| *Performance Breakthrough**Exercise* | *Skills* | *Skills applicable to Golf* |
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| Standing on a balance board  | Balance | * Reduces sway whilst in swing.
* Strengthen the body/mind connection: -
1. Controls the centre of gravity throughout your swing.
2. Stabilises the visual system during swing and head movement.
3. Improves chances of retaining posture angles through the swing.
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| Watching and hitting a pendulum ball  | Timing and rhythm | * Enables a golfer to connect the club head with the ball at the optimum time.
	1. Develops rhythm in the swing and an ability to trust your swing.
	2. Co-ordinates both arms and eyes for better choice of shot.
	3. Helps develop a smoother motion for the short game.
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| Hitting pendulum ball with finger tips, wrists and elbows | Touch & spatial awareness:*Proprioception* | * Develops a comfortable grip.
* Makes swing action more automatic.
* Relieves tension in the neck and shoulders which reduces stress in the mind when standing over the ball.
* Relaxes the shoulders and arms to reduce wayward shots. Also reduces holding on to negative thoughts when a bad shot has been hit.
* Helps build feel for finesse shots around the green.
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| Eye exercises whilst standing on balance board | Strengthens muscles in eye:*Visualisation* | * Ability to focus/concentrate for the complete 18 holes.
* Develops the ability to visualise the best outcome of reducing your handicap or lifting the winners’ cup!
* See pin positions in more detail.
* Improves accuracy in determining how much power is needed to hit the ball the correct distance and direction.
* Improves green reading.
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| Hitting the pendulum ball over target pins in the distance | Hand/Eyeco-ordination and accuracy | * Improves the ability to calculate the power required to cover the distance to the pin.
* Develops the connections between hands, arms, eyes and balance within one exercise.
* Less dispersion of shots on the fairway which equates to straighter drives and iron shots.
* Develops pin point accuracy from your hands and pin point accuracy in the distance making putts easier to calculate.
* Enables the golfer to read undulations on the greens more easily.
* Enables easier recovery from trouble shots with awkward stances.
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| Bean bag exercise | Throwing and catchingRelaxing of armsEye tracking whilst holding head stillAuditory training through listening to the beanbag as you catch it | * Develops hand/eye co-ordination in timing and rhythm – all of which are vital for the complete golfer.
* Develops the ability to keep your head down and your eyes on the ball as you swing the club.
* Relaxes the arms and shoulders. If the arms and shoulders are tight and rigid your mind will tend to overthink your shot or get stuck on the last bad shot.
* Builds a stronger feedback loop when practicing.
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| Throwing and catching a bouncy ball and hitting numbers on a target board | Connecting balance and Hand/Eye co-ordinationQuicker reaction speeds | * Increases your accuracy rate.
* Develops the ability to move on after a bad shot and not dwell on it. Increases positivity.
* Develops resolve, resilience and a ‘can do’ attitude.
* Encourages Self-belief and motivation to keep going.
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