



# Golf IDEAL ATHLETE

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## RISK FACTORS

### DURABILITY

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is important that we differentiate Durability from Physical Ability and Toughness. Coaches need to simply ask, will this player's injury prevent him from playing 100% from playing this week, this season, or possibly his college career.

### Ethics or Outside Influences

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Coaches must determine if the player's current life choices or distractions put him at risk of causing serious problems for the team and the University.

### ACADEMICS

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If a player is unable to make the grades to qualify for school then it really doesn't matter what qualities he could bring to the team – he will not be on the team. Therefore, it is vitally important that coaches keep track of player's grades to ensure he will remain on the roster.

## BEHAVIORAL DIMENSION

### TEAM FIT

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<b>Role Awareness</b>	Understands his role and responsibilities as an athlete and a player on this team; as a representative of the University; as a teammate; and as a leader
<b>Teammates before Self</b>	Cooperates; Goes out of his way to help others; Good reputation among teammates; Displays respect towards teammates; Encourages others; Positive presence in the locker room and on the course
<b>Interpersonal Style</b>	Communicates clearly and distinctly/Vocal and Assertive; Listens to others; Communicates well with coaches; Communicates well with teammates; Fits in with the team; Interacts well with others



## TOUGHNESS

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### Physically Resilient

Able to play physically; Durable (Not prone to injury; does not require special braces, casts, tape); Physically tough - displays physicality to teammates; Plays with minor injuries

### Mentally Resilient

Stays true to his game plan; Displays mental stamina and embraces adversity; Spends long hours working on his game; Exercises mental focus during up and down periods of a round; Can handle great strain without giving in or breaking. Player doesn't get rattled, able to stay in the moment and control their emotions.

### Aggressive

Plays with grit and toughness; No Fear of failure; Commits to every swing; Appropriately intense tough

## CONFIDENCE

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### Poise

Bounces back after a bad shot; Remains composed and performs under pressure; Clutch Player/shot maker - makes clutch shots or unexpected putts that enable the team to win and doesn't crumble in critical situations like when the round is on the line

### Competitive

Believes he is a superior athlete; Commits to making good decisions; Desire to win

### Command Presence

In-Command; Controls his intensity; Finds a way to win; Creates a unique aura about himself (Charisma) that inspires and instills confidence in his teammates; Sets the tone for the team; Able to manage his round and keep momentum in team's favor

## DEPENDABLE

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### Game Discipline

Emotional Discipline (does not overreact after a bad shot); Technical Discipline; Course Discipline (plays to the correct positions)

### Consistency

Practices every day; Plays effectively over the course of an event and throughout the season; Plays well in "adverse" conditions; Finishes strong

### Personal Discipline

Shows up on time; Shows up prepared; Organized (golf bag in order; equipment taken care of); Does what you tell him to do; Follows through on team assignments; Coaches and teammates respect his off the field behavior



## COACHABLE

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**Open to Coaching** Motivated to learn; Humble; Open to feedback; Open to criticism

**Intellectually Capable** Intelligent; Able to learn the nuances of a course and apply coach's instruction

## PERSONAL DRIVE

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**Strong Physical Work Ethic** Gym rat (puts in the hours in the gym to improve physically) and follows a strict diet

**Strong Mental Work Ethic** Strong minded; Dedicated focus (puts in the hours in course study and yardage book prep to improve mentally); Does what is required to academically succeed

**Motivated to be the Best** Sets goals for personal growth; Works in the off-season to improve; Goes above and beyond to be the best; Positive Self-Talk; Perseverance (Long-Term) for personal gain; Will not cut corners

## COMMITMENT

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**Passion for the Game** Deep appreciation for the game; Enjoys practicing and playing; Sees it as a privilege and not a means to an end (not entitled); Sports buff – loves sports; Understands and appreciates the historical context of golf and the University's program

**Play Commitment** Tenacious; Fights for every shot; Combines conservative strategy with a cocky swing; Disciplined employment of effective course management skills

**Accountability** Contributes to team's goals and overall success; Willing to sacrifice for team success; Keeps others focused on the bigger picture; Perseverance (Long-Term) for team success; Holds teammates accountable (not a follower)



# SKILLS & ABILITY *for the Golfer*

## PHYSICAL DIMENSION

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Flexibility	Hip Mobility, specifically sufficient internal hip rotation; Thoracic (Upper back) Mobility for a full shoulder turn and downswing transition; Hip Hinge allowing for a proper preload; Ability to pelvic tilt to allow for hip flexion released to hip extension.
Core Control	Transfer of force during the golf swing.
Lower Body/ Strength and Power	Developing foundational strength and the ability to apply it to sport specific contexts (rotational Med Ball throws, lateral bounding, jumping and sprinting)
Athleticism	Ability to hit any shot from anywhere on the course; exhibits excellent eye hand coordination

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## MENTAL DIMENSION

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Confident Positive	& Fully prepares through effective practices, course study and love of competition, Considers pressure a privilege
Mindfulness	Able to stay focused in the moment; Blocks out external distractions (Adverse Weather and Course Conditions, Playing Partners, Pace of Play, Gallery, Score)
Golf Instinct	Knows how to balance conservative and aggressive play
Golf IQ	Exercises effective course management skills

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## TECHNICAL DIMENSION

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Putting	Consistently practices and incorporates effective putting drills
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Wedge Play:

Utilizes soft hands around the green

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Bunker Play

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Iron Play

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Driving: Length

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Driving: Control

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Repeatable Swing

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