



ETPIME SEMINARS VISIT GOLF EUROPE

The European Tour Performance Institute (ETPI) visited this year's GOLF EUROPE trade show at Messe Augsburg in Germany, and treated delegates to an insight behind the programme that allows golfers of all abilities to practice, learn and improve using the knowledge and tools developed by the elite professionals on the European Tour.

The aim of the seminar was to provide the PGA professionals with the tools, knowledge and confidence to work in a multi-disciplinary team that has been found to be a very effective way of helping players achieve their performance goals, and was delivered by Director of the European Tour Physiotherapy Unit, Rob Hillman, and Sports Biomechanics Consultant to The European Tour, Jean Jacques (JJ) Rivet, both of whom are co-founders of ETPI.

The investigation and intervention involved in ETPIME require the use of varied disciplines that create a team of specialists around a player including the PGA professional, physiotherapist, biomechanics specialists, strength & conditioning experts and sports medicine specialists.

ETPI was developed by the European Tour's medical & performance services team to allow golfers of all abilities to make use of the knowledge that has been amassed by the Tour's performance and medical practitioners over the past 20 years using data from the best players in the world.

"We work at a very select end of the world of golf where we're fortunate to be working at the leading edge of everything that's going on, but there's a broad base of people that underpin that and we believe that

everyone can benefit from these concepts," explained Hillman.

"Globally as an organisation we really want to grow the game and we want to do what we can to support that. For example, bringing our skills and experience to bear at events like this and giving the day-to-day teaching Pros some insight into what we do is great, and we hope give them some useful tools to take away, which I think is a very important part of our role."

Rivet added, "At its origin they (coaches) have the capacity to understand how the body is moving and to create very good coaching practices, but you need to understand how it all works, how the forces are working, and how you can see a before and after in your coaching...that's why I always enjoy opening coaches' minds and motivating them to be at the highest position they can be."

LOADING ...

Watch highlights of the interview with Rob Hillman and Jean Jacques Rivet

ETPI videos of the 6 Key Performance Areas, which include demonstrations, self-screening and exercises, can be accessed through My European Tour by following these steps:

1. Register for to be a MyEuropeanTour.com user by clicking on the link below
2. Click on *ETPI* from the top menu bar
3. Click on the *Tour FFG* bar and follow the instructions which involve completing an online health questionnaire

For more information visit: www.europeantour.com/myeuropeantour

The seminar notes can be downloaded using the following links:

ETPIME – The Multi-Disciplinary Approach to Coaching	2.4MB	http://eur.pe/1a2lcZi
The ETPIME Process Explained	4.5MB	http://eur.pe/16kmtfx
6 Key Areas of Performance	12.9MB	http://eur.pe/19k02cP
Application of Biomechanics	14.7MB	http://eur.pe/1a2k08i
Physical Therapy Sessions – ET Physio Unit	54.3MB	http://eur.pe/16IfmA2
Physical Screening – ET Physio Unit	106.4MB	http://eur.pe/1a27B4i
Solutions to Improve – The Management of the Centre of Gravity	22.9MB	http://eur.pe/1btjXYp