



# TPI LTAD PROGRAM

June 22, 24, 29 and July 1  
 9:00am – 10:30am  
 Fee: \$200  
 Four 90-minute sessions

## Titleist Performance Institute Long-Term Athletic Development

An internationally recognized standard in developing junior players, LTAD stands for long-term athletic development. Focus is on performing age-appropriate skill acquisition drills that maximize athletic potential to build a solid golf foundation. As juniors progress through levels of skill development, training becomes more challenging and specialized. Session One will include an evaluation.

LEVEL	DESCRIPTION	SESSION FORMAT
<b>TRAIN TO PLAY &amp; COMPETE</b>	<ul style="list-style-type: none"> <li>✓ <b>Focus is on speed &amp; strength.</b></li> <li>✓ <i>60% golf-specific training/40% fitness</i></li> <li>✓ <i>20% block &amp; 80% random practice.</i></li> <li>✓ <i>60% training/40% competition.</i></li> </ul>	<ul style="list-style-type: none"> <li>• 5 Minute – Topic Introduction</li> <li>• 10 Minute – Warm Up</li> <li>• 30 Minutes – STATIONS #1</li> <li>• 5 Minute – Break</li> <li>• 30 Minutes – STATIONS #2</li> <li>• 10 Minutes – Ball Striking/Competition</li> </ul>
<b>SMASH ZONE</b>	<ul style="list-style-type: none"> <li>✓ <b>Focus is on golf-specific skills &amp; fundamental sports skills.</b></li> <li>✓ <i>Putting, Full Swing, Chipping, Throwing, Horizontal Striking, Ground-based Striking, Wrist Release, Upper-Body Mobility/Stability, Lower-Body Mobility/Stability, and Agility/Balance/Coordination/Speed</i></li> </ul>	<ul style="list-style-type: none"> <li>• 5 Minute – Topic Introduction</li> <li>• 10 Minute – Warm Up</li> <li>• 30 Minutes – STATIONS #1</li> <li>• 5 Minute – Break</li> <li>• 30 Minutes – STATIONS #2</li> <li>• 10 Minutes – Ball Striking/Competition</li> </ul>
<b>CYCLONE</b>	<ul style="list-style-type: none"> <li>✓ <b>Focus is on developing fundamental movement skills.</b></li> <li>✓ <i>Agility, Kicking, Push/Pull, Striking, Locomotion, Catching, Balance, Jumping, Visualization/Awareness, Rotation, Core Strength, Throwing</i></li> </ul>	<ul style="list-style-type: none"> <li>• 5 Minute – Topic Introduction</li> <li>• 10 Minute – Warm Up</li> <li>• 30 Minutes – STATIONS #1</li> <li>• 5 Minute – Break</li> <li>• 30 Minutes -- STATIONS #2</li> <li>• 10 Minutes – Ball Striking/Competition</li> </ul>

Mike Myszowski, PGA | Robin Rasch, LPGA

