

All Golfers are Athletes!

Tips for Staying Strong and Healthy



U.S. NATIONAL DEVELOPMENT PROGRAM

Today's Discussion:

Fitness Training for Junior Golfers

- The role of fitness in athletic development
- Best Practices for in/off season training
- How the Pros approach their fitness
- Using fitness to lay the groundwork for the future



What are the physical demands of golf?

- High quality joint mobility to support the swing
- Enough stability to control how your body is moving at a high rate of speed
- Enough strength to support the speed you are producing
- The ability to adapt and adjust as your body grows
- The ability to produce and absorb forces



Why Fitness Matters for Golfers



- Improves strength and flexibility for better swings.
- Improves endurance to be able to play long rounds and multiple tournaments.
- Improves focus and mental clarity.
- Improves your ability to recover

Now what?

You've decided to add fitness into your golf journey.....

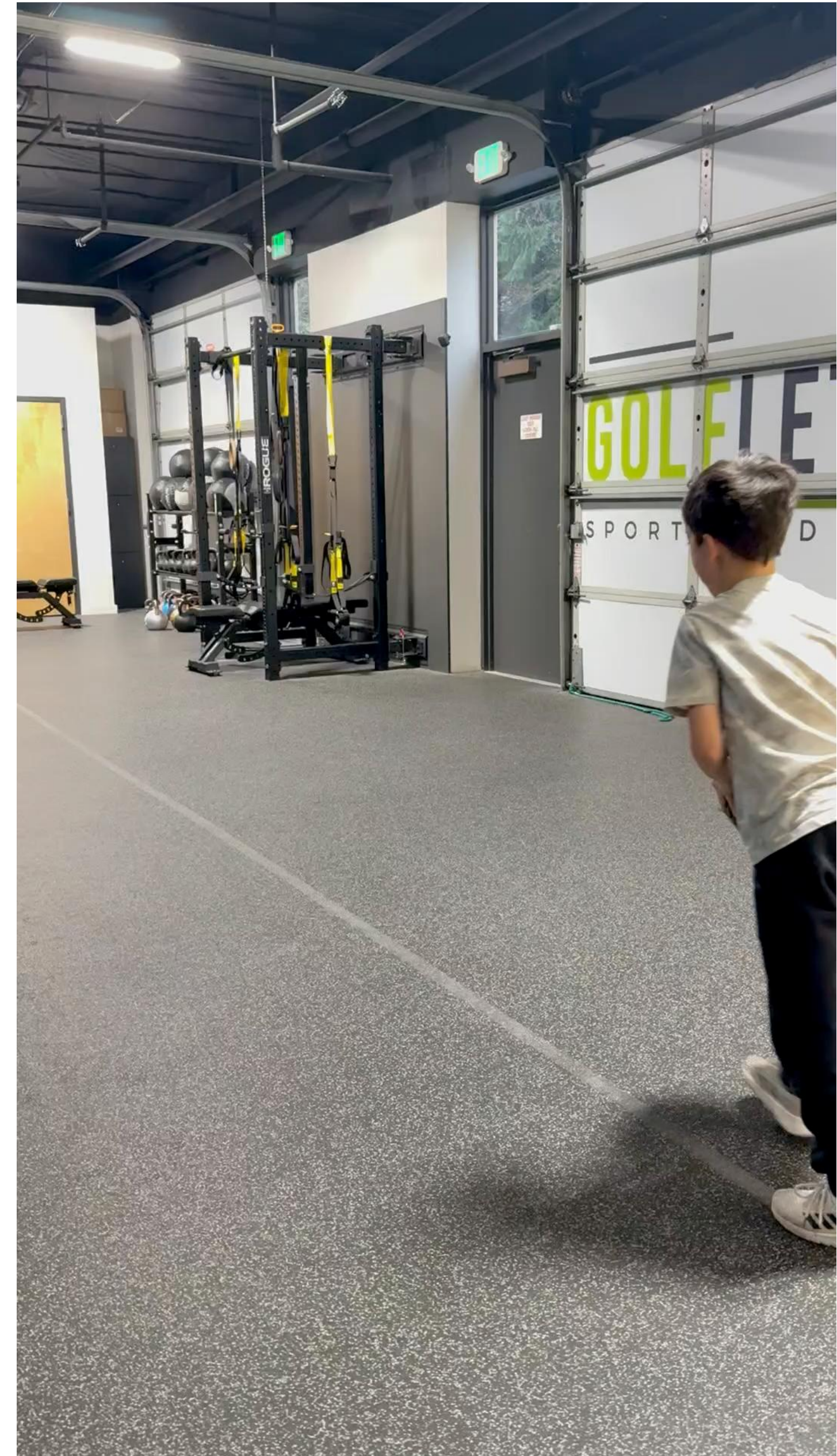
- Strength
- Mobility/Stability
- Endurance
- Speed
- Power



Junior Development

Key Considerations

- Chronological/Biological/Training Age
- Growth Rate: Be sure to track!
- Playing other sports
- Sleep
- Load Management
- Training with others!



Off Season Training

*Minimal Effective Dose

- Strength: 2-3x a week
- Mobility: Daily or incorporated into warmups
- Speed/Power: Every 3-5 days, can be incorporated into strength days or stand alone. Needs to be done early in workout and have plenty of rest
- Endurance: 1-2x a week
- Warm up/Cool down: Instilled into your golf routine every time you play and practice



In Season Training

*Maintenance and Recovery are the priority!

- Strength: 1-2x a week at a lower volume/intensity
- Mobility: Daily! This never goes away
- Speed/Power: Every 3-5 days, but lower the volume
- Endurance: Use to aid in recovery, keep intensity low
- Warm Up/Cool Down: Meditation, Ramp up nervous system and then recover



Daily Routines of the Pros

- Pros have routines:
 - Wake Up / Go to Sleep
 - When to Start Warm Up / When to Do Cool Down
 - Warm Up Routine / Cool Down Routine
 - Food / Snack / Hydration
- Do you have a routine yet?





Daily Exercise Routines

The Key Point:

- Developing a warm up, cool down, and regular exercise routine will help keep you at peak physical shape for golf.
- A Daily mobility routine is also a good practice to establish that will allow you to understand how your body changes from day to day
- Don't skip the cooldown!



Working Out Helps You Avoid Injuries!

- Golf is very demanding on the body at any age.
- It is a sport that requires a very fast and strong movement in primarily one direction.
- Common Injuries: back pain, elbow back, shoulder pain, and wrist pain.
- Working out regularly will help:
 - Make your muscles, tendons, and ligaments stronger.
 - Improve your mobility, flexibility and range of motion.
 - Strengthen areas that don't always get used in golf but need to be strong.



Time Out: What About Rest???

- Golfers do NOT take enough time to rest.
- You should have days off from golf and from working out.
- You should play other sports not just golf.
- You should have an offseason.
- You should NOT have any pain before, after, or while you are playing golf!



Some Tips for High Level Golf:

- Stay healthy!
- Develop a routine.
- Workout regularly.
- Balance how much you play and practice and how much you rest and take time off.
- Nutrition
- Sports Psychology
- Have fun!



Just For You:

- Go to our YouTube Channel. Search for **@GolfleticaSportsandRehab**
 - USNDP: **DRIVING RANGE WARM UP!**
 - USNDP: **BODYWEIGHT COOLDOWN AFTER GOLF!**
- Our contact information:
 - Dr. Sese: National Team Head Performance Coach: hsese@usga.org
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- Instagram: [@golfletica](https://www.instagram.com/golfletica)

