

Coaches Duties

GAUTENG NORTH GOLF UNION

Contents

SAGDB Gauteng North Coaches Duties	3
Program Guide.....	3
Groups and Sessions:.....	3
Health and Safety:	3
Life Skills:	4
Coaches Training.....	4
Administration.....	4
Equipment:	5
Planning sessions:.....	5
Player levels:	5
Level 1: Beginner up to being able to play a few holes	5
Level 2: Can play nine holes	6
Level 3: Can shoot 55 or better on nine holes and can get a handicap	6
Level 4: 36 – 18 Handicap	7
Level 5: 17 or lower handicap (playing in tournaments)	7

SAGDB Gauteng North Coaches Duties

This information is for you and the coach, to help you understand how to use your level one training when working with a group of development players.

Somebody at the club where you coach, as well as officials of the SAGDB and the Golf Union, will be helping you with equipment, facilities, advice and training when needed.

You, the coach will need to help the players learn to become golfers who can all be proud of. It means that you need to make sure players are always safe, that they listen to what you teach them and that they behave well at all times.

On the next few pages, is information to help you understand this better and to answer some questions you may have.

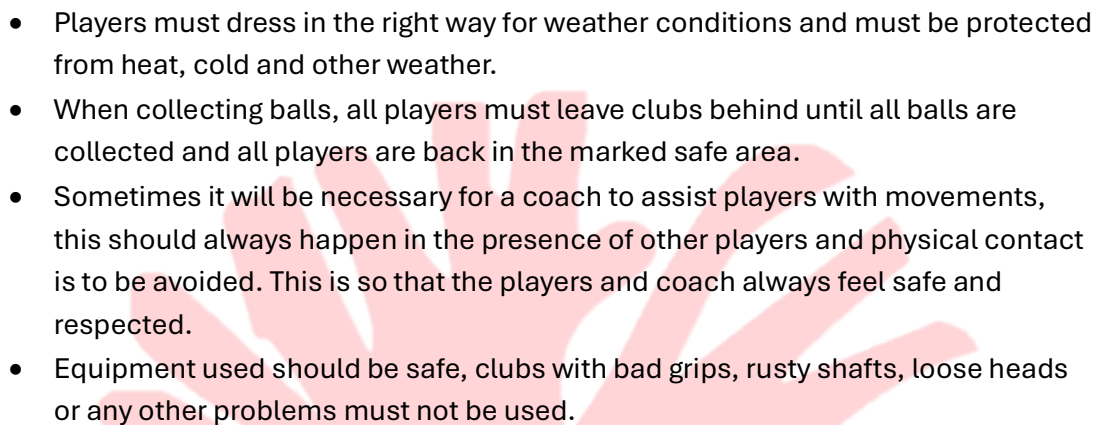
Program Guide

Groups and Sessions:

1. You should prepare for every lesson before players arrive. This means that enough equipment and balls must be ready where the players will be practicing and that safe areas are marked.
2. Sessions should be 45 to 60 minutes, later on, when the players start going on the golf course, the sessions may take longer.
3. Players who make progress fast, may attend as many sessions as possible.
4. Small groups must have at least 4 players to begin with and then grow.
5. Bigger groups can have 8 to 12 players and then grow. Groups that become too big can be split into smaller groups. The person at the club in charge of the program can help you decide when groups must be made smaller.

Health and Safety:

- Encourage players to have something to eat before arriving for sessions and bring their own water bottle.
- Players need to drink enough water before and during sessions.
- While the coach explains something to a group, players must stand in a semi-circle and no swing is allowed. Players must hold onto the head of golf club with grip pointing to the ground.
- Hitting bays must be clearly marked, this can be done using two parallel nylon ropes or similar. Players can only swing the club when in this area and must not walk in this area when not about to swing.
- If any lightning activity or storms are present, players and coach must immediately move to safety.

- 
- Players must dress in the right way for weather conditions and must be protected from heat, cold and other weather.
 - When collecting balls, all players must leave clubs behind until all balls are collected and all players are back in the marked safe area.
 - Sometimes it will be necessary for a coach to assist players with movements, this should always happen in the presence of other players and physical contact is to be avoided. This is so that the players and coach always feel safe and respected.
 - Equipment used should be safe, clubs with bad grips, rusty shafts, loose heads or any other problems must not be used.

Life Skills:

- Players will learn values such as honesty, dedication, hard work and practise, teamwork, playing by the rules, respect and many other skills while learning and playing golf. It is the role of the coach to pass on these skills to players on an ongoing basis by setting an example and having individual and group discussions with players.
- Players must try their best to improve and have fun while learning and playing golf. The coach is always in charge of sessions and this should be explained to players.
- Players who enjoy golf and understand that it will make them better people, will learn faster.

Coaches Training

- You will receive training from SAGDB before you start coaching. At training you will receive study material, including training videos. You must study this and will later write an exam. If you pass the exam you will get a certificate to say you qualified to teach children on this program. You should at all times teach players in the way explained in the videos.
- Go through the applicable Safe Guarding Training and Screening.
- Coaches will also go through the Safeguarding process to ensure that they are allowed to work with children.
- Refresher and follow up training will be done, which will help you to work with better players.

Administration

You will need to complete paperwork every month and give to the club person. This will include attendance registers, player information forms, indemnity forms and POPIA form, competition scores, and results. These forms will be provided to you by SAGDB.

Equipment:

- Player should use equipment that is correct size and weight and must be safe to use.
- You need to ensure that all equipment is returned and stored for the next session.

Planning sessions:

Plan your session before it starts, focus on 2-3 things you will work on with the players to keep it simple and easy for them to learn.

Player levels:

Beginner players will start at level 1 and will move up when they are ready. In the beginning, some of the coaching is in clinic style, but as time goes on, more individual coaching is required in the group.

Listed below, is what you need to help players in every level so they can move to the next level.

Level 1: Beginner up to being able to play a few holes

Duration (more or less 6 to 14 sessions)

To help the player get to the next level, you must teach them:

- Safety rules
- Introduction to golf
- Why there are different clubs in a golf bag
- Basic grip, posture, alignment and half swing
- Half swing shots first off the tees, when players can knock tee out ground, let them hit half shots off the grass and later full shots until they can hit the ball in the air most of the time.
- Basic chipping, putting and bunker play.
- Take players onto the course, show them what a tee box, fairway, green and bunker looks like.
- Let them play some holes which are shortened to about 150m

When you teach anything to players, start by keeping information very basic and add information as the players make progress.

For example, when teaching grip and posture to right-handed players, you can do it like this:

1. The left hand approaches the club from above and the right hand approaches from the side.

2. Then let players hit a few soft shots off a tee and help and encourage players.
3. Then let players stand in a half-circle and explain and demonstrate that players should bend from their hips and have the weight on the balls of their feet.
4. Then let players hit balls again. Help players, especially the ones who struggle with posture. More information can then be added in every new session.

Level 2: Can play nine holes

Duration (more or less 10 to 15 sessions)

To help the players get to the next level, you as the coach must teach players:

- Spend time with each player, not only in a group.
- Watch carefully what every player does and help them improve.
- Use what you have learned in training to get players to hit the ball better, chip and putt better and play bunker shots.
- Spend time with players on the course.
- Help them learn how to use the correct clubs, and make good decisions on the golf course.
- Teach players to think about, plan and prepare for shots, rather than just hitting shots.
- Teach them basic rules, scoring and completing scorecards.
- Help them understand what distances they hit different clubs.

Level 3: Can shoot 55 or better on nine holes and can get a handicap

Duration (different for every player)

To help the player get to the next level, you must teach players:

- Help each player with more one on one coaching than level two.
- Chipping and putting competitions.
- Players need to know golf rules needed when on golf course.
- Course etiquette.
- How to communicate with other players.
- Encourage players at this stage to try and practise between sessions when and where safe to do so.

Level 4: 36 – 18 Handicap

Duration (based on player handicap)

To help the players get to the next level, you must teach players:

- The same as in level 3, plus
- Players must be on the golf course more often than before.
- Players must be playing competition rounds against other players in the program and in club competition days.
- Course management.
- Pre shot routine.

Level 5: 17 or lower handicap (playing in tournaments)

Duration (based on player handicap)

To help the player get to the next level, you must teach players:

- Same as in level four, plus
- Players to give more detailed feedback to coach after rounds and discuss what is necessary to improve.
- Information is player specific, individual attention to what each player needs to improve.
- Regular practise at practise facility and on golf course.
- Regular competitive golf.