



# PGA

## Pacific Northwest Section

## PLAYER DEVELOPMENT BEST PRACTICE

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Goals of the program:	<p><b>YAMAHA PLAYER AND JUNIOR DEVELOPMENT GRANT BEST PRACTICE FORM 2022</b></p> <p>The goals of Cory Brooks Golf this season was to focus on all players, no matter the age. Working with juniors and adults; both were in need of different tools to individually help them utilize what was being taught to them. These tools, in their designated, golf specific ways, are beneficial to players that cannot achieve the feeling with a club alone. Stretching and pressures of certain muscle groups, tendons, and ligaments are difficult as well to feel with just the body and club alone. The key overall is building correct muscle memory through specific movements. As an instructor, it seems fair to compare the proper training to martial arts training. Before someone can move quickly, correctly; they must slow things down and get the proper muscles to understand and confidently fire or be used in order for the overall swing to be correct.</p> <p>The Player Development Grant was obtained to help with just that. It allowed Cory Brooks Golf help in obtaining the following items:</p> <p>(2) SPEED TRAP 2.0 SYSTEMS from EyeLine Golf. These systems are great for full swings, chipping, and pitching. They correctly identify during each swing; exactly where the club's path occurred. Feedback with a sound of hitting the board, or hitting the Velcro attached pylons gives the student immediate feedback and can be done with or without immediate supervision of the instructor while honing their skills.</p> <p>Amount spent was \$150 shipped.</p> <p>(3) PENDULUM PUTTING RODS from EyeLine Golf were purchased to isolate certain muscles of the golfer's body while properly executing the putting stroke. These rods make it impossible to actively use the wrists in the putting stroke. The gains are the player is better able to feel the shoulders being the only real muscles being used during the stroke.</p>
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\$99 was spent for the 3 putting rods.

(1) SWEET ROLL RAIL SYSTEM AND (1) PUTTING PATH GATE SET from EyeLine Golf were purchased in order to help educate intermediate to better players the importance of proper speed and line on all putts to insure the most important thing when outside 10 feet; make sure you 2-putt. Once set up, the Rail system and gates help the students see the optimal line and also the aggressive and conversative line as well; making it easier to digest what is necessary to lower scores by avoiding the dreaded 3 or 4-putt.

\$113 spent on the Rail system and Gates.

(2) ORANGE WHIP JUNIOR & (1) ORANGE WHIP LIGHTSPEED training aids. For those in the industry, these are designed for a couple reasons; timing and swing speed. My program already utilizes the adult versions, but junior versions were needed. To go along with the adult versions, the lighter version; the LightSpeed, was necessary to help train muscles to increase clubhead speed with lighter and heavier weighted aids; hence another way one student may need over other training aid option out there. This company is well known for concentrating not on impacting a golf ball, but better training the body to properly sequence and to do it faster and faster with clubhead speed.

\$191 spent on the three Orange Whip trainers.

(2) CHIPPING PLATES & (1) PRESSURE PLATE from WhyGolf were purchased to help all students feel the proper weight distribution necessary in order to hit down and through full shots off the ground, pitches, and chips. A majority of students simply have the mentality that the club needs to hoist the ball up into the air; which unconsciously haves negative effects on the performance. These plates make sure the student or user has more weight forward at and through impact to insure a downward blow through the ball and ground, thus giving them more consistent, successful shots. They simply then use what they learned with the plates and take it to the practice tee or course.

\$232 spent on the 3 Plates.



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Program Design:	The Program Design was based on the physical and even the mental needs of the game. Through visual and physical feedback, a student is better able to understand how the body is properly used in a swing, not just based on strength alone, but with flexibility, balance, and longevity. These aids were used in individual lessons, group lessons, clinics, and such to better educate all students at all ages, gender, and ability.
Tracking Results:	In order to track results, it was simply putting the aids in use with the student. Then, once they used the devices, back to just the club, ball, and ground; they could see or sense if they could achieve the same feel. The rinse and repeat technique with the training aids is what is required; and along with an instructor's eye and that repetition, the students' results told the story.
Results:	The Speed Trap systems spoke for themselves, giving students immediate feedback. The Pendulum Rods did the same; helping the students mentally and physically understand what they were doing incorrectly. The Sweet Roll and Putting Gates let the students compare what actually was needed in putting; proper line and speed to insure 2 putts on each green. The Orange Whips help the students ingrain more of the Kinematic Sequence when swinging, as the device only felt right when swung correctly. Lastly, the same goes with the Why Golf Chipping and Full Swing Plates. Every student that used these immediately FELT a difference when using them; again, reaffirming the importance of training aids in instruction when playing this maddening game of golf.
Business Impact:	Being an all-around teacher of the game better qualifies my teachings for all golfers, whether it be a beginner, intermediate, or advanced player. Helping a student understand not just how to swing or play better, but to know why, is a better path to educate and promote further business or gain future students. Quick fixes are what a lot of students initially ask for, but once they start to understand that the human body is technically not geared properly for golf, they become more intrigued and more willing to send their family and friends my direction to also enjoy and share in the knowledge I present them.



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Recommendations:

To other PGA Professionals in the game, I would suggest to them to learn more about how the body works in relation to the game of golf. The human body is very adaptable, yet if not trained correctly or properly, the very thing a teacher may be teaching students A and B could be correct for both, but could actually hurt one or the other if A or B's body is not geared correctly for the movement or position. I have preached this for years now; and I still stick to this method. There are a lot of similarities in how each student should learn, but until the shear basics are understood and practiced; individual differences are harder to be successful if the timing or Kinematic sequence is not in order. If there really is one sport that needs lessons; it definitely is golf.