

# Build A TEAM



## AWGA Build A TEAM

### Coaches Guide

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# COACH'S GUIDE

## April – Plan for summer

- Coordinate with teaching professional(s) for lessons
- Make sure the practice facility/golf course has the names of players that will be coming to practice throughout the summer
- Review nutrition and hydration with players
- Help players get in touch with AJGA, JGAA, LPGA/USGA Girls Golf, Antigua Tour, etc. for additional competitive golf opportunities over the summer
- Communicate the courses that are participating in the Youth on Course program (discounted green fees)
- Educate players on how to practice
  - Get a bucket of balls
  - Putt and chip (short game) for first  $\frac{3}{4}$  of practice time
  - Hit full shots for last  $\frac{1}{4}$  of practice time
  - Each shot should have a purpose – imagine scenarios that player has experienced or seen before and practice them. Never hit a shot without a desired purpose/end result.
  - Share video links and/or other resources with players

## Practice (Weekly Rotation)

- 1<sup>st</sup> Day – 30 minutes putting, 30 minutes short game, 30 minutes on the range (for 90 minutes practice – if 2 hour practice extend each segment to 40 minutes)
- 2<sup>nd</sup> Day
  - 20 minutes warm up (at least 10 minutes putting and short game, remainder on range)
  - Then play 3 holes - Review time it should take to play a hole and have players time themselves (13 min. – par 3, 14 min. – par 4, 15 min. – par 5)
    - During play, review and practice behaviors that improve pace of play
      - Shot prep while someone else is hitting
      - Golf bag/clubs close at hand
      - Move quickly from shot to shot so there is time when it is your turn to hit
    - While on putting green, review and practice behaviors that improve pace of play
      - 1<sup>st</sup> player to hole out grabs the flagstick
      - Player closest to the hole tends/removes flagstick from hole
      - Once you start putting, continue until your ball is holed unless you would be standing in someone's line
      - Review scores while walking to next tee
      - Write on scorecards while others are teeing off
    - Review rules scenarios
      - On a hole with water hazard/lateral water hazard, review options
      - On the teeing ground, review provisional ball procedure
      - Relief from immovable obstructions (concrete or paved cart path), ground under repair, abnormal condition
      - How to play from a hazard (bunker or water hazard)
      - Out of bounds, status of out of bounds markers

- Unplayable lie, ball at rest moved, ball in motion deflected or stopped
- 3<sup>rd</sup> Day – If the team has 3 practice days per week and sufficient course access, repeat the Day 2 agenda. If no course access, follow Day 1 agenda.
- Coaches should be very involved with each player, understanding their strengths and weaknesses, encouraging them and working on the mental game, course management and golf techniques.
- Regularly thank and acknowledge the golf course staff that support the team and allow them access – thank you notes, homemade snacks, etc.

#### Matches

- Make arrangements to arrive at the course a minimum of 30 minutes before the match is scheduled to start. Factor in at least an extra 15 minutes for traffic issues.
- Remind players of appropriate attire for golf and course where match will be held. Players should also be reminded to start hydrating at least the day prior to a match.
- Host coach needs to get Iwanmaker set up before the start of the match, preferably the prior day.
- Make sure there is plenty of water/Gatorade or other appropriate beverages available and cold for players. Coach should have a full cooler.
- Snacks are optional but should be protein rich and nutritional and be able to be eaten without getting hands dirty (bananas, nuts, granola bars, peanut butter & jelly sandwiches, trail mix)
- Players should have a standard warm up routine that includes time to secure their hair, put on sun screen and use the restroom. At least 2/3 of warm up time should be spent putting and/or chipping.
- During matches, coaches should support and encourage their players. Help keep them in a positive frame of mind. Keep them fed and hydrated. Coaches should never be working on golf swings or techniques during a match.
- After matches, celebrate successes and improvements. Review opportunities for additional practice.

#### End of season

- If a club or group has been very supportive of the team, try to get them out to golf with players or have a casual gathering for interaction and thank you.
- Team members should do at least one service project, as a team or individually. Toy drive, homeless shelter, elderly housing visit, First Tee, golf tournament volunteer, etc.
- Thank the staff at your “home” course(s) by baking cookies for them, writing thank you notes, or other appropriate gesture.