



# Canterbury Golf Talent Development Plan



# Our Role

Lead a regional Talent Development Programme that supports the development of young Cantabrians to realise their potential as golfers and as people.

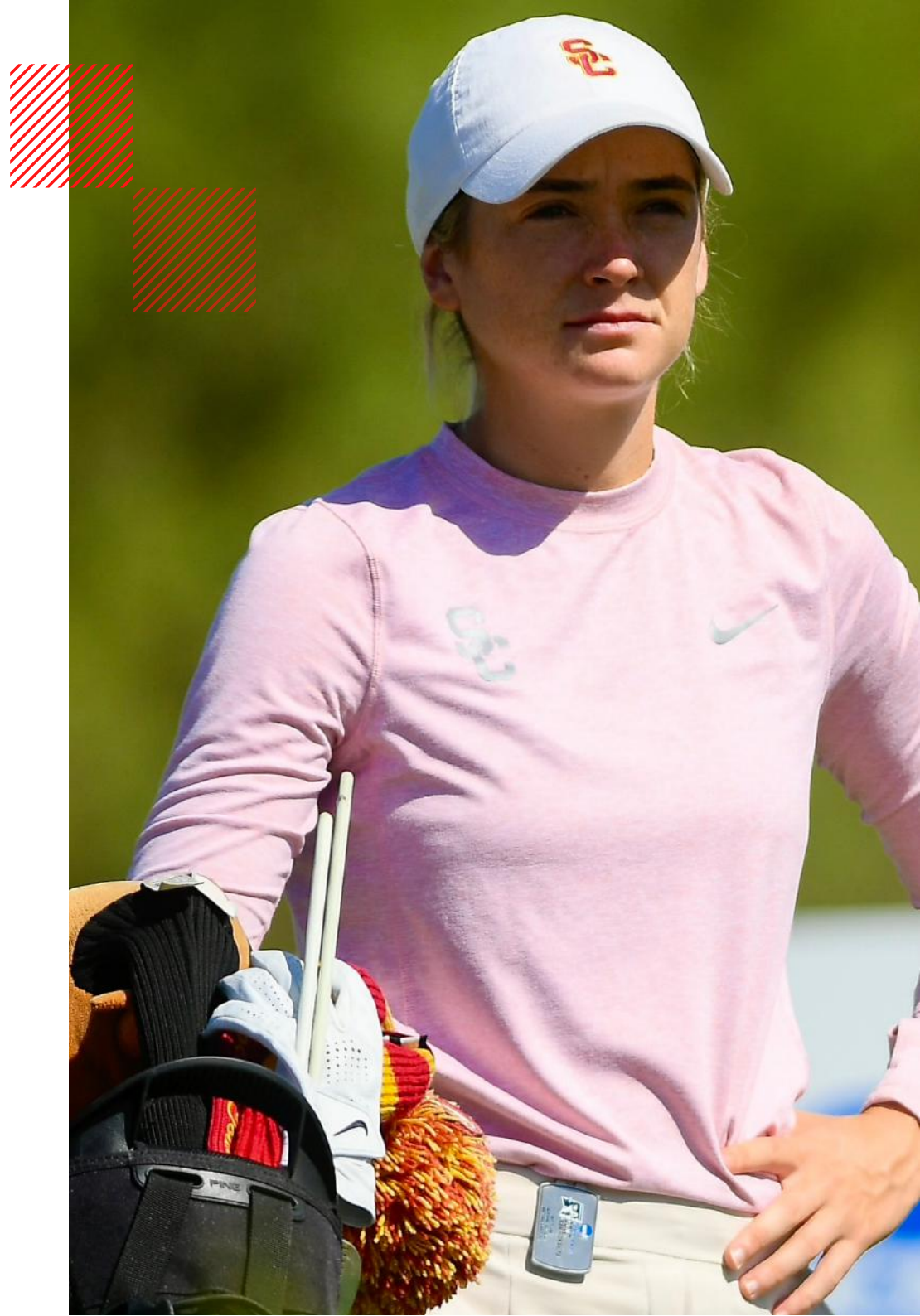
# Introduction

The main objective of this programme is to deliver the Canterbury regional component of Golf New Zealand's (Golf NZ) National Talent Development programme, Phase 1 "District Lead, Golf NZ supported, Talent Development." This sits within the wider [Canterbury Golf Young People in Golf Plan](#).

While High Performance, succeeding at the professional level of play, is the face of participation, it is Talent Development that bridges the gap from Community Sport to High Performance and lays the foundation for future success. The Golf NZ Talent Development Programme has four key phases. It is these phases, and the many elements within each phase, that supports the talent identification, verification and development of New Zealand's most promising young golfers as they move along the performance pathway.

This Canterbury Golf Talent Development Programme sits within phase 1 of the national strategy and its intentions is to bring together our best emerging

young players to provide holistic talent development support to prepare them and to move them towards phase 2 and beyond within the national framework. While the Performance Pathway may look step by step, or linear in nature, rest assured it is not. Each player will enter and move along the pathway at their own pace and in their own way. A player's progression is 'driven by the compass (their future direction) not by the clock, this is done by putting the long-term developmental needs of the players first over their short-term performance outcomes. This progression also considers the developmental needs of the person as well as the golfer. The success of New Zealander's on the world stage is measured by both performance as well as character. Therefore, success of the programme will reflect on both our players golfing performances, as well as the way they conduct themselves on and off the course.



**Demographics of potential players involved in this programme**

In a youth context the majority of players will orientate themselves toward recreational and participation environments, while some may choose a talent pathway. Players will often be very busy with many commitments including school, study, music, friends and other extracurricular activities. Those who may choose the talent pathway will decide to immerse themselves more seriously towards higher achievement in the sport. As players progress through their youth years, they will encounter many changes in regards to physical, technical, tactical and mind. As early youths', they will enter puberty and have associated growth spurts. Growth and maturation, as well as interest in the sport, does not develop at the same rate for all individuals. Players are looking to progress and develop, as well as satisfy other needs such as social contact and health and fitness benefits. During this transition stage from junior to youth, research shows a decrease in participation and engagement in sport as youth get older. Therefore, it is important to provide quality and meaningful experiences that meet their needs.

**Who could be involved with this programme**

Young players who are developing their game and aspire to reach their potential, do not need to meet a specific age and/or handicap requirement. It is important to view 'who' more broadly than may have been done in the past, by providing appropriate opportunities for as many young players as possible.

A long-term view is taken to player involvement in this programme with potential players considered based of both their current performances and the belief around their potential to improve. While this chart provides a guide, ultimately, player involvement is at the discretion of Canterbury Golf.

**As a guide, a player who is wanting to develop their game and aspires to reach their potential, could look like the following:**

	<b>Boys &amp; Girls under the age of 19 years*</b>
<b>Performance</b>	Boys likely have a handicap of 10 or less Girls likely have a handicap of 15 or less
	Likely to have played Interclub representing their home golf club
	Likely to have played Canterbury Strokeplay Championship
	Likely to have played Canterbury Age Group Championship
	May have represented Canterbury as a Junior
	May have played a National Age Group Event
<b>Developing skills, Standards &amp; Behaviours</b>	A player is curious and wants to grow an understanding of their game.
	A player has the desire to learn and be challenged. They have an open growth mindset.
	A player has the desire to continue to develop their skill while building competition experience.

\*Potential for players just above this age range to be involved on a case-by-case basis.

# Strategic pillars of the Canterbury Golf Talent Development Plan

The Canterbury Golf Talent Development Programme will consist of four areas of support. The Technical/Tactical and Athlete Life/Wellbeing will be where the majority of the face-to-face interactions will occur as described below. The Competitive Development/Tournament Pathway and the Individual Player Development pillars meanwhile will include working with the players, their coaches, and families to support them to have a planned and holistic approach to both of these and supporting them to achieve this.



## Technical / Tactical

These sessions will be where we bring together all the players in the programme, ideally once a month to work with local PGA Professional talent development coaches on the technical/tactical side of their games. The themes for this will be closely linked to the Technical/Tactical outcomes outlined within Phase 1 of the Golf NZ Talent Development Plan as we look to support players in line with this and look to progress them onto Phase 2 objectives.

### Phase 1

Technical- Good basic skill competency & stable mechanics. Learn to challenge these skills under a variety of conditions when training.

Tactical- Knows how far hits each club & develops basic shot selection system. Introduction of yardage/ notebook into practice rounds and competition.

### Phase 2

Technical- Develop an efficient & non-injurious swing. Build on challenging skills under variety of conditions when training.

Tactical- Makes good on course decisions. Builds on shot selection system incorporating use of yardage/ note book and tools.

These sessions will take place in a variety of settings with on-course opportunities and within local golf courses learning centres.

From a technical perspective, players will begin to understand the skill requirements of each game component: tee shots, approach shots, short game and putting. The focus will be on skills tasks which will allow players to ask questions of their skill set. Technical interventions will be left to the player's primary coach.

From a tactical perspective, players will be introduced to a tactical and statistical programme that will highlight the importance of the tactical side of the game. In training, they will start to understand the importance of their shot dispersion how they can use this information to better their scoring and performance.

Throughout the year the Golf NZ National Coach will also attend these sessions and in between will be working with our local coaches around the content of these.



## Athlete Life / Wellbeing

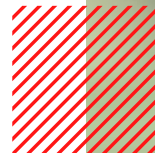
As well as the skill development education players need, an additional important part of their holistic development is their understanding and management of athlete life and wellbeing concepts. This is especially important during these critical youth years when players are experiencing so much change physically, mentally, and socially and the impacts this has on their time and motivation.

As such, this part of the programme will feature workshops and education around the following topics:

- Long Term Athlete Development & Peak Height Velocity
- Mental skills
- Nutrition
- Recovery
- Tournament Management
- S&C Screening/programmes
- Goals/Objectives

This will be delivered by Canterbury Golf, external providers such as Sport Canterbury, industry related specialists and include insights from current or former Canterbury or NZ representative players and other sporting personalities. The aim is for these to be interactive presentations where the players can take the lessons and apply them to their own environments as well as take inspiration from the role models or guest speakers that share their experiences.

1-2 Athlete Life/ Player Wellbeing sessions will take place each term, often as part of a monthly Technical/Tactical session.







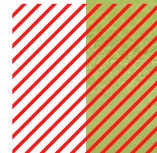
## Competitive Development/ Tournament Pathway

This part of the programme is about working with and supporting the players, their coaches and parents in creating an age and stage appropriate playing calendar for the player (participating in the appropriate and available playing events and tournaments.)

Within the Canterbury Golf Young People Development Framework table you will see the various playing opportunities available to players as they progress in age and ability. It is important players are playing a variety of events to importantly maintain the fun factor by playing with their friends and at different courses however they should also be targeting progressively higher ranked events as appropriate to test themselves under more challenging conditions.

Further, when possible Canterbury Golf will also endeavor to offer inter-association exchanges or playing tours with other South Island based associations where they can play against other regions developing players. This will be important in their development as they experience the nature of travel and play, encountering different courses and players than what they are normally exposed to week to week.

There will also be the opportunity to represent Canterbury as an age group player at the annual South Island Age Group Interprovincial and NZ Age Group Interprovincial for those players who are selected for this.





## Individual Player Development

The final strategic pillar of the Canterbury Golf Talent Development Plan is to support players in their individual player development plans. A lot of players may already have an individual plan that they work to alongside their personal coach which is great. The purpose of this pillar is to ensure all players as part of this programme have a plan that they are working to and also that their plan covers all areas of their development, not just the technical/tactical side of their development.

A player's individual development plan should address a player's strengths, weaknesses and the gap between their current game and their aspirations. Ideally including all aspects of those identified in the Golf NZ Talent development plan:

- Physical
- Technical
- Tactical
- Mind
- Person
- Tournament Pathway
- Coaching Support

Players will be able to bring the plans that they have created with their coaches and parents, seek advice or input on this, discuss as part of the group where appropriate and continue to reflect and edit their plan as required. If they have gaps within their plans, then support will be provided to help fill those.

