






CGF Performance Coach Development Course

'To help future Czech coaches develop skills to deliver world class coaching to players within the performance pathway'

Introduction

The Czech Golf Federation has seen steady progression in performance in both WAGR ranked players and performances in major European Team events across all squads over the past 10 years. The CGF performance strategy aims to increase these metrics over the next four years, with specific focus around:

-  Medaling in European Amateur Team Championships at age group or full international level and sustaining the quality of players representing the CGF in these championships over time
-  Increasing the number of players transitioning onto major professional tours
-  Progressively higher positioning in World Amateur Team Championships
-  More amateur players featuring in the top 100 of WAGR
-  Wider base of junior performance players in Czech golf environment, more players on the Czech youth rankings

It is expected that PGAC members will fulfil key roles within the coaching workforce within the CGF and throughout the performance pathway. Further coach education in the pertinent areas is important to ensure a PGAC coaches are aligned on coaching philosophy and main objectives of working with players and squads in the CGF environment.

Aims of the course

The education course aims to equip future CGF and performance coaches with the skills necessary to successfully meet the coaching demands of the context in which they deliver their work. and a critical understanding of their practice to increase capacity for growth. Therefore, understanding the needs of the players, what they already receive outside the federation and where federation coaches can add value to the players development is central to the learnings delivered through this course.

Bring to life the theory around technical, tactical, and psychological areas of performance coaching to the real world in a blended learning approach and applied in a practical setting.

Learning Objectives: 1. Technical and Tactical Objectives

Technical Elements

- Technical aspects related to the short game areas identified within the CGF as KPI's to competition success and their practical delivery in squad camps and individual sessions.
- Framework for setting up practice and development for players related to short game and putting.
- Increased technical knowledge around:
 - Identification of faults and prescribed drills required to make improvements in the set up and shot patterns of elite players
 - Practical application to help players improve proximity and putting numbers
 - Skill development
 - Developing practice sessions in individual and squad environments related to short game and putting that target the needs of the individual players

Skills Development

- Provision of skill development tasks with objective scoring outcomes related to the course.
- Constraints based learning theory and how this can be applied in a golf setting.

Process for delivering technical development in CGF camps / training days

- Identify the players need for change in performance context, understanding the context of the player and how and when to provide technical intervention.
- Effective use of technology to feedback to personal coaches with realistic and manageable suggestions. Developing skills to ensure personal coaches are able to buy in and clearly implement the changes suggested.

Learning Objectives: 2. Designing Programmes

Key skill areas, target numbers and their influence on performance

- Understanding of how scores are constructed and the implications on how this informs subsequent coaching delivery and player performance.
- Effective knowledge and practical use of the CGF target numbers at various stages through the pathway to help players direct attention to the correct areas in practice.

Performance Planning and Analysis and Review

- Effective use of statistical data to inform development planning, coaching interventions, personal coach communication and in-tournament advice (e.g., after rounds).
- Goal setting principles.
- Using statistical and qualitative measures to annually review performance.

Session and Camp Design

- Develop expertise in effectively planning, designing, and implementing world class CGF sessions that deliver on a clear purpose aligned with specific goals through:
 - Understanding of skills acquisition fundamentals - how players acquire skills and transfer these to the course in competition
 - More applied knowledge of practice types, including how and when to implement them related to the individual context of the player and the environment
 - Working from a clear framework which puts the target numbers of the key skill areas at the heart of planning and delivery
 - Increased awareness of the role of Representative Learning Design and its principles and where it sits on the practice continuum
 - Justification and help for players to understand how and when to shift their practice types in own practice to maximize impact and effectively transfer practice to golf course

- Understand how to effectively design and set training plans aligned to the players individual goals and wider CGF goals on communication programmes to engage, motivate and track players away from coaching sessions.

- Develop understanding around a clear strategic framework to maximize scoring opportunities on the course in a competitive context.
- Comprehensive understanding of how to use Pro-visualizer software to map courses pre-tournament.
- Expertise in helping players with effective practice rounds, test strategy and make more informed decisions.
- Better understanding of when and how to provide feedback to players before, during and after competition.

Learning Objectives: 3. Psychological Objectives

Integrating Psychological Characteristics into Practice Design and Coaching Delivery

- Developing a working knowledge of how to integrate the Psychological Characteristics associated with elite golfers into technical and tactical training/ coaching sessions.
- Develop an understanding of the theoretical justifications of why this is important in the context of Federation coaching and in the effective transfer of skills from practice to performance.

Focus and Distraction Control, Commitment and Realistic Performance Evaluation

- Develop ability to deliver content around the key psychological areas with a scientific underpinning to positively influence players mindset towards both practice and competition.

Learning Objectives: 4. Talent Development in Golf

Models of Talent Development in Sport

- Understand key considerations in talent Identification and talent development in golf. Specifically how talent is identified in contemporary pathway pro-grammes and if it is possible in the context of developing elite golfers

Learning Objectives: 5. Performance Lifestyle

Planning and Organizational Skills in Developing Golfers

- Help players organize and manage their time effectively through an understanding of goal setting, time management and scheduling principles and bring this to life to influence the lifestyle and practice behaviors of players in the CGF.

Managing Transitions in Developing Elite Golfers

- Understanding the theoretical background and developing core practical skills to advise and assist players in managing various transitions in their career from school to college and college to the professional game.

Learning Objectives: 6. Physiological Objectives

Conditioning and Nutrition in Practice and during Tournaments

- Understanding specifics of sports training for children and young people in terms of conditioning

- Basic fitness diagnostic options for golf coaches
- Basic TPI testing for golf coaches
- Understanding fitness test
- Specifics of sports training for children and young people during the golf season
- Optimal forms of warm-up, recovery during the tournament
- Basics of nutrition, drinking and prevention of specific injuries during golf
- Optimal exercise unit during the season and possibilities of incorporation in the training process
- Demonstration of pre-round warm-up and recovery options during the tournament

Learning Objectives: 7. Coaching Practice









Developing a coaching philosophy

- Developing a robust coaching philosophy which is applicable in the context of the work within the federation and lived through the delivery of coaching with players and squads.

Reflection on performance

- Develop skills to reflect both in and on action and an understanding of what to reflect on. To use this reflection for ongoing personal development and growth as a coach and adapt to meet the changing needs of the environment.

Delivery and Assessment

-  Blended approach to learning
-  Face to Face and Live Online Seminars: Specialist experts in relevant technical areas will delivery in person and live seminars through Autumn and Spring
-  E-Learning: Module content will be pre-recorded and accessible for coaches to access throughout the course and updated monthly with the relevant content
-  CGF manual
-  Group Discussions: The Group will discuss and debate the content delivered through live online meetings on a monthly basis
-  Each module will have a short online exam related to test a theoretical understanding of the concepts delivered which should be completed within the given month
-  A practical coaching assessment will allow coaches to demonstrate their technical understanding of the concepts delivered by short game specialists
-  The Player Case Study will bring to life the concepts of the course, organized over a players training and competition season. This will primarily be through communication software such as Bryson or XPS, providing coaches with an opportunity to experience the expectations of coaches' wider delivery in a CGF