

Scottish  
Golf



Performance  
Programme





# Scottish Golf

The Scottish Golf Performance Programme has been developed in conjunction with Paul Lawrie and Catriona Matthew, Scotland's two most recent major winners.

The significance of having input from two major winners in the programme should not be underestimated. Having the ability to win on the tour is one thing, but to raise your game to win a major requires another step up, not just in your golfing ability but also in your entire approach to the game.



# Programme Structure

The Performance Programme is devised to add value and support to the work the player is doing with their personal coach. It is not about teaching a player how to improve their swing – their coach already does that – it is about developing potential and maximising performance.

The programme will also provide appropriate competitive opportunities to support the player's stage of development and help them to build on their experiences to aide their progression to the next level.

This will be with a combination of competitive training in groups and opportunities to compete in national and international events to gain the required experience and the chance to put into practice the knowledge learnt from Paul and Catriona.

The delivery of the programme comprises:

- Group based competitive training events.
- Opportunities to play with and learn from professionals who have played, or are currently playing on tour.
- Performance management support, including twice yearly player reviews which will provide feedback on their progress and help the player develop their plan.

- Self-assessment tools that players will complete to identify areas where Spencer and Stuart can support. The skill they will learn is to identify their own individual areas of strength, build on them and develop solutions on key areas to improve.
- Access to performance tracking tools enabling players to compare their performance with the best in world and build a long-term development plan to reach the highest level.

Some players will have access to support services from **sportscotland** Institute of Sport staff in the areas of physical preparation, physiotherapy, nutrition, sports psychology and performance lifestyle. For those players not directly supported by the Institute of Sport support and education in those key areas will be provided by the wider performance team.

To help players manage their preparation at tournaments and practice at home so that they are always ready to compete.

Catriona Matthew





# Access To Open Champions

Paul and Catriona are actively involved in the delivery of the programme so everyone will benefit from their experience. Those in the National High-Performance group will also have exclusive access to Paul and Catriona and will have the opportunity to build personal relationships with them, learning directly from their extensive experience of being on tour.

Working alongside Paul and Catriona will be performance coaches Spencer Henderson and Stuart Clayton, **sportscotland** Institute of Sport practitioners and other performance staff who will provide additional support to the programme.

Paul, Catriona and the team will work with the players and their current support teams to create an environment to optimise the player's development. This programme is all about helping players work towards goals, to reach their future potential, represent Scotland internationally and to win tournaments.

## What do Paul Lawrie & Catriona Matthew bring to the Programme?

Both Paul and Catriona have enjoyed successful careers with many tournament victories, as well as team wins in the Ryder Cup & Solheim Cup respectively. During their careers they have experienced high and lows and most importantly have learnt from these to improve their game – both on and off the course.

Being a really successful golfer is all about having the ability to deal with whatever the game throws at you. It is also about how you walk away from a bad hole or a bad round, learn from your mistakes, deal with the emotions and walk to the next tee or the next round in the best possible mental state to maximise the opportunity.

Paul and Catriona have both mastered this art – without which they would not be major winners – and they will be sharing this unique knowledge and their experiences with our golfers in the programme.

Paul and Catriona are both excited to help the next generation of Scottish golfers and their hope is that their involvement will one day lead to the next Scottish winner of a major.



Paul Lawrie



Catriona Matthew



# Five Components To Become A World Class Golfer

**1** Programming For Performance



**2** Becoming A Creative And Skilled Golfer



**3** Being Physically Ready



**4** Being Mentally Ready To Perform



**5** Developing Performance Behaviours





# 1 Programming For Performance

By supporting players to develop their knowledge and understanding of their own game and development needs we can help them to create their own training and competition plans.

## What Scottish Golf Will Do:

- Provide opportunities throughout the programme for players to take ownership of their development, by designing and adapting their own practice plans as they progress.
- Encourage players to ask questions to understand why they are working on certain areas.
- Provide guidance on effective practice both at training sessions and when they are on their own.
- Purposeful practice: Measuring and recording performance in practice through drills and challenges to make training meaningful.
- Purpose in practice: Challenges to make practice competitive to simulate tournament golf.

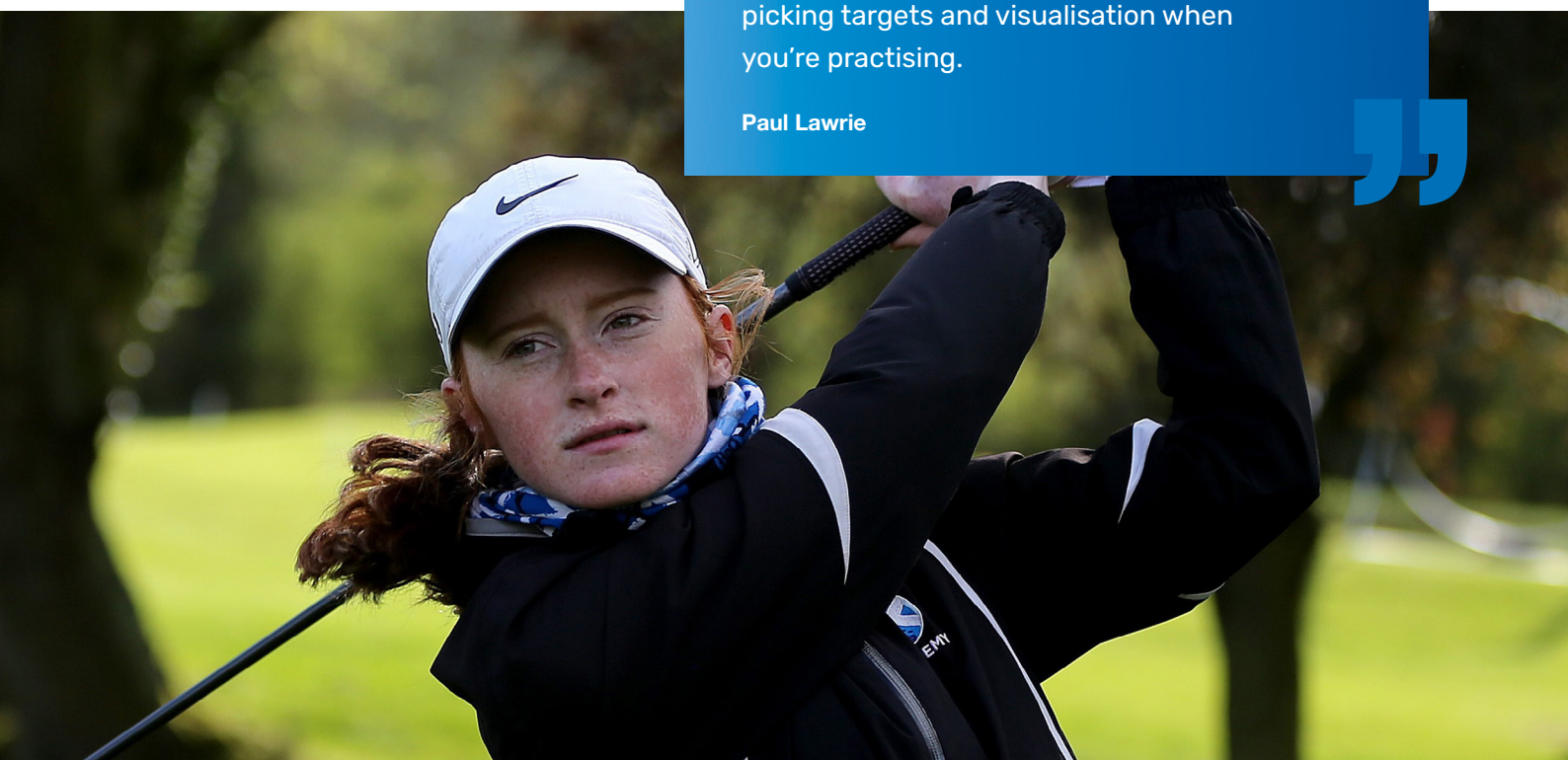
The programme will use role models to share stories of their experiences and challenges, highlighting that each golfer's journey is individual and there is no one way to achieve success. This is reinforced by the routes taken by Paul and Catriona to become Open Champions.

Whilst Paul started out as a PGA professional before working hard to play his way on to the European Tour, Catriona represented Scotland and GB&I as an amateur, studied at the University of Stirling and then turned professional playing on both the Ladies European Tour and LPGA Tour throughout her career.



Practice as you play, and you'll play as you practice. It's very important to work on things you will need when you play, such as routine, picking targets and visualisation when you're practising.

Paul Lawrie





## 2 Becoming A Creative And Skilled Golfer

The ability to score well under pressure is fundamental to success. Developing technical and tactical competence can help players improve their decision-making skills and adapt to the ever-changing demands of competitive golf.

### What Scottish Golf Will Do:

- Provide a supportive environment where players are encouraged to experiment and explore skill development.
- Provide the opportunity for players to test their skills in a competitive environment.
- Continue to educate players on identifying areas for improvement and help them to develop a plan for each area.
- Playing well when you don't have your best game. How to score well when you do not have your 'A' game through objective decision making and resilience.



It is understanding that you don't need to play perfect golf to score well.

Catriona Matthew





# 3 Being Physically Ready

In the modern game, physical conditioning is critical to performance improvement. Players need to be physically robust to sustain the demands of training and competition while managing the risk of injury throughout what could be a long career.

## What Scottish Golf Will Do:

- Provide education to players and parents on the importance and benefits of developing physical competency in the modern game.
- Provide support, education, and access to experts to enable players to create an individual plan for their physical development.
- Provide players and parents with education on recovery, nutrition, and hydration strategies, either through **sportscotland** Institute of Sport or the Scottish Golf Performance Team.



Playing the game at a high level is both physically and mentally demanding, through education and support we will help the players to learn to manage the risk of injury through rest and recovery, enabling them to sustain the physical demands of training and competition schedules.

**Spencer Henderson**





# 4 Being Mentally Ready To Perform

The development of effective mental skills, emotional control, the ability to respond to failure and having consistent routines all contribute to a player's ability to make good decisions and perform under pressure. Players who are open to learning, can embrace challenge and recover from setbacks will have a greater chance of succeeding on the world stage.

## What Scottish Golf Will Do:

- Provide education and support to players to develop their mental skills, creating competitive opportunities within the training environment to simulate the feelings of tournament golf.
- Provide guidance on goal setting and the benefits of this in developing mental resilience.
- Encourage the development of reflective practice that will be individual to each player.



Pre-shot routine is one of the most important aspects when you get to a level where winning is possible. Having a routine you can repeat under any circumstance is vital. It doesn't matter what your routine is – it just needs to be repeatable.

Paul Lawrie





# 5 Developing Performance Behaviours

We know that players who are autonomous and have good planning and organisational skills will be well prepared to meet the demands of performance golf. The ability to self-regulate is one crucial skill which will help players to drive their own improvement programme, setting specific goals, self-reflecting and continually reviewing and adapting their plan.

We aim to help players become independent and develop time management and organisation skills that will minimise stress and have a positive impact on their game.

## What Scottish Golf Will Do:

- Provide 1:1 feedback to support player development.
- Recognise and reward continual commitment to developing performance behaviours.
- Provide education to players on how to manage and balance the demands in their life alongside golf.
- Provide players and parents with the necessary education and support in key areas through workshops, newsletters and staff/parent meetings.



Reflection is a process that is critical to grow your understanding of who you are, where you are at and what you need to do to unlock your potential. Reflection is tough, you have to be honest with yourself and take the actions needed to be the best you can be! Through the programme we aim to encourage the players to develop this crucial skill.

Stuart Clayton





# Performance Programme Squad Structure

The programme features three distinct squads, each targeted at players at different stages of their performance journey and each offering a different level and type of support.

Players who are studying overseas will be able to join the programme and receive remote support while they are abroad and opportunities to engage in training and events when they are back in Scotland.

## National High-Performance Squad

Golfers in this squad will have exclusive access to Paul and Catriona who will help them prepare physically and mentally for competitive golf at the highest level.

Paul and Catriona will be supported by Spencer and Stuart in the delivery to this group with the aim of supporting players to design and manage their own development plan and gain the experience required to understand what it takes to win at the highest level.

Very few people know what it feels like to stand over a three-foot putt to win a major championship – but that experience, and knowledge is integral to what Paul and Catriona will bring as part of their role in our programme.

## National Performance Squad

Players in this squad will work with the Spencer and Stuart to build on their existing skills and experience.

The team will ensure players have a clear understanding of their development areas and a plan in place to develop these with the goal of learning to compete and challenge for national and international championships.

## Futures Development Squad

The focus for the Futures Development Squad is to help players develop an understanding of the skills and performance behaviours required to progress to the next level.

The group-based training will provide opportunities for players to understand practice design, compete with their peers in training challenges and receive group-based education on the key elements of performance.

All this is aimed at developing their potential and supporting their progression to competing in national and international events.

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A plan will constantly be evolving but it provides a clear outline and reminder of **WHAT** you want to achieve, **HOW** you intend to achieve it and most importantly **WHY** you want to achieve it! My role is to support players with this.

Stuart Clayton



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# Supportive Learning

Scottish Golf aims to create a highly challenging and supportive learning environment that will deliver long term improvements. Our competitive opportunities will encourage golfers to challenge themselves, focussing on the improvement process to reaching their long-term goals.

We recognise that every golfer is unique with different emerging needs and we will focus on the right development priorities for each golfer. The programme is all about helping the players to be the best they can be in every area so that they have skills to be self-reliant as their career progresses.



The goal of the programme is to develop high performers who take ownership, responsibility for their development, and are well prepared to cope with the demands of performance golf. This includes being prepared for and responding to setbacks, developing emotional control and consistent routines to enable them to make excellent decisions and perform under pressure.

Spencer Henderson







Scottish  
Golf



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To recognise the sacrifices, self-belief and desire you have to have to become the best.

Catriona Matthew

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By working together and utilising all of the golfing experience we have in this country, we can help our talented young golfers achieve their goals.

Paul Lawrie

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For more information on the Scottish Golf Performance Programme please visit **[www.scottishgolf.org](http://www.scottishgolf.org)**