



# Leicestershire & Rutland Ladies County Golf Association Junior Girls Section

Girls' County Squad Coaching Clinic – Greetham Valley Golf Club – October 2010.

Twelve girls in the county squad, all with a handicap of 10 or below have just returned from a very beneficial two days of intensive coaching at Greetham Valley Golf Club with Steve Cooper, rated in the top 25 coaches in the country and who has coached a number of the ladies on the European Tour as well as England Girls Teams .

The girls responded to the weekend exceptionally well and their work ethic was impeccable. Each girl has been given an individual swing analysis sheet together with practices to work on over the winter.

A copy has also gone to County Girls coach Mike Bent (Kilworth Springs GC). Mike attended on the first day in order to link Steve's coaching in with his girls' schedule. The girls are then going to meet with Steve for a follow up session in the Spring, to see what progress they have made.

The weekend involved short game practicing on the par 3 course and on the putting green, time on the range and time on the Lakes Course. The clinic was made possible by a grant from Sport England for Elite Coaching.

The county girls' coaching programme, coordinated by coach Mike Bent and county girls' organiser Helen Buckingham, runs throughout the year with activities including video analysis, physiotherapy, the mental game, nutrition, fitness, course management and sessions with top players.



## MIND MATTERS

Unlike tour pro's you do not have a Caddie every time you play. But if you did I am sure there would be a great deal of conversation going on between you.

A good caddie advises on club selection, yardages etc., but his primary role will be to keep his player calm, focused, offer encouragement and to show an even temperament. If the caddie spoke to his player like you speak to yourself at times on the course, how long do you think he would remain in employment?

Next time you play do yourself a favour don't beat yourself up and begin to speak to yourself out on the course in the same manner as a really good caddie would. Encourage yourself, make sensible and considered decisions and pick yourself up when need be. Just think about the best rounds you have played and I feel sure these would have been when you were most relaxed and the game seemed to come easy.

If you can achieve this it will certainly make your game more rewarding and enjoyable.

Geoff Yates cert.dip

Mind Factor Coach

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Golf is a game that is played on a five inch course, the distance between your ears. Bobby Jones

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