

Worldwide Golf

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OUT OF THIS WORLD

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AJMAN OPENS IN STYLE

AZERBAIJAN GOLF IN
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A GOLF COURSE'





JEAN-JACQUES RIVET: Pioneering golf biomechanics

Golfers who come to the United Arab Emirates are incredibly fortunate to have The European Tour Performance Institute on their doorstep at Jumeirah Golf Estates in Dubai. Aside from the ETPI at Terre Blanche, France, it's the only other facility of its kind in the world.

As a result, an abundance of players spend their off-season in the emirate taking advantage of the state of the art facilities and perfect weather conditions, while local amateurs are also benefitting hugely. Jean Jacques Rivet is the Head of Biomechanics and Sports Performance at the Terre Blanche ETPI.

The Frenchman oversees the biomechanics training, which improves a golfer's game by taking into account the body type and unique swing characteristics of each individual player. The system analyses posture, mobility, balance, and the intensity of each movement in the golf swing to change certain aspects of the swing in order to optimise their game.

The UAE National team visited the ETPI in France to fine-tune their preparations ahead of the prestigious Nomura Cup in October while the European Challenge Tour players spent a week at the Dubai facility ahead of the season-ending NBO Golf Classic Grand Final and the leading players in The Race to Dubai took full advantage of the ETPI during the recent DP World Tour Championship at Jumeirah Golf Estates.

Worldwide Golf caught up with Rivet to learn more about the intriguing world of biomechanics and how it can improve any player regardless of ability level.

WORLDWIDE GOLF: What is the process you go through to try and improve a player when they visit you at the ETPI?

JEAN-JACQUES RIVET: I don't teach players, I analyse the player's swing. I answer the player and coach's question about the player's technique. I analyse how the body and club work in collaboration to create trajectory in the swing and the force they apply on the swing in all parts of the body. I always try and find a solution so the player can find and maintain the trajectory they want. The synchronisation of the body is key and certain tools that we use to analyse the player helps



every part of the body move in motion. We have coached more than 4000 players since 1998 so this expansive amount of data allows us to understand all types of problems individuals have and ways we can rectify them.

WWG: Do you prefer working with amateur players or European Tour professionals?

JJR: I love the challenge of working with every player. It's great working with amateur players because you can really see the improvement but the challenge of helping top players that have reached a great level is very enjoyable.

WWG: Which of the players you've worked with at the ETPI are you most proud of?

JJR: One player I'm proud of working so closely with is Byeong Hun An who won the BMW PGA Championship at Wentworth Club by six shots. I worked with him when he was on the Challenge Tour now he is going on to achieve fantastic things. I also worked with Alexander Levy when he was an amateur on the French team and he is now doing amazingly well on The European Tour. I have loved working with Rafa Cabrera-Bello because, along with his technical and physical coach, he likes to participate in certain exercises which take full advantage of our ETPI facilities.

WWG: Which Challenge Tour players did you work with in 2015 that impressed you the most?

JJR: The one player that has stood out for me is Borja Virto Astudillo. He has impressive technical skills that could make him go far in the game.

WWG: If you had the opportunity to work with the likes of Jason Day, Jordan Spieth or Rory Mclroy; do you think they could benefit from your advice?

JJR: I have never had chance to work with these top players but every time we work with coaches that apply biomechanics we get results. I'm confident that the work we do on the player helps them validate their swing. We can help develop the body's capabilities through technology. Just like all other sports, the game is continuously improving so every player seeks any sort of advantage at this level. We always aim to supply that.

WWG: What are your future ambitions for the ETPI? What would you like to achieve in 10 years time?

JJR: In 10 years time we would like to supply our service to players all around the world. After each tournament, they could review their performance with a coach at an ETPI and improve week in, week out. This would be unique for The European Tour and would be incredibly beneficial for the players.