



SHAWN HUMPHRIES
ELITE PERFORMANCE SYSTEMS



Elite Performance Systems®

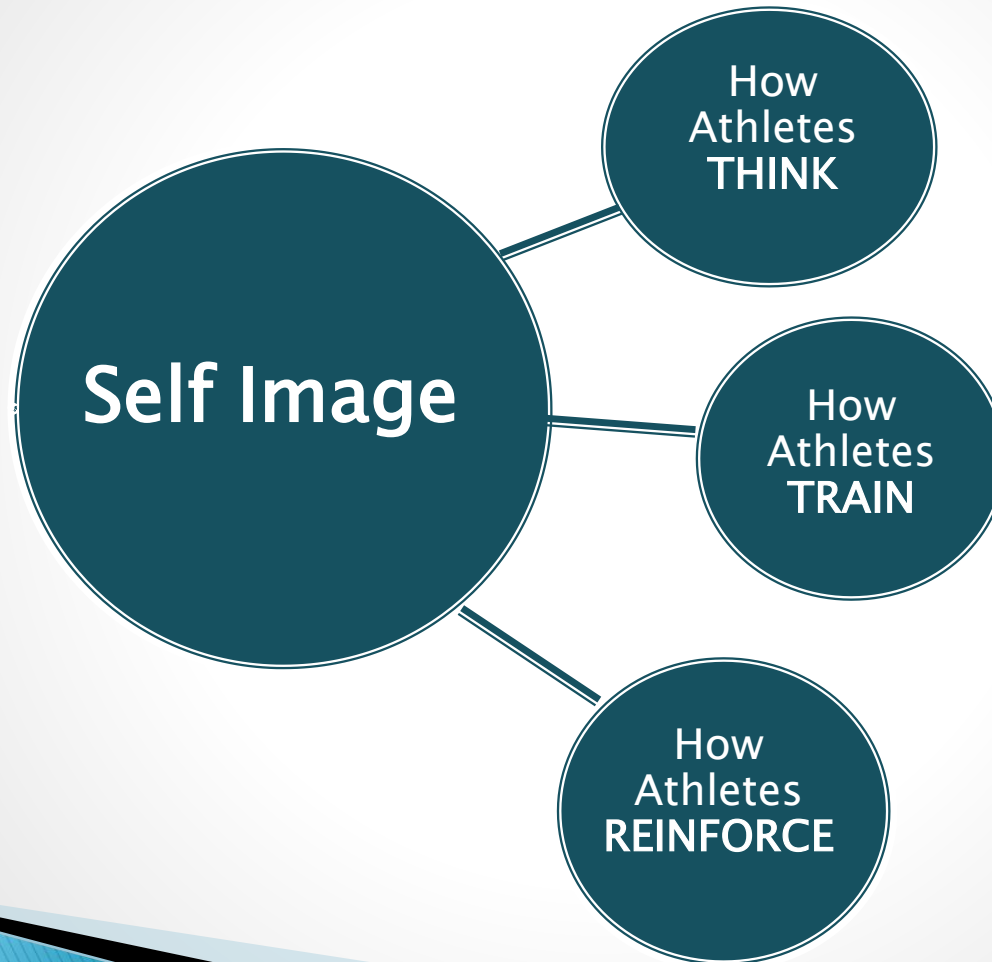
Mastering How You Think, Train, and Perform

Coaches & Athletes

Learn the **Elite Performance Systems®** that has produced PGA, LPGA Tour Winners, Olympic Gold Medalists, and World Champions.



Three Performance Indicators



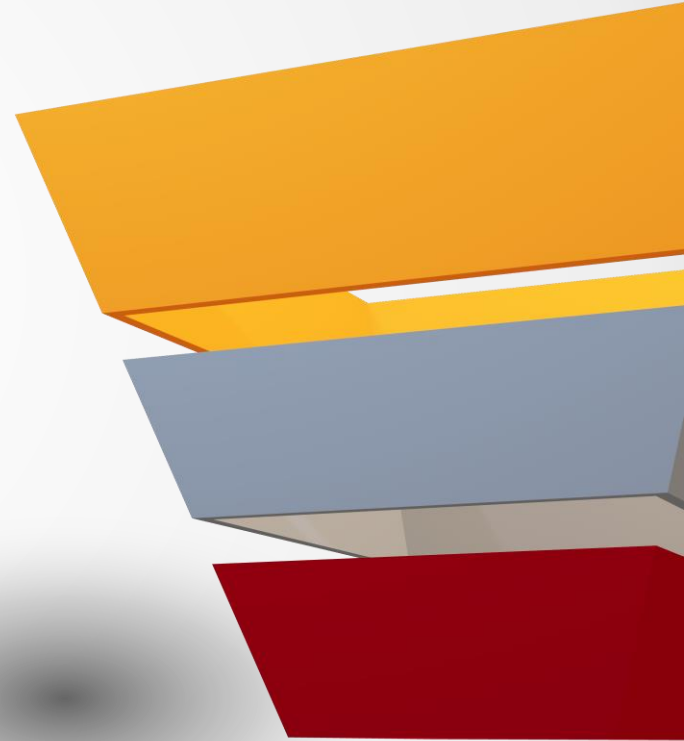
Four Stages of Development

Training To Learn →

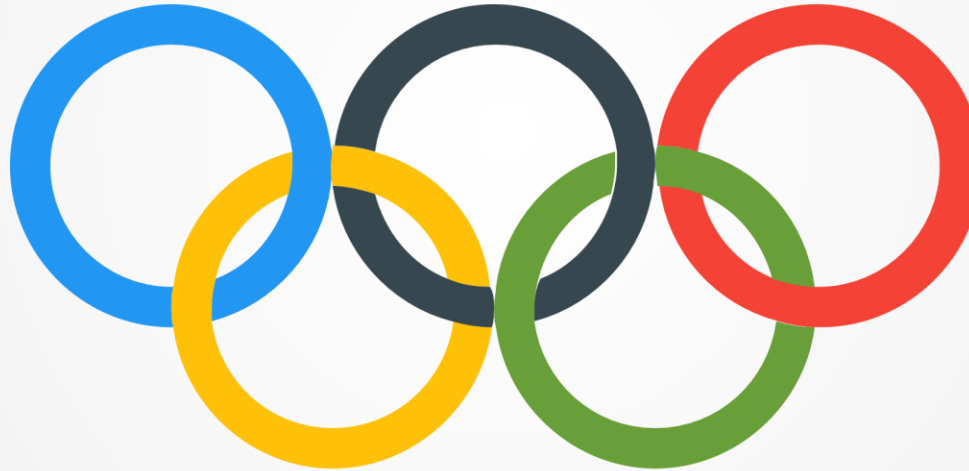
Training To Compete →

Training To Win →

Training To Advance →



Olympic Training Model



Four Levels of Training



4

Train For the Competition

3

Train For the Round of Golf

2

Train For the Shot

1

Train for Feel



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Level 1 Training For Feel



Training For Feel

First – Athletes train for feel. Athletes train on specific technical areas of their sport in developing their technical skills for their sport or that position on the team.

Note: *Outcome / Target is not defined*

1

Level 2 Training For the Task



2

Train For the Task

Second – Athletes train for the actual shot, action, or task. Athletes executing the above skill in an actual setting or space.

Level 3 Training For the Environment



Train For the Golf
Course or Environment

Third – Athletes train for the environment. Athletes train for the course, field, court, track, or a particular play or down.

Level 4 Training Competition

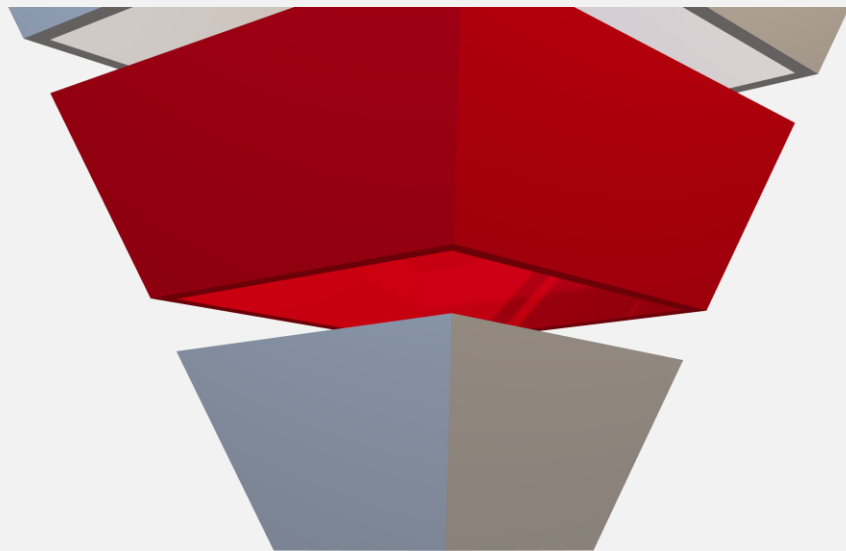


4

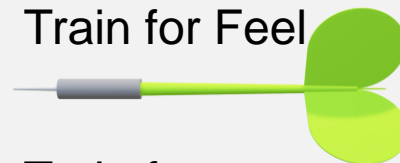
Train For Competition

Fourth – Athletes train for competition. Athletes are put in a game, event, or matches to replicate / rehearse the most crucial competition day.

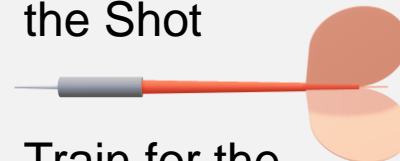
Target Your Training Everyday



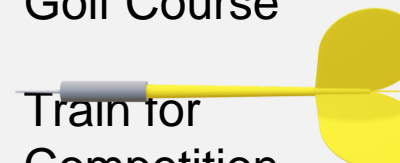
Train for Feel



Train for executing the Shot



Train for the Golf Course



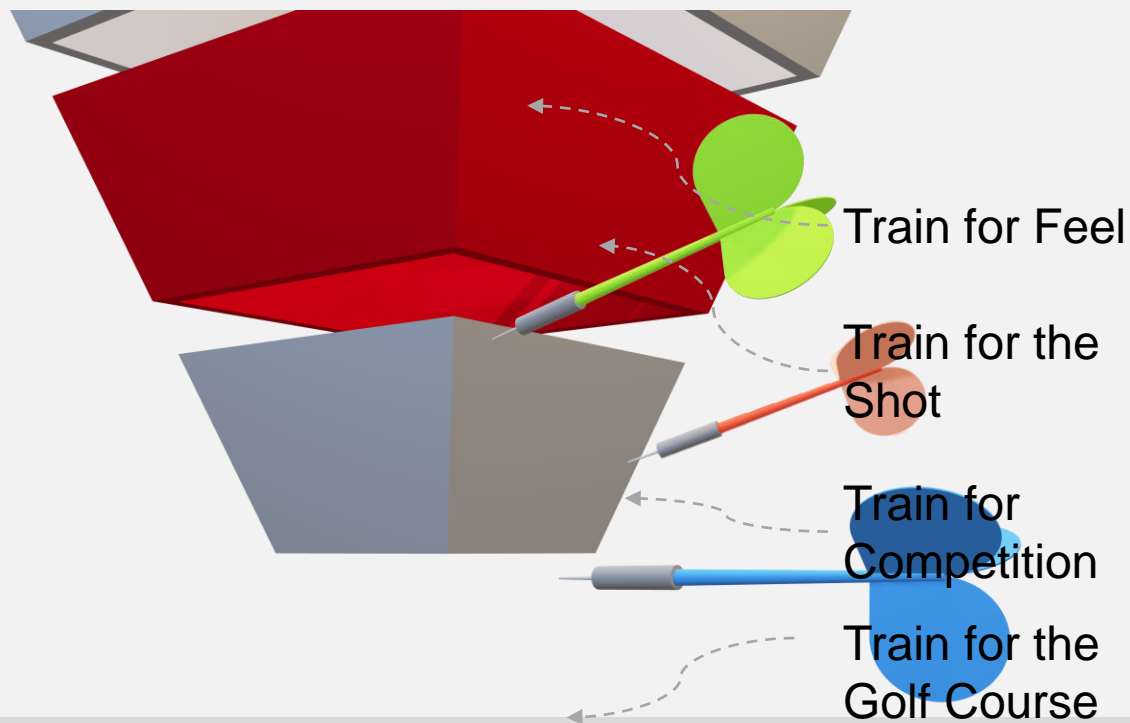
Train for Competition



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Target Your Training Everyday

Your Training Should
be Defined, Measured
and Timed



Averages vs. Personal Best

Personal Best / Winter-Spring 2020 / TRAINING

Student	Jan	Feb	March	April	May	June
4 Footers In a Row	15	25	35	45	50	70
Dist. Putts Consec. 2 Putts	8	12	20	25	30	35
Up & Downs / TFC	4/12	8/12	10/14	11/14	12/14	14/16
Compass 7 Putts/4 feet 100%	2/6	3/6	4/6	6/6	6/7	7/7
DWT / 50 yrds (9ft /15)	3/15	8/15	9/15	9/15	9/15	10/15
DWT / 75 yrds (12ft/15)	3/15	5/15	5/15	6/15	7/15	7/15
DWT / 100 yrds (15ft/15)	3/15	3/15	5/15	5/15	6/15	7/15
DWT / 125 yrds (18ft/15)	3/15	3/15	4/15	5/15	6/15	8/15

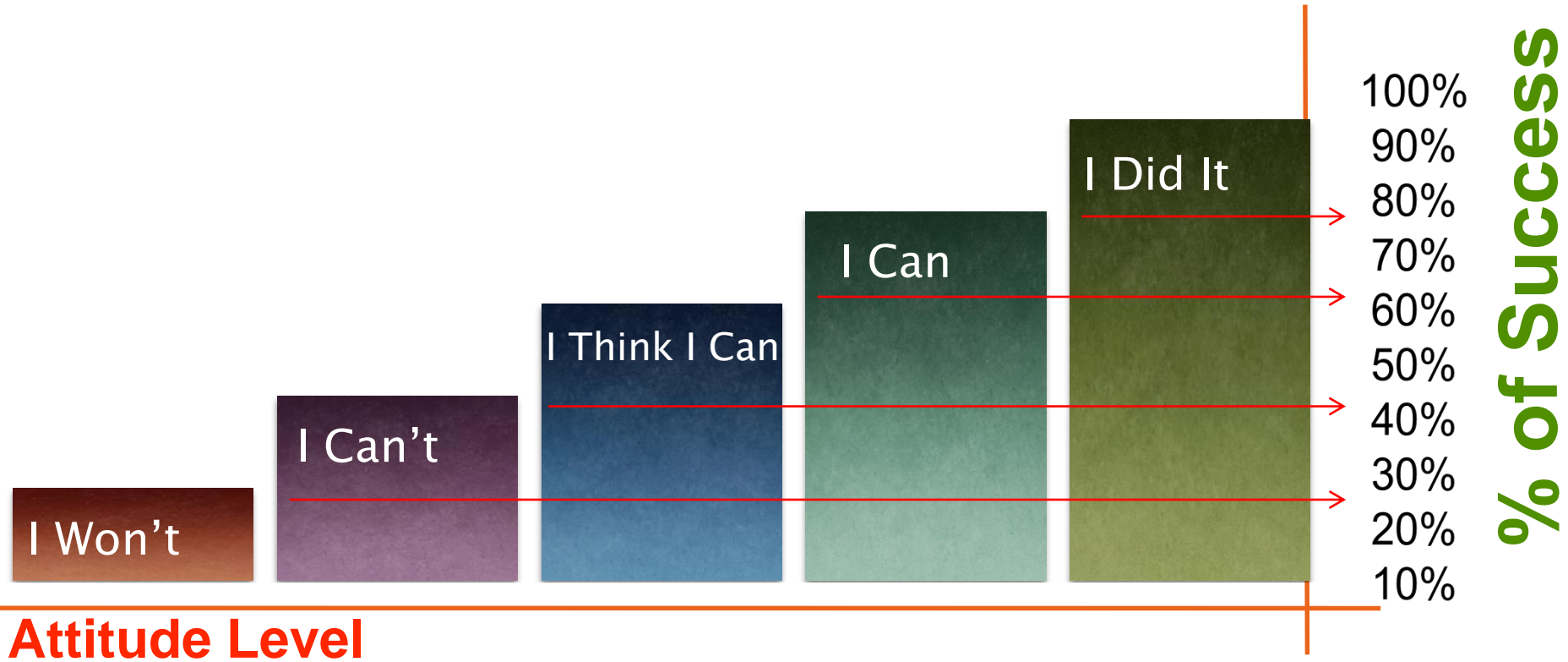


95% of All
Winning

Is Done by
5% of the
Participants



Attitude Impacts Outcome



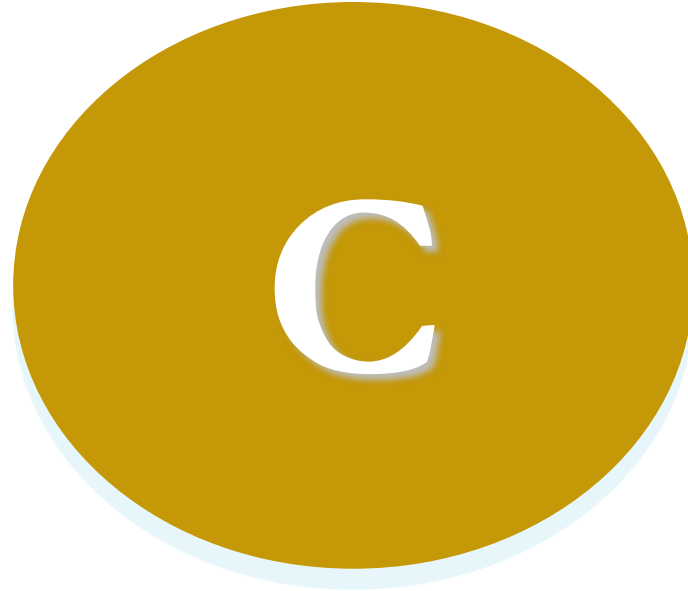
HOW THE TOP 5 % THINK

Talent is overrated.

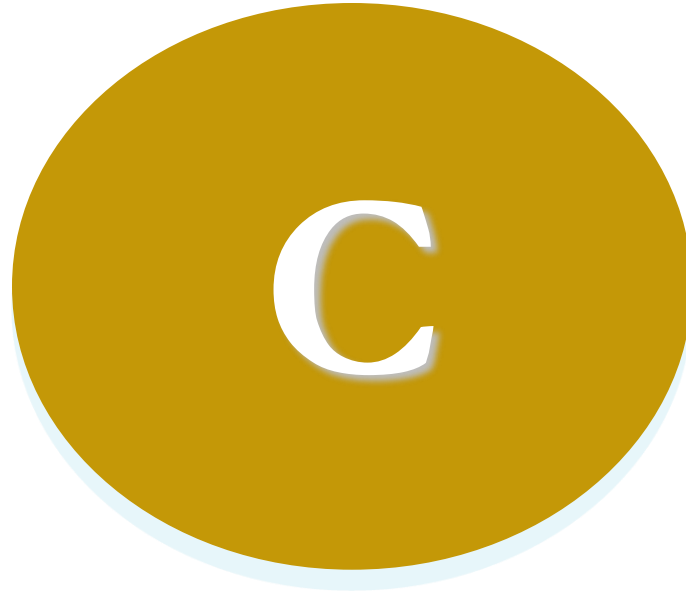
Giving 110% is a sure way to lose.

What % of what
you do is
mental?

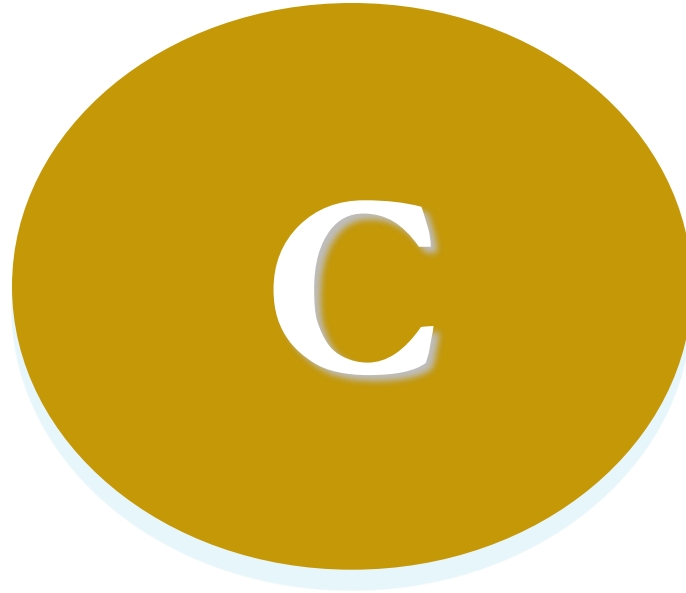
THOUGHT PROCESSES



CONSCIOUS



THOUGHTS



Helpful / Harmful



SUBCONSCIOUS



SKILLS



SI

SELF-IMAGE



SI

MAKES YOU ACT LIKE YOU

KINDS OF IMPRINTS

- ★ Actual imprints
- ★ Imagined imprints
- ★ Environmental Imprints

Think

Talk

Write

Actual imprints

Hit a good golf shot, the imprint of you hitting a good shot and vise-versa of hitting a needs work shot.

Imagined Imprints

- ❑ Think about a bad shot your (SI) shrinks.
- ❑ Think about a good shot your (SI) grows.
- ❑ Worried about making the team.
- ❑ Worried about the performance.
- ❑ Worried about the shot.

90% of what you worry about doesn't happen.

Imagined Imprints

Think About the Solutions to the problem as oppose to the problem.

What one says is an imprint.
Huge mental error of talking about what you did wrong.

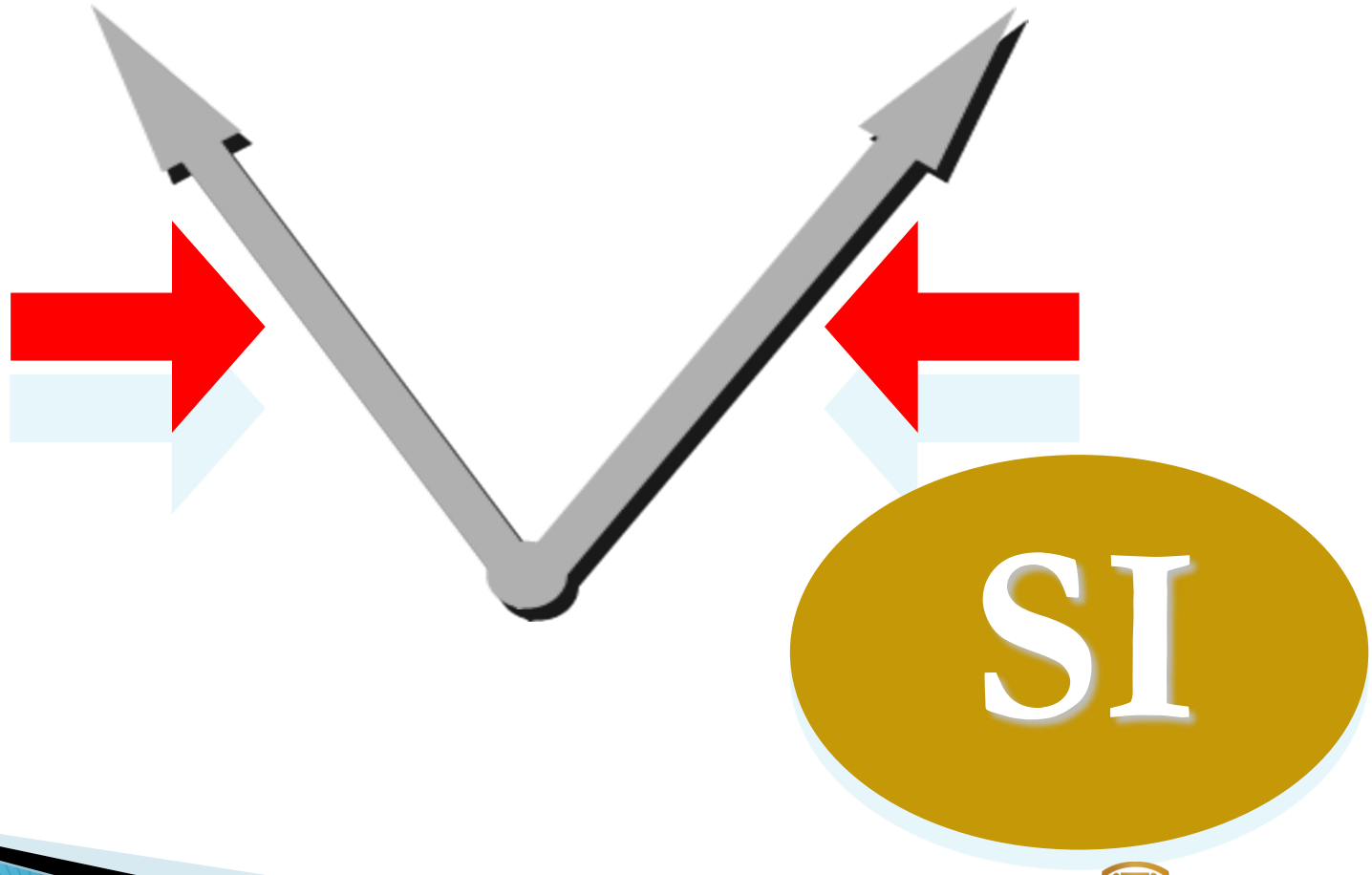
Environmental Imprints

- ❑ People you work with/train with will give you imprints.
- ❑ People you compete against
- ❑ People watching the competition / parents
- ❑ Wind, rain, heat, cold, snow
- ❑ Conditions of the Golf Course
- ❑ What someone else is wearing / clothing

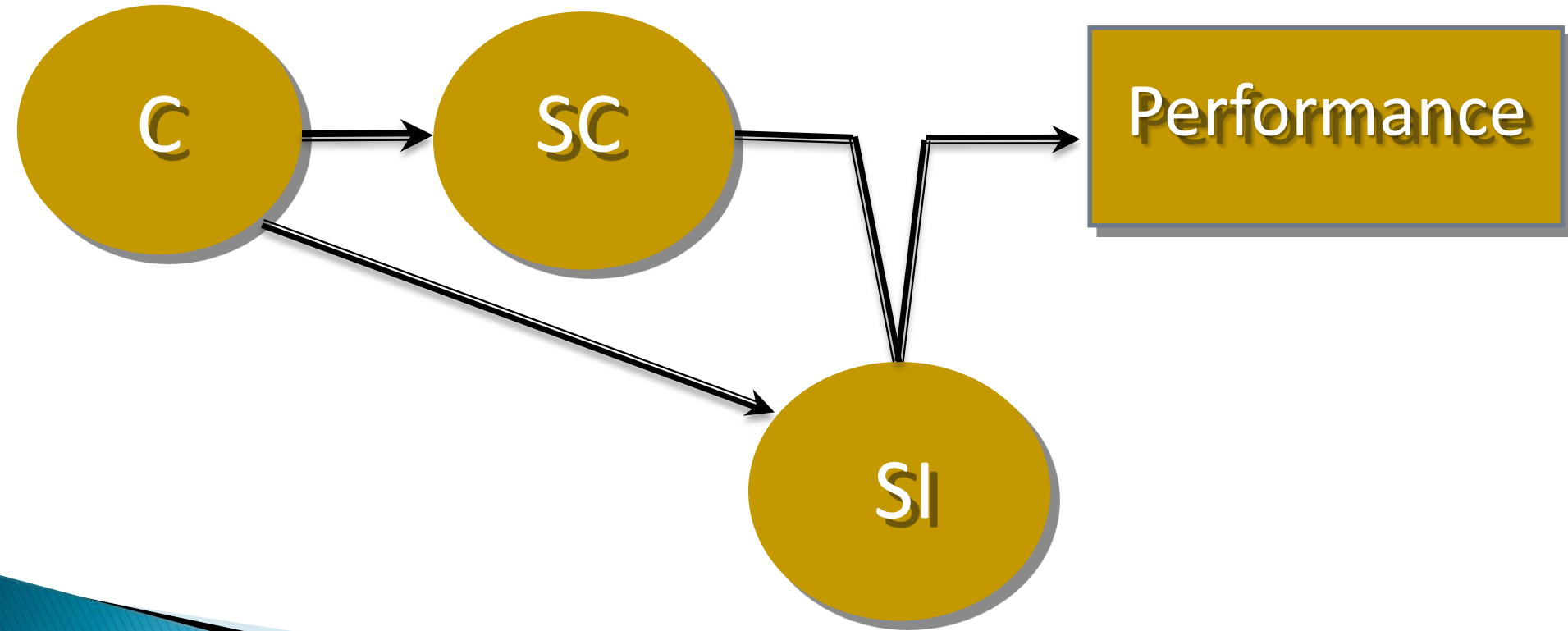
Complaining improves the probability of it happening.

Its Not a Mental Error to Make a Mistake and Learn From it. It's a Mental Error to Not Learn From it.

THE COMFORT ZONE



PERFORMANCE MODEL



PERFORMANCE

A yellow circle with a subtle drop shadow, containing the white text 'SI' in a bold, sans-serif font.

SI

Self Image will Alter How
Much you can use of the
Sub-Conscious Skill

A yellow circle with a subtle drop shadow, containing the white text 'SC' in a bold, sans-serif font.

SC



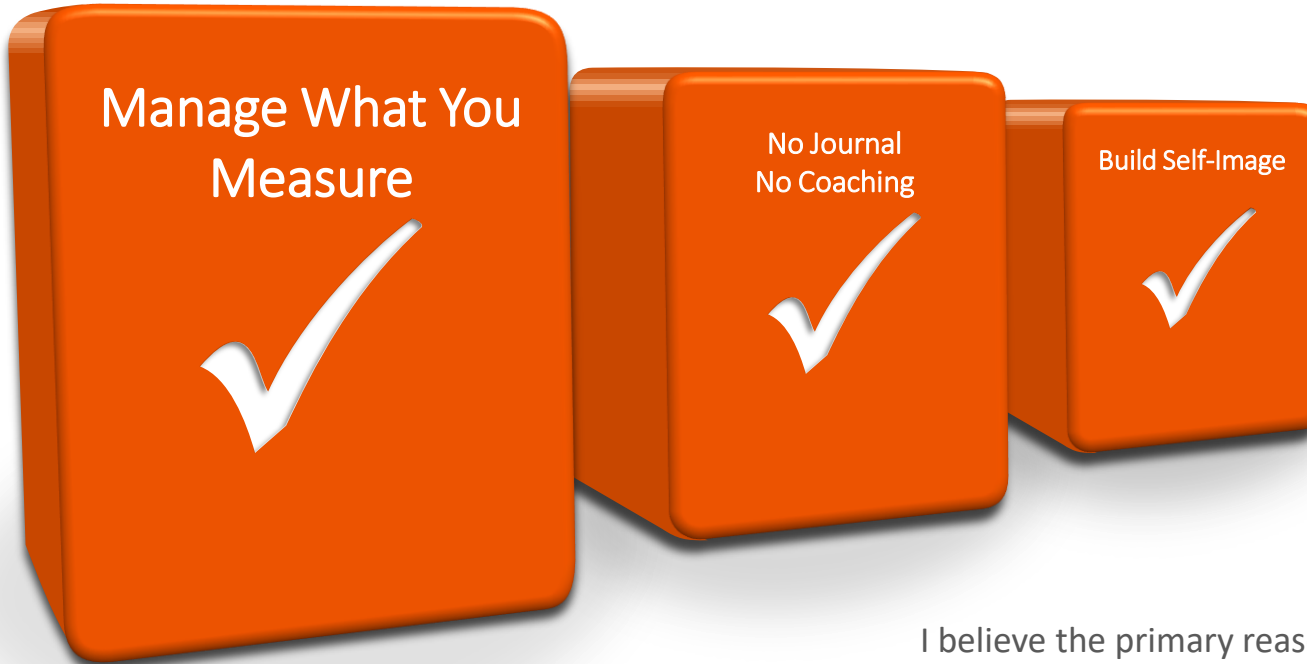
Most of us will never be able to do the things we want, because our Self-Image will not allow us to do it.



Why? The (SI) is saying, its unrealistic about you doing it.

PERFORMANCE ANALYSIS THE ULTIMATE TOOL

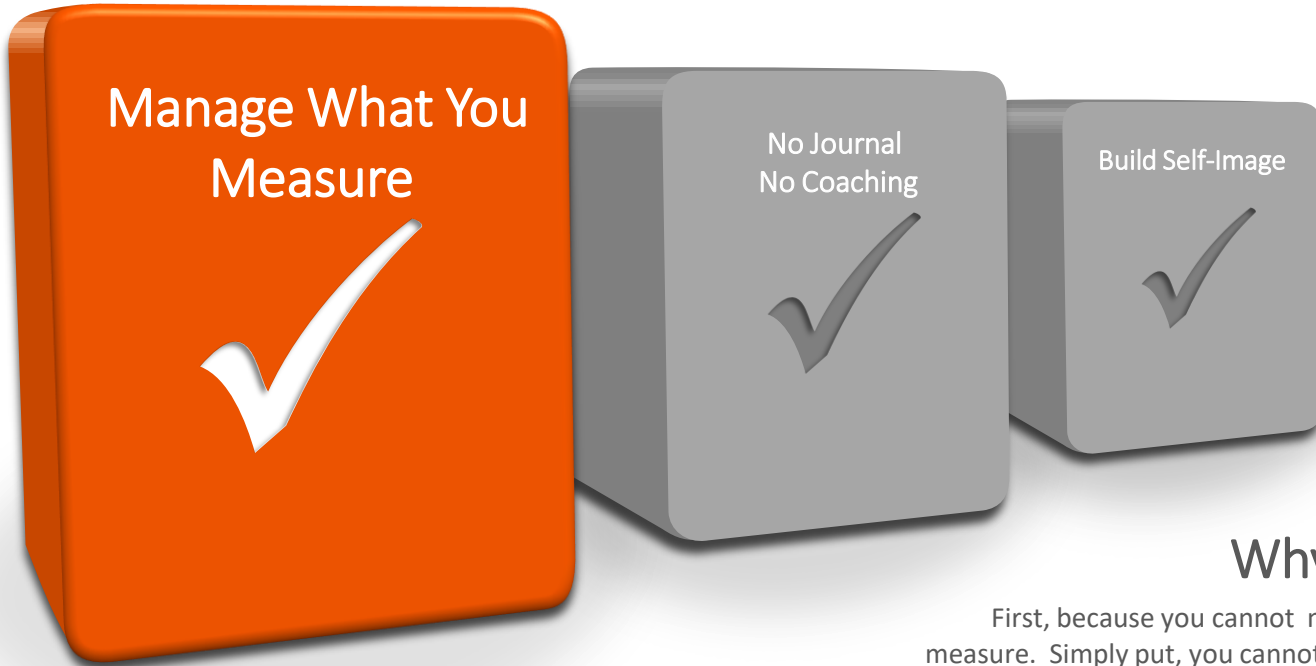
Performance Analysis



I believe the primary reason people do not keep a record in a performance journal is they have never been given a really good reason to so and more importantly, they have never been taught how to do it.

1

Step One



Why?

First, because you cannot manage what you do not measure. Simply put, you cannot afford to be in the dark concerning your progress in training and in competition. Lets say you don't reach your goal at the competition. If you have a well-documented performance journal you can easily determine if your plan failed or you just failed to work your plan. Winning performances are no accident.



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2

Step Two



Its Required!

Secondly, I will not coach an individual without a performance journal and if you are a coach you should demand it of your performers. Why? Because without one you are wasting a lot of time when you try to coach someone. I know by referring to their PA, how often they are training, how long , what they trained on, and if its competition, what worked and didn't work, what was the objective of each session and was it accomplished.



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3

Step Three

Manage What You
Measure



No Journal
No Coaching



Build Self-Image



Finally

If you are using a journal only to record information you are not maximizing the use of a Performance Analysis. I believe that the primary benefit of a PA is to build Self-Image by imprinting both real and rehearsed images.

Every time we think about something it imprints and shapes our Self-Image. When we talk about it its even greater, and when we write about it, it provides the most indelible imprint. Principle of Reinforcement!



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Reinforce The Day / Performance Analysis



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Event: Training Date: 12.29.19
Location:
First Tee
Conditions: 77°F SE 16 mph winds

Training: (What's the plan for the day?)
4 foot putts, flighting chip shot into net, distance putting, short game

Competition: (What's my outcome & position goal?)

Percentage of time I executed my Mindset System: %

Percentage of time I executed my Technical Game: %

What I did today and what I learned: Today I started with 4 ft. putts. All 3 putts I had were uphill with a slight right to left bias. I learned that I need to trust my strategy and physical rehearsal more. After 4 ft putts we went on to flighting chip shots into a net. We did this from 5 and 10 yards with a 9 iron, P1, and GW. I learned that from 5 yards I was able to control the height of my ball really well, but struggled to keep a solid contact and consistent height from 10 yds. During distance putting (50-15 ft) I learned that it is tougher for me to control the distance of my putts on slower greens. During the short game module, I struggled with making 10 ft putts.

I'm looking for a solution to improve my:

distance putting and short game.

Why do I need to improve this?

To increase the likelihood of a par from around and on the green.

What specific areas did I train today? what training levels and why?

4 ft. putts - 4 foot putts are most often the score decider at the end of a hole.

Flighting chip shot - This training allows me to train & control the height of my chips.

distance putting - to eliminate 3 putts from my records.

Short game - To increase the likelihood of a par from around the green.

Today I was excellent at (and why):

Today I was excellent at running the mindset program in each module that we went through. Also I was excellent at controlling the height of my ball flight from 5 yards and was able to make most of my balls into the net. Lastly, my distance putting was excellent. My goal was to get 4/6 2 putts and I accomplished my goal.

My Goal Statement: (Written in present tense as you currently have the goal)

I always, I often, I'm like (a), It's like me to

It's like me to 2 putt after hitting the green.

PERFORMANCE ANALYSIS

1

Track Performance

2

Build & Protect Self- Image

3

Goal Set to Stay on Track



EPS Pyramid of Success



Coaching Your Athletes

You are Coaching your athletes in all areas of EPS. Your Eye never leaves them. Don't ever assume they know.

Training Your Athletes

You are Training your students to learn how to train. So they don't over-train. Don't ever assume they know.

Teaching Your Athletes

You are Teaching your students anything & everything they don't know. Don't ever assume they know.





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Email: Shawn@shawnhumphries.com

Direct: 972-793-7255

Web: ShawnHumphries.com

Twitter: SHGolfPerform

Facebook: ShawnHumphriesGolf

Instagram: ShawnHumphriesGolf

YouTube Channel: Shawn Humphries