6-9 Boys and 6-8 Girls
- ▶ Learn to Train: Ages 9-12 Boys and 8-11 Girls
- ▶ Train to Train: Ages 12-16 Boys and 11-15 Girls
- ▶ Learning to Compete: Ages 16-18 plus Males and 15-17 Females
- ▶ Train to Compete Ages: 18-21 Males and 17-21 Females
- ▶ Learning to Win Ages: 20-23 Males and 20-23 Females
- ▶ Winning for a living: Ages 23 plus for Males and Females
- ▶ Active for Life: Any Age

CHRONOLOGICAL AGE VS BIOLOGICAL AGE

- ▶ Differs for each gender and for each individual athlete
- ▶ How they progressed through the early phases plays a role
- ▶ If you have athletes struggling with coordination, balance, motor skills....chances are they missed some of these phases
- ▶ You can help!



TRAIN TO TRAIN PHASE

- ▶ Athletes will change physically at a faster rate here
- ▶ Injury rate increases due to the rate of bone growth vs muscle adaptation
- ▶ Movement patterns may be compromised or change due to changes in range of motion
- ▶ Focus on flexibility, posture
- ▶ Skill development may be difficult here due to the rapid changes

LEARNING TO COMPETE PHASE

- ▶ This is where specialization can occur
- ▶ Advanced motor skills will develop
- ▶ Increase the amount of competitions
- ▶ Ok to have more competition opportunities than practice
- ▶ Focus on mental, emotional and physical development
- ▶ Many athletes are now able to move into a more traditional strength program

SWING CHARACTERISTICS (NOT FAULTS!)

- ▶ Early Extension
- ▶ Over the top
- ▶ Reverse Spine Angle
- ▶ Chicken Wing
- ▶ Sway/Slide
- ▶ Loss of Posture
- ▶ Casting



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- ▶ Why are these swing characteristics happening?
 - ▶ Are they bad?
 - ▶ Is the athlete physically capable of making a swing change?
 - ▶ What can you do to help?

**WHEN AN ATHLETE'S PHYSICAL
ABILITIES MATCH UP WITH THEIR
SWING, THAT'S WHEN THE MAGIC
HAPPENS!**



**BUT WAIT.....YOU ARE
WORKING WITH
ATHLETES WHO ARE
CHANGING
PHYSICALLY ON A
DAILY BASIS**

POSTURE ASSESSMENT

- ▶ Have your athlete set up for a mid iron shot and observe what their posture looks like
- ▶ C/S/Neutral Posture
- ▶ Why does this matter for golf: starting posture dictates many of the movements need to swing a golf club, it's hard to make changes any where else without addressing this first

CHECK THEIR SQUAT AND LUNGE

- ▶ Check for depth of squat
- ▶ Weight shift forward/back or right/left
- ▶ Where does their natural stance go to
- ▶ How is their balance
- ▶ What happens to their spine as they move
- ▶ Why does this matter for golf: Golfers must use both legs independently and together, they push into the ground to create power, they adapt to uneven surfaces, they squat to read putts!

TOE TOUCH/REACH BACK

- ▶ Can your athlete touch the ground or their toes?
- ▶ Notice what their hips and spine are doing with this motion
- ▶ Can your athlete bend backwards?
- ▶ Notice what their spine is doing with this motion
- ▶ Why does this matter for golf: The ability to hinge from the hips aids in a good set up posture, the spine needs to flex and extend well to rotate properly

TORSO/HIP ROTATION

- ▶ Ask your athlete to rotate just their upper body and then their lower body
- ▶ Notice if they can do these motions independently of the other
- ▶ Are they actually rotating?
- ▶ Why does this matter for golf: Rotational patterns are essential to creating consistency with the swing and are often the last pattern junior athletes develop.

A FEW OTHERS YOU MAY WANT TO CHECK

- ▶ Single Leg Balance
- ▶ Skipping forward and back
- ▶ Jogging forward and back
- ▶ Bounding
- ▶ Lateral motion
- ▶ Coordination drills for hands and feet

**WHAT DOES THIS ALL MEAN
FOR YOU AS THEIR COACH?**

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- ▶ This is all information to help you better understand your athletes
 - ▶ For many players you may be the only one teaching them the skills to play golf and helping them learn how to move better will make this sport much more fun!
 - ▶ For your better players, you may not help with their swing as much, but you can help them become better athletes

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- ▶ Incorporate exercises into your warm-up/cool down at practice that will help reinforce better movement patterns
 - ▶ Swing changes will be tough if an athlete is growing, exercise can help them adapt to those changes faster
 - ▶ Track your athletes every season, screen at the start and finish
 - ▶ Narrow down the most important item to help them with and keep it simple!

COACH SHAWN'S ESSENTIALS TO FITNESS FOR JUNIORS

- ▶ Accelerate and decelerate
- ▶ Hand eye coordination
- ▶ Foot speed and coordination drills
- ▶ Create a team environment
- ▶ Create a competitive environment
- ▶ Know how to coach the basics really well!

Coach for what you want vs what you don't want and never assume.

JUST TELLING ATHLETES WHAT THEY CAN'T DO DOESN'T WORK. TRUSTED COACHES HAVE A GROWTH MINDSET APPROACH. THEY WANT THEIR ATHLETES TO GROW SO THEY CARE ENOUGH TO TELL THEM THE TRUTH AND THEN GIVE THEM THE STRATEGIES AND SKILLS TO CLOSE THE GAP. -BRUCE BROWN - PROACTIVE COACHING





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