

Build A Team



AGA Build A Team

Coaches Guide

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AGA BUILD A TEAM COACHES GUIDE

April – Plan for summer

- Coordinate with PGA/LPGA Professional for instruction
- Meet with AGA Team Advocate to help with any questions – instruction, uniforms, equipment
- Make plans to maximize instruction time/funds with PGA/LPGA Professional
- Make sure the practice facility/golf course has the names of players who 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 practice 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)

- **First Day** – 30 minutes putting, 30 minutes short game, 30 minutes on the range (for 90 minutes practice – if it's a two-hour practice session, extend each segment to 40 minutes)
- **Second Day**
 - 20 minutes warm up (at least 10 minutes putting and short game, remainder on range)
 - Play Three holes - Review time it should take to play a hole and have players time themselves (12 minutes for a par 3, 14 minutes for a par 4 and 16 minutes for a par 5)
 - During play, review and practice behaviors that improve pace of play
 - Shot preparation while someone else is hitting
 - Move quickly from shot to shot so there is time when it is your turn to hit
 - Walk directly to golf ball, as long as it's safe and player is not in danger of being hit
 - Golf bag/clubs close and glove on hand (if player wears a glove)
 - Select golf club and make one or two practice swings only – then hit
 - While on putting green, review and practice behaviors that improve pace of play
 - First player to hole out picks up the flagstick – if it's been removed
 - Player closest to the hole tends/removes flagstick from hole – if players want it removed
 - Once a player starts putting, continue until the ball is holed, unless player will be standing in someone's line
 - Review scores while walking to next tee
 - Write scores on scorecards while others are playing from next tee
 - Review Rules scenarios
 - On a hole with a red/yellow penalty area, 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 bunker (options if dropping in or out of bunker)
- Out of bounds, status of out of bounds markers
- Unplayable lie, ball at rest moved, ball in motion deflected or stopped
- **Third Day** – If the team has three practice days per week and sufficient course access, repeat the Second Day agenda. If no course access, follow First Day agenda.
- Coaches should be very involved with each player, understanding her strengths and weaknesses, encouraging her 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 golf course a minimum of 45 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 played. 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, etc.)
- Players should have a standard warm-up routine that includes time to secure put on sun screen, hat/visor 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 girls in a positive frame of mind. Keep players 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 golf club or group has been very supportive of the team, invite the group to play golf with the team or have a casual gathering to appropriately thank for the support.
- Team members should do at least one service project, as a team or individually. Toy drive, homeless shelter, elderly housing visit, The First Tee, golf tournament volunteer, etc.
- Thank the staff at the “home” facility/course by baking cookies for them, writing thank you notes, or other appropriate gesture.
- Encourage players to continue playing, taking golf instruction and helping recruit their friends to join them for the next season.
- If students have borrowed golf clubs for playing and instruction, let them keep the clubs throughout the summer, to encourage continued play and instruction. Students should return equipment upon graduation or when they purchase their own set.