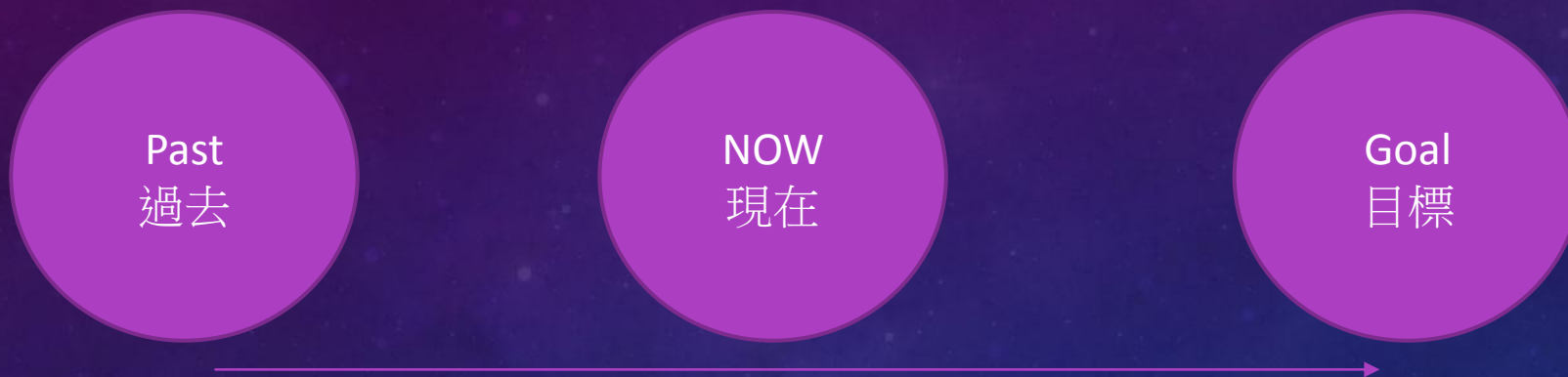


訓練計畫擬定



Begin with the end in mind

從終點開始



KEY LEARNING OUTCOMES



Three main factors to effective programs
有效練習的三個主要元素



Clarity in improvement verses performance
理解進步期 vs 表現期



Key elements to building an effective plan
有效計畫的重要元素

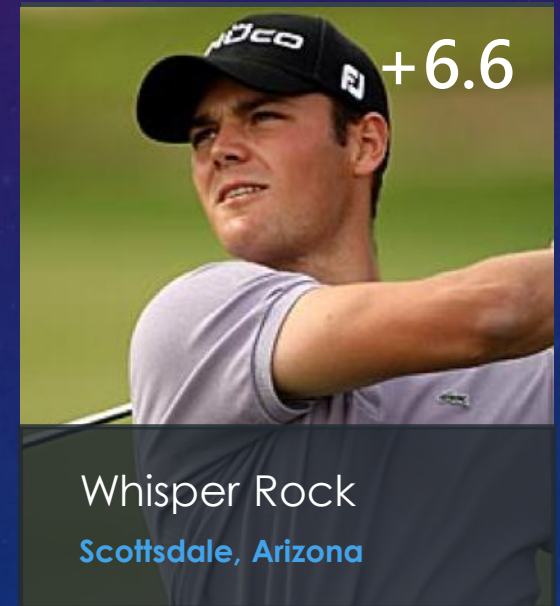
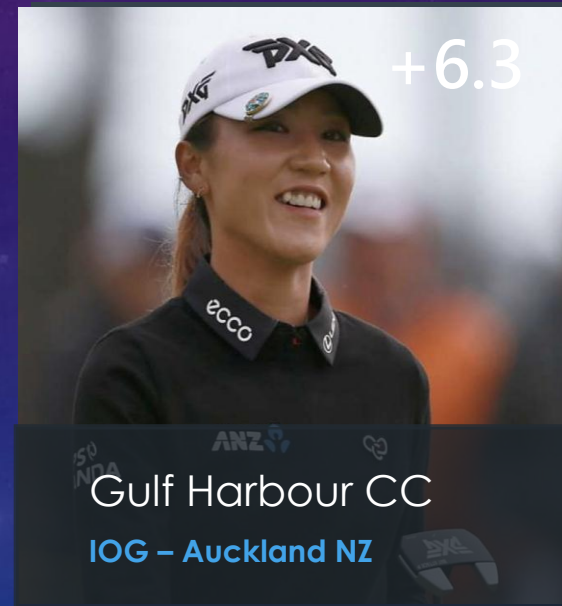
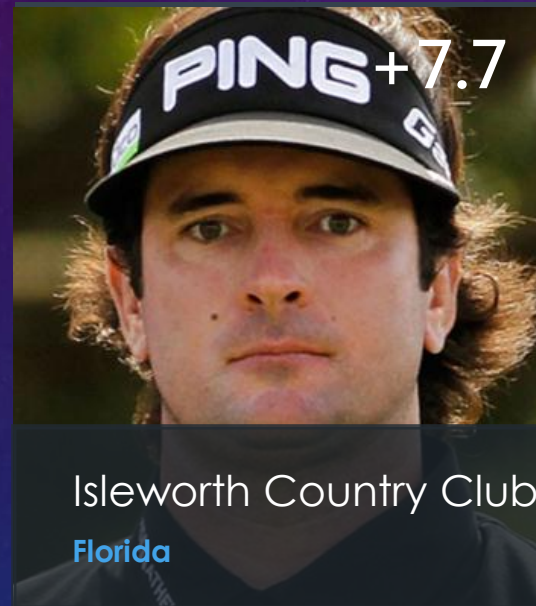


Importance of data collection
數據統計的重要性

CLARITY IN YOUR GOAL

認清目標

How good do you need to be? 你需要變得多強？



You, Tiger Woods, Lydia Ko, Adam Scott and every great player that has ever lived all have something in common...

你和Tiger Woods, Lydia Ko, Adam Scott 以及所有頂尖好手都有一個共通點....

TIME

時間



Why are the top players so good?
为何顶尖球员如此厉害？

IMPROVING YOUR GAME

We all have



24 hours per day
一天24小時



7 days per week
一週7天



365 days per year
一年365天



THREE KEY FACTORS



Time

Who would be better, you training for 10 hours p/w or you training 20 hours p/w?

訓練10小時的你和訓練20小時的你誰會比較強？



Content within practice

Have a plan and know your game. Be confident in the content.

有計劃並且瞭解自己的球。對自己的練習有信心



Focused practice

Practicing and executing your plan with conviction is what separates amateurs from professionals.

秉持信念並按照計畫練習是職業與業餘的差別

HOW MUCH TIME IS APPROPRIATE

32.5⁺

OUR ELITE PERFORMERS 我們的菁英選手

20

TIPPING POINT 分界點

6

AVERAGE PLAYER 一般球手

30+ School week 學校週

50 Holiday 假期

40 Pre tournament 賽前預備

35 Tournament 比賽週

6 Rest week 休息週

IMPLICATIONS OF MISSING TIME?

-9.7 days
Annually

一年少9.7天

Missing 15 minutes per day
每天少15分鐘

19.7 days
Annually

一年多19.4天

Adding 30 minutes per day
每天多30分鐘

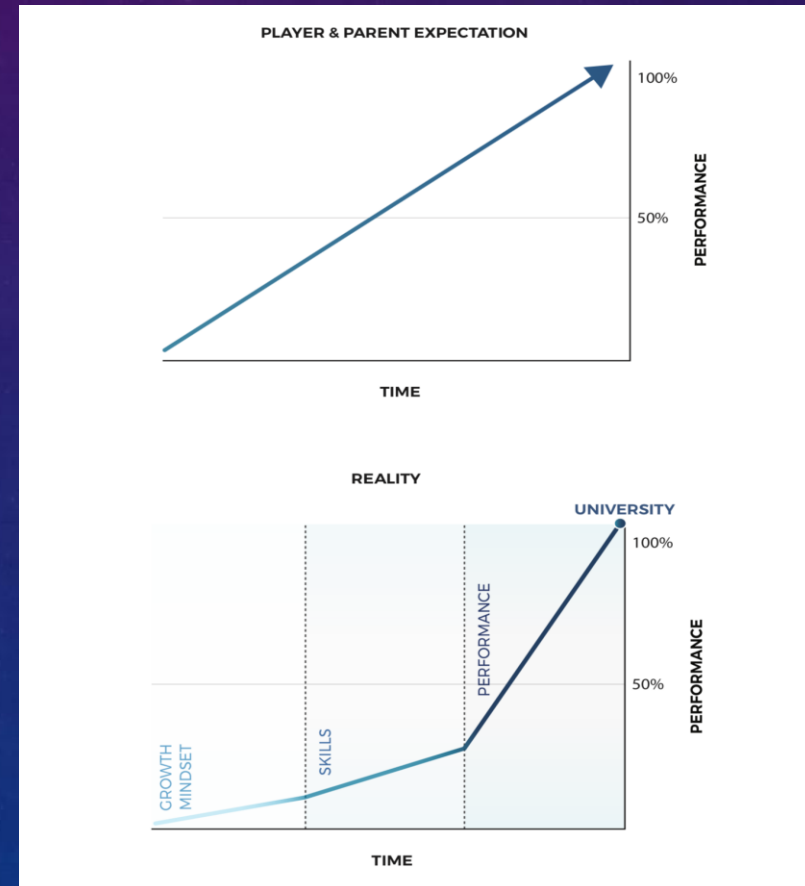
?

What will you add?
你會想加多少?

EXPECTATIONS OF IMPROVEMENT

Improvement is not linear
進步不是一條直線

Improvement
is a bumpy road
進步是一條上下起伏的路



BIG WINS: FAIL TO PLAN, PLAN TO FAIL



It's about having a plan 一切在於擁有一個計畫

Without a plan players and parents are often reactive rather than proactive.

如果没有計畫，無論是選手或家長通常都是被動的而不是主動的



The winning formula 勝利方程式

Engrain sound technical fundamentals, Identify your weakness and make your weakness a strength.

扎扎實基本技巧，指出自己的強項與弱點，並且將弱點變成強

PLAN OVERVIEW 計劃

Discussion topics:



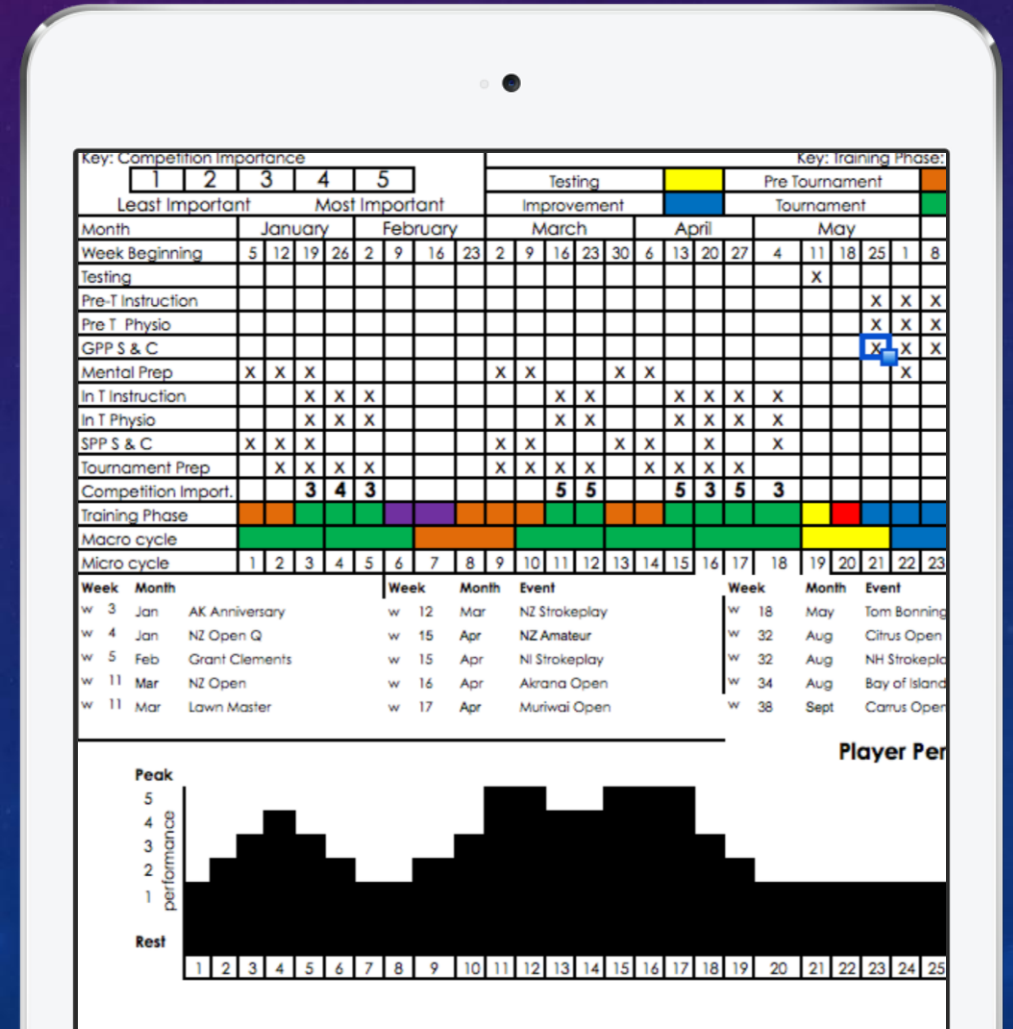
KEY ASPECTS OF A PLAN



Periodization model
分期訓練

Periodization is the systematic planning of your golf and athletic performance. The aim is to reach the best possible performance for tournaments while ensure critical technical and physical improvements can be made.

分期訓練是有系統的計畫你的運動及高爾夫表現，目標是在比賽時能達到最佳狀態，並且確保關鍵技巧以及體能都能進步

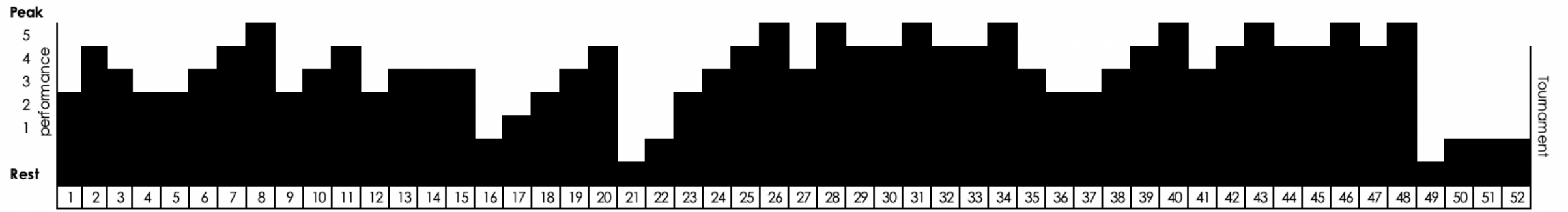


Key: Competition Importance										Key: Training Phase:										Name: Jimmy Zheng					Phone:						
1		2		3		4		5		Testing			Pre Tournament			Post Tournament				Coach: Craig Dixon					email:						
Least Important					Most Important					Improvement			Tournament			Exams				Date: Dec 2018					Club:						

Month	January				February				March				April				May				June				July				August				September				October				November				December															
Week Beginning	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30								
Testing				x												x																x																												
Improvement Instruction					x												x	x	x				x	x									x	x	x														x	x	x									
Improvement Physio					x												x	x	x				x										x	x															x	x	x									
GPP S & C																	x	x	x														x	x															x	x	x									
Mental Prep					x							x					x						x	x									x								x												x							
Performance Instruction						x	x				x	x																					x								x																			
Performance Physio																																																												
SPP S & C					x	x	x			x	x																																																	
Tournament Prep						x	x			x	x																																																	
Competition Import.	2	4	3					5			4		3	3	3								4						4	5	3	5	4					5	4			5	3							5		4	5			5	2	5		
School exams									x																																																			
School Holidays																																																												
Micro cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52								

Springfield open 5-6 Jan	Akaran Open 4-7 April	US Junior AM TBC June	US Am 5 -11 Aug, Mississippi	The Ping Invitational, Oklahoma 11-14 oct	Junior Presidents Cup, Melbourne Dec 8-9
Aus Am 15-20 jan	Murawai Open 11-14th April	IMG Junior worlds July	AJGA Invitational TBC 12-15 Aug	Carus Open 24 - 27 Oct	
NZ Open PreQ	South Island U19 16-18 April	US Junior AM TBC July	Junior Players Championship, Florida Aug 29-Sep 1	NZ Am 30 Oct- 3 Nov	
NZ Open 28 feb -3 march	Thunderbird Invitational, Arizona	US Juior Am 15-20, Ohio	NZ Secondary Schools Finals	Rolex Tournament of Champions, Florida 23 - 28 nov	
NZ Strokeplay 21-24th March	Polo Juior Golf Classic, NJ, USA	US Am Qualifier	NZ U19 4-6 Aug	Toro Interprovincial 25 - 28 nov	

Player Performance Graph



KEY ASPECTS OF A PLAN



Weekyschedule
週計畫

When you turn up to the range or course it is essential you know what you are doing and what your objectives are. Having a weekly plan is a critical part of improving.

當你到了練習場你必須要知道自己要做些什麼？擁有週計畫表是進步關鍵的一部份

A tablet device is shown displaying a weekly plan grid. The grid is organized by day of the week (Thursday, Friday, Saturday, Sunday) and includes various activities such as lessons, practice (pitching, chipping, putting, fullswing), and play. The plan is detailed, showing specific activities for each day and time slot.

Thursday	Friday	Saturday	Sunday
		Lesson	
		Pitching	Play
		Chipping	
		Putting	
		Fullswing	
		Lunch	Lunch
		Play	trouble shoot
			4 holes
			putting
fullswing	Tutor		4 holes
pitching	Putting		
		trouble shhot	shots to hole
		shots to hole	
Swimming	Free time		

	16/10 Mon	17/10 Tue	18/10 Wed	19/10 Thur	20/10 Fri	21/10 Sat	22/10 Sun	
06:30	Mirror work							
07:20	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	
07:40	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	
08:00	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	
08:10	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	Breakfast/ready	
08:15	Transport	Transport	Transport	Transport	Transport	Study	Transport	
08:30	Transport	Transport	Transport	Transport	Transport	Study	Putting	
08:45	School	School	School	School	School	Transport	Pitching	
10:00	School	School	School	School	School	Transport	Chipping	
10:30	School	School	School	School	School	Speed work	Speed work	
10:45	School	School	School	School	School	Putting	Church	
11:30	School	School	School	School	School	Holes	Church	
12:30	School	School	School	School	School	Holes	Church	
01:00	School	School	School	School	School	Lunch	Lunch	
01:30	School	School	School	School	School	Driver	13 holes	
03:00	School	School	School	School	School	U&D		
03:15	Transport	Transport	Transport	Kumon	Study	Putting		
04:00	English	Speed work	Holes	Kumon	Study	Holes		
04:15	English	Chipping	Holes	Kumon	Study	Holes		
04:30	English	Putting	Speed work	Kumon	Study	Holes		
05:00	English	Dinner	Chipping	Speed work	English	Speed work		Dinner
06:00	Dinner	Driver	Putting	Driver	English	putting		Week reflection
06:30	Singing lessons	Pitching	Dinner	Dancing	Dinner	Holes		Math
07:00	Singing lessons	Chipping	Free time	Dancing	Free time	Dinner		Math
07:15	Singing lessons	Holes	Free time	Dancing	Free time	Free time	Math	
07:30	Study	Holes	Free time	Transport	Study	Free time	Math	
09:00	Study	Study	Free time	Free time	Free time	Free time	Free time	
10:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
	/10	/10	/10	/10	/10	/10	/10	

- transport
- school time
- lunch/dinner
- singing lessons
- flexable
- break fast/getting ready
- break/sleeping
- kumon
- studying
- maths
- church
- available of golf
- dancing
- english

16hours available golf time
include golf lessons

notes

comments: Priority is to build effective behavioural skills and enjoyment for the game
Key Technical focus is set up and Pitching to achieve effective impact position and fundamental movement skills

	Sat 15th Sep	Sun 16th Sep	Mon 17th Sep	Tue 18th Sep	Wed 19th Sep	Thus 20th Sep	Fri 21st Sep	Sat 22nd Sep	Sun 23rd Sep	Mon 24th Sep	Tues								
6:00		6.20 9 holes	Putting	Putting	Putting	Putting	Putting			Putting	P								
7:00		9 holes	Chipping	Pitching	Chipping	Pitching	Chipping	Travel	Travel	Chipping	Pi								
8:00		9 holes	breakfast/travel	breakfast/travel	breakfast/travel	breakfast/travel	breakfast/travel	Putting	Pre round routine	breakfast/travel	break								
8:30		Putting						Putting	Pre round routine										
9:00		Pitching	School	School	School	School	School	Wedges yardages	18 holes	School	S								
9:30		Pre round routine						Wedges yardages											
10:00	Coaching	Pre round routine						Lesson Craig											
10:30		18 holes						Lesson Craig											
11:00								Skills testing											
11:30								Skills testing											
12:00								Skills testing											
12:30								Travel											
13:00								Lunch											
13:30								Pre round routine											
14:00	Lunch		Pre round routine																
14:30	Putting	Lunch	18 holes	18 holes	Travel	Travel	9 holes	9 holes	9 holes	9 holes									
15:00	Putting	9 holes																	
15:30	Travel	9 holes																	
16:00	9 holes	9 holes									Travel	Travel	Travel	Travel	9 holes	9 holes	9 holes	9 holes	
16:30	9 holes	9 holes									Fullswing	Pitching	Pitching	Putting	9 holes	9 holes	9 holes	Pre ro	
17:00	9 holes	Pitching									Pitching	4 holes	Lesson Craig	4 holes	9 holes	9 holes	9 holes	Pre ro	
17:30	9 holes	Chipping									Bunker	4 holes		4 holes	9 holes	9 holes	9 holes	9 holes	
18:00	Trouble Shoot	4 holes									Short course	Travel	Skills testing	Pitching	9 holes	9 holes	9 holes	9 holes	
18:30	Trouble Shoot	4 holes									Short course	S & C	Skills testing	Pitching	Trouble Shoot	Pre round routine	Pre round routine	Pitching	Less
19:00	Course research	Travel									Dinner	Travel	Skills testing	Dinner	4 holes	Pre round routine	Pre round routine	Dinner	Less
19:30	Yardage book	Dinner	Travel	Skills testing	Travel	Travel	4 holes	4 holes	4 holes	Travel	Less								
20:00	Course plan	Course research	Math	Fullswing irons	Dinner	Physics	Trouble Shoot	4 holes	4 holes	Math	Less								
20:30		Yardage book		Travel			4 holes	Meditation and visualisation	Meditation and visualisation		4								
21:00		Course plan		Dinner			4 holes				4								
21:30	Meditation and visualisation	Meditation and visualisation		Meditation and visualisation	Meditation and visualisation		Meditation and visualisation				Medi								
22:00											visu								
Notes:	Improvement Phase	Improvement Phase	Improvement Phase	Improvement Phase	Improvement Phase	Improvement Phase	Pre Tournament	Pre Tournament	Pre Tournament	Pre Tournament	Pre To								

KEY ASPECTS OF A PLAN CONTINUED...

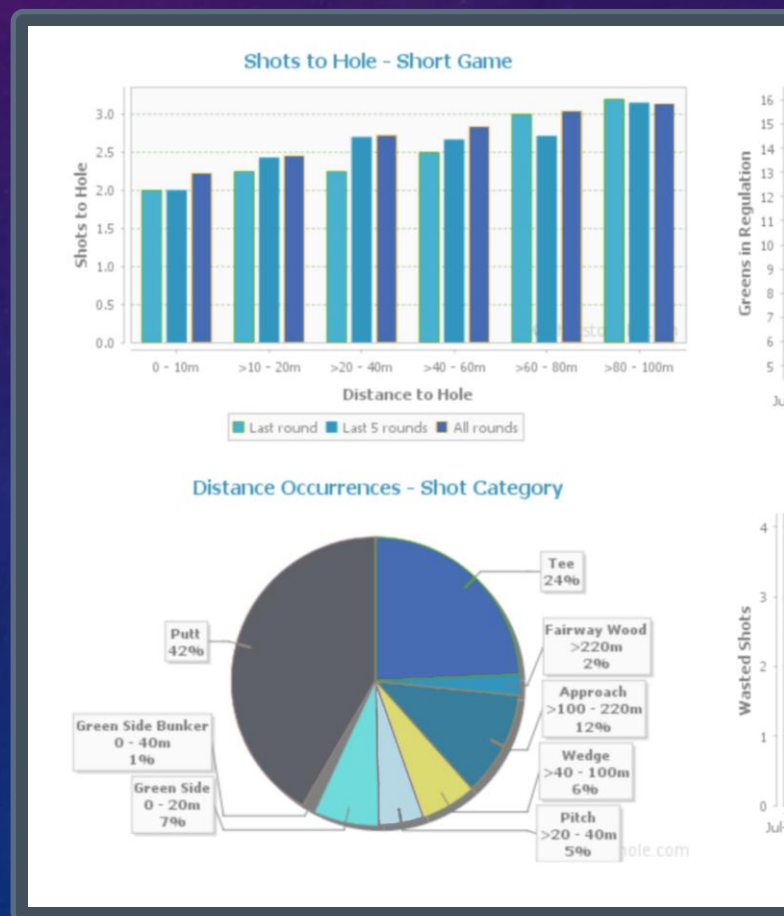


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Tracking improvement during practice and play is an essential component of improving.

How many players take take statistical data ?

統計自己的練習數據是進步的主要元素 有多少選手會統計自己的數據？



SOME CONSIDERATIONS

Support Team 教練的角色

Player ownership is essential to
player performance

必須的擁有自主性是選手必須的

What type of parent do you
want to be?

家長的角色

Parental considerations:

- What is your role in the program: Coach, parent, sponsor, psychologist, nutritionalist etc..
- Have you surround yourself and child with experts: Do you let them do their job?
- Are you a proactive parent or a reactive parent
- Will you allow your son or daughter to make mistakes? It's a fundamental of improvement.
- Do you meet with your support team regularly?

KEY TAKE HOME POINTS



Must remember 必須記得

- 1.擁有一個計劃
- 2.完全掌控基本技巧，指出自己的弱點，並且讓弱點變強項
- 3.使用數據來量化計畫的執行率
- 4.練習時間，內容，專注力是必要元素
- 5.你所做的練習會讓你提升比賽表現嗎？
- 6.你有有效利用自己的時間嗎？



Q & A

