

## **Chapter 6 - ATHLETIC DEVELOPMENT FOR GOLF**

Athletic development is the next stage of the physical development of a golfer. Athletic development involves the training and development of movement patterns. Strengthening of individual or specific muscles in the gym is a body building approach, and while it may create muscle bulk, it does not prepare an athlete to perform at their maximum.

It is also important that young golfers develop basic athletic skills that can be developed by playing other sports. Skills such as jumping, hopping, throwing and catching are essential to allow more advanced development in later years.

The following exercises will require the golfer to have access to a gym, or at the very least dumbbells and a swiss ball. The initial exercises will develop strength in the golfer, which will enable them to progress to the more advanced stages that will develop power.

The risk of injury is much higher in this stage than in the previous exercises, therefore it is crucial that the golfer first develops adequate core strength and control. The golfer must also perform all of the exercises with the correct technique to reduce the risk of injury.

The exercises in this section are divided into the movement patterns of pushing, pulling and squatting. Any well designed program or workout will have components of each of these movements included to provide balance in the program. Some of these exercises will have a rotational component which is important in golf as golf is a rotational sport.

One of the biggest mistakes that can be made by any athlete is to sit in machines in a gym and push, pull or lift weights. This is not a functional movement and tends to isolate individual muscles, rather than develop muscles as a group as happens in everyday situations. All the exercises that follow will be designed to train movement patterns and develop strength as it is used in everyday activities, including golf.

***\* The young golfer must not progress to the following exercises until they have adequately mastered the exercises in the previous section. If they do not, they will not be able to control their spinal position and posture of their joints, and will greatly increase their risk of injury.***

## **PUSHING EXERCISES**

### **1. Swiss Ball Dumbbell Press**

- The golfer lays with their shoulders on a swiss ball, feet flat on the ground and hips up, holding dumbbells in each hand
- The golfer presses the dumbbells towards the roof, maintaining the posture of the hips and trunk at all times



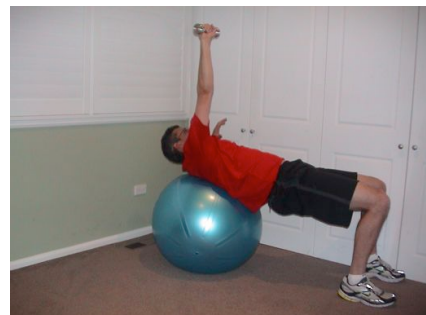
### **2. Alternating Swiss Ball Dumbbell Press**

- The golfer lays with their shoulders on a swiss ball, feet flat on the ground and hips up, holding dumbbells in each hand
- The golfer presses the dumbbells towards the roof one at a time, alternating hands, maintaining the posture of the hips and trunk at all times.



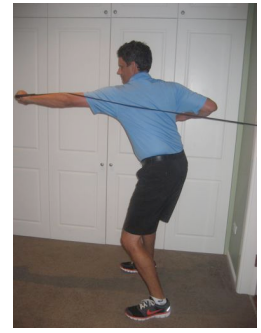
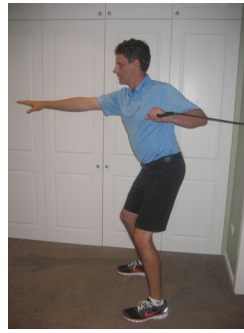
### **3. Swiss Ball Single Arm Dumbbell Press**

- The golfer lays with their shoulders on a swiss ball, feet flat on the ground and hips up, holding a dumbbell in one hand
- The golfer presses the dumbbell straight up, rotating their body as they press the dumbbell, maintaining the posture of the hips and trunk at all times.



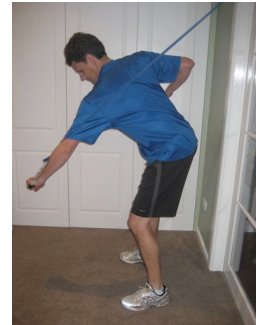
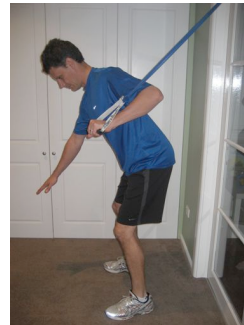
**5. Standing Single Arm Cable/Resistance Band Press**

- The golfer stands holding the handle of a cable machine, or band, in one hand at chest height
- Maintaining their posture at all times, the golfer presses the handle straight out in front, rotating their body as they press



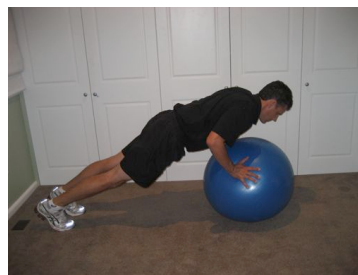
**6. Golf Posture Single Arm Cable/Resistance Band Press**

- The golfer stands in golf posture holding the handle of a cable machine/band at chest height
- Maintaining golf posture, the golfer presses the handle, rotating their body as they press



**7. Swiss Ball Push Up**

- The golfer starts with their hands on a swiss ball feet on the ground and body in a straight line
- Keeping their body straight at all times, the golfer push ups



## ***PULLING EXERCISES***

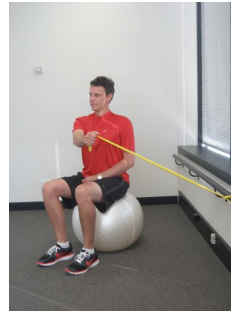
### ***1. Single Arm/Single Leg Bent Over Row***

- The golfer stands on 1 leg, bent 90° at the hips, back leg out straight, holding a dumbbell in the opposite hand to the stance leg
- The golfer balances their weight through their other hand on a bench or swiss ball
- Maintaining their posture at all times, the golfer pulls the dumbbell up, squeezing the shoulder blade back to initiate the movement



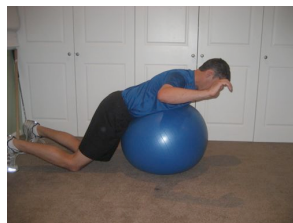
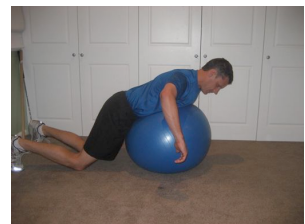
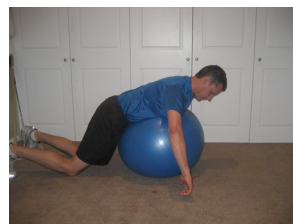
### ***2. Seated Swiss Ball Cross Body Pull***

- The golfer sits on a swiss ball, holding the handle of a cable machine/resistance band in 1 hand with their arm extended out in front
- Maintaining their posture, the golfer pulls the handle across their body, keeping their arm straight the whole time



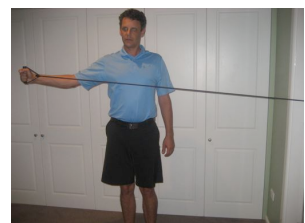
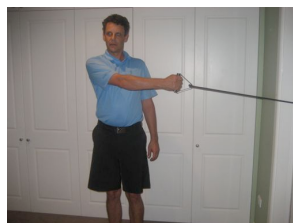
### ***3. Swiss Ball Row with External Rotation***

- The golfer lays over a swiss ball, holding a dumbbell in each hand
- The golfer starts the movement by pulling the weights up, squeezing their shoulder blades as they go.
- When their elbows reach 90°, the golfer keeps their elbows stationary as they rotate their hands up.



### ***4. Standing Cross Body Pull***

- The golfer stands holding the handle of a cable machine/resistance band in 1 hand, arm straight out
- The golfer maintains their posture as they pull the handle across their body



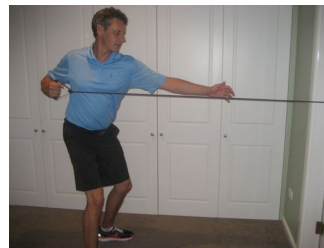
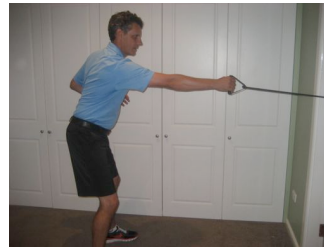
### **5. Standing Cable/Resistance Band Pull**

- The golfer stands holding the handles of a cable machine, or band, in each hand at chest height with arms in front
- Maintaining their posture at all times, the golfer pulls the handles straight back, squeezing their shoulder blades to initiate the movement



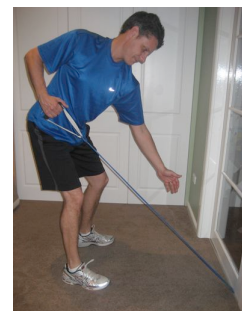
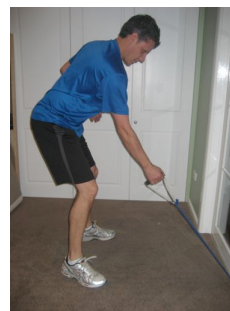
### **6. Standing Single Arm Cable/Resistance Band Pull**

- The golfer stands holding the handle of a cable machine, or band, in one hand at chest height
- Maintaining their posture at all times, the golfer pulls the handle squeezing their shoulder blade as they pull back, rotating their body as they pull



### **7. Golf Posture Single Arm Cable/Resistance Band Pull**

- The golfer stands in golf posture, holding the handle of a cable machine/band with arm out straight
- Maintaining golf posture, the golfer pulls the handle straight back, squeezing their shoulder blades to initiate the movement.
- The golfer allows their body to rotate as they pull



## **SQUATTING/LUNGING EXERCISES**

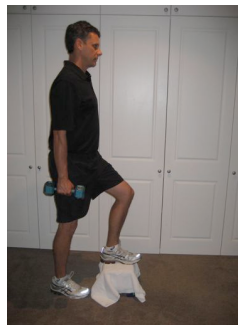
### **1. Weighted Squats**

- The golfer stands with resistance band around their knees, holding a light weight or medicine ball in front of them.
- The golfer squats down, keeping their shins vertical and not letting their knees move forward



### **2. Step-ups**

- The golfer stands holding a dumbbell in each hand, a step in front of them
- The golfer steps up onto the step with 1 foot
- The golfer continues to step up, the opposite leg continuing to raise up until the hip is at 90°
- The golfer holds this position for 3 seconds, keeping their hips level and maintaining steady posture



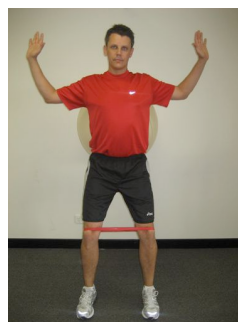
### **3. Weighted Golf Posture Lunge**

- The golfer stands in lunge position and bends forward at the hips as in their golf posture
- Maintaining the forward position of their trunk, the golfer lunges down, keeping the front shin vertical and lowering the back knee to the ground, then returns to starting position
- The golfer can hold dumbbells to increase intensity



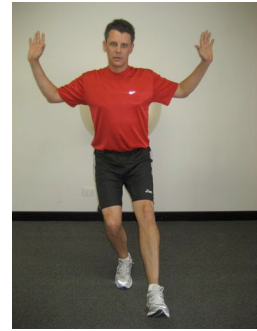
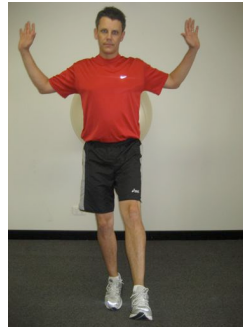
### **4. Swiss Ball Squat**

- The golfer stands with a swiss ball resting between their back and a wall, holding a dumbbell in each hand, with resistance band around their knees
- Keeping the ball between their back and the wall, the golfer squats down as low as possible, then returns to starting position.



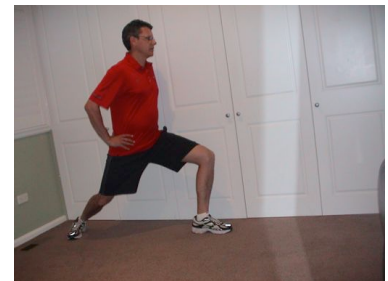
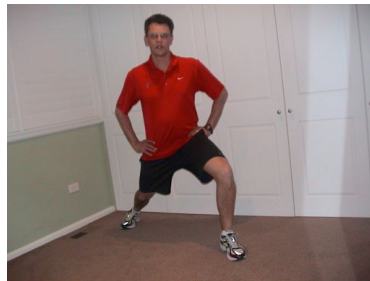
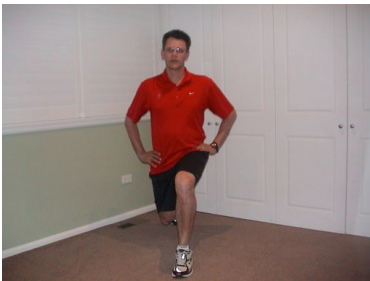
### 5. **Weighted Single Leg Swiss Ball Squat**

- The golfer stands on 1 leg with a swiss ball resting between their back and a wall, holding dumbbells in each hand
- The golfer maintains balance on 1 leg as they squat down, keeping the ball resting between their back and wall.



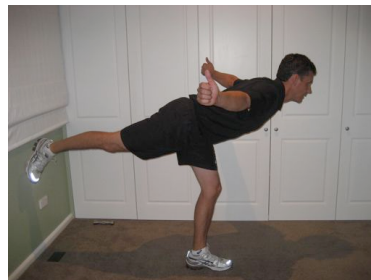
### 6. **Multi-Directional Lunge**

- The golfer starts by lunging forward and returning
- The golfer then lunges 45° to the side
- The golfer then lunges 90° to the side, turning to face the forward leg
- The golfer then repeats this on the other side



### 7. **Arabesque Squat**

- The golfer stands on 1 leg, arms out to the side
- The golfer bends forward at the hip, squatting down on the stance leg as they bend forward.



## **POWER DEVELOPMENT**

The golf swing generates very fast swing speeds, including movement of body parts, in a very short period of time. By definition this makes golf a power sport. Increased power translates to increased club head speed, and thus more distance.

To develop power the golfer must train to move their body more quickly, this is achieved with plyometric exercises. Plyometric exercises involve rapid movements, often preceded by a stretching of the targeted muscles, to improve the explosive capacity of the body.

It is important that the golfer develops adequate strength prior to progressing to these exercises, as a lack of strength will not allow the golfer to perform the exercise correctly and expose themselves to an increased injury risk. It is important that these exercises are performed under supervision so as to make sure that the exercises are performed safely and correctly.

The exercises following will be divided into double leg exercises, single leg exercises and throwing exercises.

## **DOUBLE LEG EXERCISES**

### **1. Bounds - Forward and Backwards**

- The golfer places a small obstacle, such as a foam roller, on the ground.
- The golfer stands in front of the obstacle and jumps over and back
- The golfer repeats 5 sets of 8 reps

### **2. Bounds - Sideways**

- The golfer stands beside a small obstacle such as a foam roller
- The golfer jumps sideways over the obstacle and back
- The golfer repeats 5 sets of 8 reps

### **3. Squat Jumps**

- The golfer squats down then jumps as high as possible
- The golfer can use their arms to increase the height of the jump
- The golfer repeats 5 sets of 6 reps

### **4. Split Squat Jumps**

- The golfer starts in a lunge position
- The golfer jumps as high as possible, switching the position of the legs in mid air
- The golfer lands with feet in reverse position from starting position
- The golfer repeats 5 sets of 6

### **5. Box Jumps**

- The golfer stands in front of a small box or step
- The golfer jumps up to land on the box or step
- The golfer repeats 5 sets of 5

## **SINGLE LEG EXERCISES**

### **1. Skater Jumps**

- The golfer stands on 1 leg, knee slightly bent, hands in front of chest
- The golfer jumps to the side away from the stance leg
- The golfer puts pressure through the ball of the big toe to control foot position on landing
- The golfer repeats 5 sets of 6 reps

### **2. Star Hops**

- The golfer lays two clubs on the ground forming a cross
- The golfer starts on 1 leg and hops around the 4 parts of the cross, staying on the same leg the whole time
- The golfer hops around the square 4 times each way and repeats 3 sets

### **3. Single Leg Hops**

- The golfer stands on 1 leg and hops as high as possible, landing on the same leg
- The golfer repeats 5 sets of 5 reps

## **THROWING EXERCISES**

### **1. Squat Throws**

- The golfer stands holding a medicine ball in both hands
- The golfer squats down, then jumps to throw the ball as high as possible
- The golfer repeats 3 sets of 6 reps

### **2. Lateral Ball Toss**

- The golfer stands side on to a brick wall, holding a medicine ball in both hands
- The golfer throws the ball against the wall, rotating the body as they throw
- The golfer catches the ball as it rebounds and continues to throw the ball, catching it each time it rebounds
- The golfer repeats 3 sets of 8 reps each way

### **3. Face On Ball Toss**

- The golfer stands facing a wall, holding a medicine ball in both hands to their side
- The golfer tosses the ball against the wall, catching it on the same side of their body as it rebounds
- The golfer continues, catching the ball each time
- The golfer repeats 3 sets of 8 reps each way

### **4. Ball Slams**

- The golfer stands holding a medicine ball in both hands
- The golfer raises the ball overhead and slams it down into the ground, squatting down to maximise force
- The golfer repeats 5 sets of 6 reps

### **5. Bounce Pass with Weight Shift**

- The golfer stands side on to a wall, feet together, holding a medicine ball in both hands with their arms towards the wall
- The golfer steps toward the wall, simultaneously swing their arms away from the wall
- The golfer continues to shift their weight towards the wall as they throw the ball into the ground and bounces it into the wall
- The golfer repeats 5 sets of 6 reps

### **6. Golfer's Shot Put**

- The golfer stands side on to the target, holding a swiss ball in both hands
- The golfer squats down and to the side, rotating their body away from the target
- The golfer pushes off the back leg, exploding up and rotating to throw the ball