

PLAY TO WIN CHECKLIST

- ☐ Train golfers to peak at major competitions –performance on demand.
- ☐ Ensure that training is characterized by high intensity and relatively high volume all year round.
- ☐ Allow frequent preventative breaks to prevent physical and mental burnouts.
- ☐ Change the training-to-competition ratio 25:75, with the competition percentage including competition-specific training and actual competitions.