| *Performance Breakthrough*  *Exercise* | *Skills* | *Skills applicable to Golf* |
| --- | --- | --- |
| 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. |
| 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. |
| 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. |
| 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. |
| Hitting the pendulum ball over target pins in the distance | Hand/Eye  co-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. |
| Bean bag exercise | Throwing and catching  Relaxing of arms  Eye tracking whilst holding head still  Auditory 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. |
| Throwing and catching a bouncy ball and hitting numbers on a target board | Connecting balance and Hand/Eye  co-ordination  Quicker 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. |