

GOLFPIUS

JUNIOR

July-August 2019, Bi-Monthly

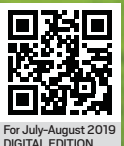
INDIAN GOLF UNION MERIT LIST

TOTAL ATHLETIC DEVELOPMENT PROGRAM

INSTRUCTIONS

- CHOOSING A GOLF CAMP
- FREEZING UP DURING GAME
- THE BASICS OF SHORT GAME

BEING
THE BEST
FRIDAY
RIVALRY



For July-August 2019
DIGITAL EDITION

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EQUIPMENT / DESTINATIONS / TRAVEL / AND MANY MORE...

TOTAL ATHLETIC DEVELOPMENT PROGRAM

FOR A SPORTSMAN TO BE SUCCESSFUL, HIS OR HER BODY IS CRITICAL. IF THE BODY BREAKS DOWN THERE IS NO SPORT – SO HOW CAN YOU EVER PLAY A SPORT WITHOUT THE PHYSICAL FITNESS ELEMENT BUILT INTO IT.

Physical fitness has many sub-elements like flexibility, mobility, range of motion etc. but the No. 1 reason is that fitness is critical to prevent injury and allow for longevity in any sportsman's career.

Any sport is taxing on the body. There are different kinds of movements performed on different planes and that is why sports specific training is very important. Golfers have to train for golf, squash players have to train for squash and so on. At the very minimum every sportsman has to have a body that will last. If you look at why careers have been cut short for any sportsman, it has been because their bodies have broken down.

TSG Academy boasts a fitness Center that is athlete friendly - which is to say, it is not a regular gym. The difference being, a team of experts for physiotherapy, athletic therapy, and strength and conditioning- all geared towards three things:

- > Proper planning of the programs, so that the athlete peaks at the right time
- > Work load monitoring and modification of training plans to prevent injury due to overuse or burnout
- > A Long Term Athletic Plan for the athlete to achieve optimum performance at the right age



The training strategy is simple-to breed independence by getting students to better understand why they are doing what they are doing.

Here are some examples that will help the golfer generate power and hit the ball longer.

THE DUMBBELL SNATCH

The golf swing is an explosive

movement. It requires power to be generated through the lower body and transferred to the upper body just like the dumbbell snatch. This movement helps generate a high amount of force in a short period of time helping players hit the ball longer. As the dumbbell snatch is an overhead activity, it enhances shoulder and core stability, and grip strength. (Pic 1 and 2)



THE CARRY OVER EFFECTS OF THE POWER SNATCH

The power snatch is more of a balance, power strength and acceleration movement. As the snatch is a balance movement the major carry over effect is on Proprioception. Evidence shows that it can help the athlete improve brain function and develop more gray matter (muscle control, memory, decision making, learning, attention span). During any power movement or any acceleration movement the body’s core stability is most important. This movement helps the athlete improve core stability and transfer force from the lower body to the upper body seamlessly.

It also improves the athlete’s co-ordination, rate of force production, acceleration,



explosive strength, speed and the efficiency of motor unit recruitment which is a basic requirement for golfers to hit the ball longer. (Pic 3)

THE MEDICINE BALL SIDE THROW EXERCISE

In order to generate a powerful golf swing, one of the major components is the need for a high amount of rotational power production. Increase in rotatory speed is directly related to the increase in rotational power production. The medicine ball side throw exercise helps develop power in the legs, hips, core and allows the athlete to generate more speed in a controlled manner. It helps improve core stability, avoiding unnecessary movements at the core, and, balance. This exercise also trains

the athlete to shift the weight from the leg that is at the back to the front foot at the end of the swing. (Pic 4)

GOOD TO KNOW

TSG Academy has developed an interesting module to help golfers who train with us from other cities too! You don’t have to be at the centre to train effectively.

Fitness centre at the academy in Zion Hills Golf County, Kolar, also trains tennis players and cricketers who want to work intensively on their fitness during their offseason. We have a programs for adults too – whether or not you play/or have played a sport.

The injury management and fitness partner in Bangalore can take care of you too! [GPJ](#)

MEET THE TEAM

Sudarshan VP: Head of Fitness at TSG Academy, Sudarshan is known nationally for his pioneering work in the field of Strength & Conditioning and is regarded as one of the top experts in the area of sports performance training. He has made his mark in the industry over the past 24 years with an impressive following of professional athletes, from Cricket, Football Badminton and Golf.

Mrunalini Dahibhate: Strength and Conditioning Expert at TSG Academy. Mrunalini is a former National level Rifle Shooter and holds a Masters in Sports and Exercise Science. Her experience spans Tennis, MMA, Badminton and Golf.

Pankhuri Ashirgade: Lead Physiotherapist at TSG Academy. Pankhuri holds a Masters in Sports Physiotherapy with experience in sports rehabilitation and injury management. Educating patients about their condition is key to her process and integral to rehabilitation according to her. Her experience spans Cricket, Football, Basketball, Badminton, Tennis, MMA and Golf.

