

25th Annual AMP Sideline Help Coaches' Clinic

October 21, 2021

Dynamic Warm-up for Golfers

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Golf is Extraordinarily Popular

- Over 25 million participants each year in the US alone
- Most golfers strive for greater driving distance and shot accuracy to produce lower scores
- Golf is explosive!
- Pre-range exercise stigma
- Hitting pre-round balls is a great dynamic warm-up (coordination, muscle memory, confidence), but doesn't adequately prepare the body for efficient golf-related movement

Stretching Before Play

- Pre-play exercise often overlooked due to time constraints or lack of understanding with this important element
- Beneficial for performance and injury prevention
- Can help with pain reduction
- What is the preferred stretching type to maintain power throughout a round of golf?
 - *Static vs. Dynamic*

Static Stretching

- Great for overall flexibility, but doesn't fully prepare the body for a round of golf
- Can actually hinder performance
 - *Reduce power output!*
 - *Strength immediately reduced up to 28% after the stretch*
 - *Strength still reduced up to 9% one hour after the stretch*
- Best performed **after** activity

Dynamic Stretching

- Simple, efficient, and fluid movement
- Increases blood flow and oxygen to soft tissues, maximizes available flexibility, and activates the neuromuscular system
- Primes the body with functional mobility activities
- Targets multiple muscle groups and joints
- Literature confirmations
 - *Increased jump test height*
 - *Increased power output (up to 14%)*
 - *Increased power output 24 hours after exercise (1.6%)*
 - *Pre-golf warm-up created significant increases in clubhead speed, ball speed, and carry*

Benefit Following Dynamic Warm-Up

(compared to hitting 20 pre-round balls)

- 2.39 mph increase in clubhead speed
- 2.44 mph increase in ball speed
- 11.4 yard increase in carry

Dynamic Warm-Up for Golfers

- Designed as a warm-up, NOT a workout!
- Prepares the body for dynamic activity
- Perform 10 repetitions of each within 15 minutes of play
- Consider 5-7 minutes only
- Sport-specific, sequential, and progressive
- Gluteals are some of the most important muscles in the golf swing (“The Kings”)
- Consider age, fitness level, and other physical limitations
- Use club to facilitate ROM (advance to resistive band)

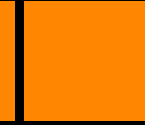


Titleist Performance Institute

Golf-related Basic Biomechanics

- Rotation (trunk/pelvis, shoulder)
- Balance
- Stabilization

Overhead Squat



Backward Lunge with Twist



Squat Press



Backward Lunge with Sidebend



Rotating Woodpecker



Forward Step with Twist



Speed Skater



Most of all . . . have FUN!!

- Reach out anytime
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