

THE IMPACT OF WARM-UP ON YOUTH GOLFER CLUBHEAD SPEED AND SELF-REPORTED SHOT QUALITY

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ABSTRACT

Background/Purpose: Physical preparation in golf is now considered a key component of the game. With players becoming more athletic, warm-up has become an important area in a player's preparation for practice and competition. Much of the research to date has focused on the adult golfer, showing potential for improvements in clubhead speed, driving distance and shot quality, as well as reductions in injury risk. However, there is currently no work specifically investigating the impacts of warm-up in youth golf. The aim of this study was to examine the impact of a club only warm-up and a dynamic exercise routine followed by a club warm-up on club head speed and self-reported shot quality.

Methods: Using a counterbalanced repeated measures design, eight male and 13 female youth golfers completed a control (no warm-up), club only warm-up and an exercise based dynamic warm-up followed by club warm-up on three non-consecutive days. In each session, players were required to hit 10 maximal effort shots with a driver and clubhead speed (CHS) was recorded using a launch monitor alongside self-reported shot quality scores.

Results: Statistically significant improvements in clubhead speed and self-reported shot quality were seen in the dynamic warm-up combined with club warm-up. No significant differences were seen in the club-warm up only or control groups for either clubhead speed or self-reported shot quality.

Conclusion: A combined dynamic physical warm-up and club warm-up improves clubhead speed and self-reported shot quality in youth golfers. However, a club warm-up alone does not seem to be sufficient in eliciting these same improvements.

Level of Evidence: 3

Key words: Clubhead speed, golf, warm-up, performance, youth

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