

# Demolishing the obstacles

*Dr Brian Hemmings explains how coaches can remove barriers obstructing improvement*

One of the major challenges facing the PGA professional is to identify changes needed in a player's game and to set a path of instruction to improve skill levels.

Although much more is now known about preferences in learning styles and how information is delivered by the coach and received by a player, there are often more simple barriers to improvement within a player that need to be understood if the coach is to be successful.

Here are five of the most common barriers to improvement from a psychological perspective and the teaching approach that needs to be taken.

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|--------------------------------------|---------------|
| 1. 'I don't know what to do'         | Information   |
| 2. 'I don't know how to do it'       | Demonstration |
| 3. 'I don't know why I should do it' | Education     |
| 4. 'I don't know when to do it'      | Direction     |
| 5. 'I can't do it'                   | Persuasion    |

## *Guidance for the PGA professional:*

Listen carefully to the words a pupil or player uses to explain their needs during coaching sessions to best direct you to your course of action. You will find players vary in their needs over time and when working on different skills.

Also, if you feel a player is not making progress, take time to consider if you have delivered your coaching message in a variety of ways to aid learning and development.



Dr. Brian Hemmings has been lead psychologist to England golf for more than a decade. During this time he has helped develop the mental skills of emerging English golfers including the likes of Ross Fisher, Richard Finch, Danny Willett, Tom Lewis, David Horsey and Chris Wood. He is author of the book *Mental Toughness for Golf: The Minds of Winners* and a regular presenter on the PGA CPD programme.

He has also released a fully online Golf Psychology Coaching Certificate course that carries 100 CPD points and has received positive reviews. Go to [www.golfpsychologycoaching.co.uk](http://www.golfpsychologycoaching.co.uk) for full details. The course is full of practical activities for the PGA professional to guide players through improving their mental game and is endorsed by some of England's best coaches. You can complete the course at home so you will have no travel costs or time away from your work. All you need is a player to work with and the time to complete the course activities. To reduce the price by 25 per cent (from £295 to £219) type in the promotional code 2012.

## Meeting of the Minds at The Belfry

The PGA-endorsed Meeting of the Minds seminar at The Belfry next month has the ingredients to be one of the coaching highlights of the year.

The one-day seminar on April 30 will see six of the golf industry's leading coaches presenting their philosophies on a variety of topics.

The sextet comprises:

- ? PGA Professional and leading 3D biomechanist **Mark Bull** discussing postural breakdowns and their effect on the golf swing



- ? Golfing machine expert and Fellow of the PGA **Ian Clark** presenting teaching in the real world



- ? PGA swing tutor and Msc. **Gordon Morrison** reflecting on his Masters Research findings in making deliberate mistakes to improve golfing skills



- ? **James Ridyard** PGA, BSc. is best known for being a leading stack and tilt instructor. His presentation is entitled *Inconvenient Coaching Truths*



- ? Advanced PGA Fellow **Ian Peek** will combine his research work with some of his knowledge gleaned from others in *Teaching in the Trenches; My Favourite 10 Lessons Learned*



- ? Irish National ladies coach and PGA swing tutor **David Kearney** will discuss the high performance coach's role in his *Safe, Centred, Inclusive, Researched* presentation.



In addition, GASP Systems and Dr. Paul Hurrion will be exhibiting their various coaching tools and an informal get-together or tweet-up for all delegates and speakers is planned for Sunday April 29 from 6pm onwards in the main bar of The Belfry hotel.

Meeting of the minds costs £89 GB Pounds + VAT for PGA members & £69 + VAT for PGA assistants. Attendance carries 25 CPD points and registration is open [www.pganationaltrainingacademy.org.uk](http://www.pganationaltrainingacademy.org.uk)