



Futures Development Days

GOLF NZ
KOROWHĀ AOTEAROA

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futures

Futures Development Days

Futures Development Days are about motivating, encouraging, and building confidence and competency in young golfers who aspire to be the best they can be.

Purpose

- To improve young players competency and confidence
- To encourage curiosity, learning and motivation
- Create and develop social connections and friendships

For who

Futures Development Days are for youth who aspire to be the best they can be. They will be junior (U19) members of a golf club/hub who have a desire to improve their game. They will likely have a handicap of 24 or less, though local contexts will be considered and flexibility will be taken for each districts approach.

Futures Development Days support a wide range of developing young golfers and are designed with an alignment to Golf New Zealand's Futures approach and [Talent Development Plan](#).

The desired outcomes from Futures Development Days are:

- Players are retained in the game – more young people loving golf
- Players grow an understanding of the game of golf and their skills
- Players develop their coachability (become better learners)
- Players have had fun and developed positive connections with other players and coaches
- Players are motivated and inspired to reach their potential



Research and Insights



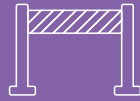
Weekly participation, time spent, number of sports and activities and meeting the physical activity guidelines decrease as rangatahi get older*



As young people get older they spend less time training or practicing with a coach and more time training or practicing alone*



The top motivator for young people to participate in sport is for fun*



Barriers for rangatahi who want to increase their participation include: being too busy, low motivation, having no one to do it with & not being confident enough*

*Active NZ Rangatahi & Spotlight on Tamariki Reports, Sport NZ 2021

“The skilful learner becomes the skilful player”

Players who feel they are more skilful are: more likely to remain in the sport, and more likely to progress in the sport.

*Dr Philip Kearney, skill acquisition specialist, Limerick University

Young people, no matter their age, gender or ability, find sport fun when the following happens*:



*Visek (2014) #FunMaps



Approach

Futures Development Days are based upon three themes that are strongly connected to improving competency and confidence, inspiring curiosity and learning and developing motivation. The themes encourage the development of skills across all performance pillars (technical, tactical, physical, mind and the person):

Learning environment

- Players explore different practice types to support them with understanding what their practice could look like.
- Players explore reflection after practice, play or competition.
- Players learn to challenge their golf skills under a variety of conditions.

Performance play

- Players are encouraged to explore and develop their own pre and post shot routines.
- Players are introduced to tournament pre and post round considerations and structures.
- Players develop their tactical awareness.

Developing the whole person

- Players are introduced to a growth mindset in golf with a focus on learning for the long term as opposed to results and outcome in the short term.
- Players explore warm up routines and are introduced to the link between their physical skills and their golf skills.
- Players develop and grow their commitment to their aspirations and dream goal.
- Players explore the use of adversity in training to grow mental toughness.



Futures Development Days will be led by professional golf coaches and will consist of:

Coaching and Skill Development

The coaching provided will have a focus on games-based learning. This learning style is more fun for the players and can have a more significant impact on skill development due to it closely replicating the skills that players face when on the golf course.

Through playing games, the players will challenge their golf skills and develop their decision-making and problem-solving skills and an array of mind skills like patience and resilience.

As games are played, players will receive immediate feedback through the scoring or competition element of the game. This feedback can motivate them to keep trying, try something different or maybe ask a question to a coach or even a peer. Just like video games, games should be able to be paused by either the coach or the player individually or as a group. These pauses / coachable moments are when technical/ tactical support or intervention may be well received by the player.

Coaching and skill development will cover all components of the game – tee shots, approach shots, short game and putting.

On-course play

Time playing on-course will be a key part of a Futures Development Day. This will provide an opportunity to transfer skills learnt in the games to on-course play, give more learning opportunities, and, importantly, be a fun way to bring in some friendly and relaxed competitive play.

Fun and social connection

Learning and developing golf skills through games is fun, so too is time on course playing. However, there will also be time to chat and relax with the other players. There will be non-golf games and activities to kick start the day and food and drink available at the end of the day.

We hope that players can make good golfing friendships that extend beyond Futures Development Days, where there is a camaraderie to support and motivate each other to reach their desired levels of aspirations.





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