

# GSH Reprezentacije

2026



PRIPREME I SELEKCIJA  
DEAN DUŽAIĆ, IZBORNIK

# Program - ciljevi

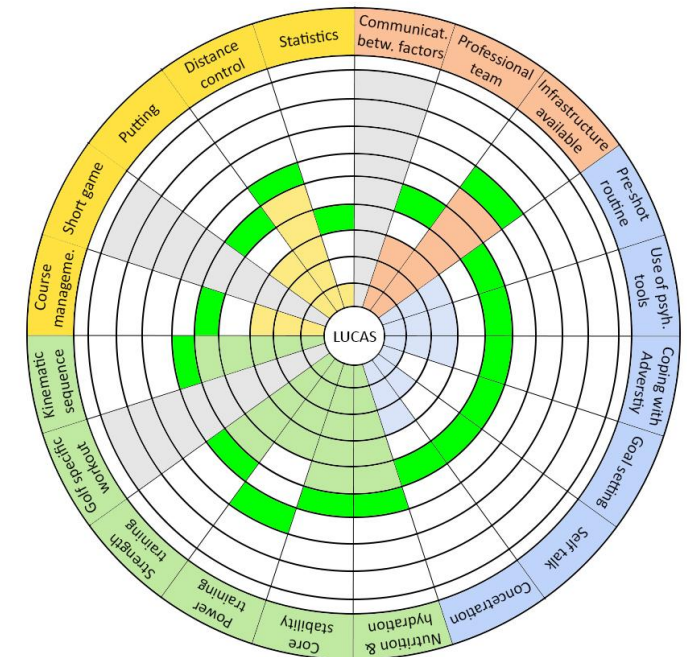
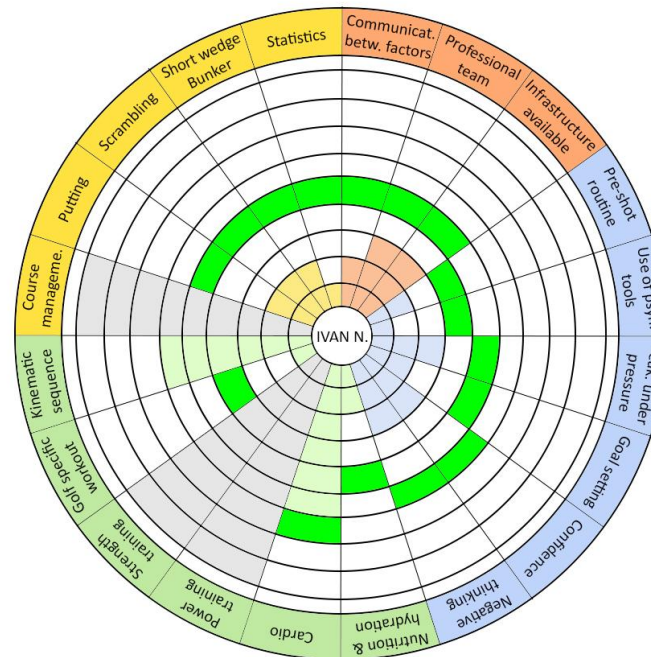
- ▶ Ciljevi programa:
  - ▶ Selekcija igrača za međunarodna natjecanja
  - ▶ Priprema - adresiranje različitih segmenata pripreme za golf natjecanja
    - ▶ Motivacijsko okruženje i kooperativan rad
    - ▶ Samoregulacija i konstruktivizam

# Selekcija

- ▶ *Selekcija će biti bazirana na:*
  - ▶ *Selekcijskoj politici Izbornika*
  - ▶ *GSH Order of Merit rang lista 2025*
  - ▶ *Odabir Izbornika*
    - ▶ *Igrački performans u 2026. godini*
    - ▶ *Dosadašnje igračko iskustvo*
    - ▶ *Dokazi o osobnom razvoju igrača kroz program*

# Priprema – procjena/analiza igrača

- ▶ Stvaranje profila kandidata uz *Bio-Psiho-Socio* pristup, koji će poslužiti kao podloga za planiranje i programiranje fizičke pripreme kandidata.



## Priprema - teorijska podloga

- ▶ Podloga (*framework*) za program priprema:
  - ▶ TPFG je *Delphi* studija (Doktorska disertacija iz 2018, prva takve vrste) kojim se tražio konsenzus među ekspertima (36 trenera, elitnih igrača, znanstvenika u golfu) o tome koji su faktori bitni za pripremu za golf natjecanje.
  - ▶ Konsenzus je postignut oko 46 točaka (67% slaganje) te su točke u drugom koraku rangirane za 4 skupine igrača (*Elite junior amateur, Elite senior amateur, Australian touring professionals, Major champion*)
  - ▶ Implementacija podrazumijeva samoregulaciju (*Self-regulation*), tj. da igrači budu konstruktivni i proaktivni.

**Tournament preparation item**

1	Mapping the course to identify the important features/details and using this information to develop a strategy for the course	4	4	4	4	4
2	Organising a reliable mode of transport to the course (return) for the week	4	4	4	4	4
3	Using an individualised system of pre-round preparation	4	4	4	4	4
4	Using a tool-kit of mental resources, that may include mental preparation strategies to help manage ineffective stress or anxiety	4	4	4	4	4
5	Being able to self-manage the swing and self-correct when required	4	4	4	4	4
6	Being able to regulate attention to 'switch on' and engage mentally when preparing to tee off, and 'switch off' after each round	4	4	4	4	4
7	Using an individualised program of post-flight and post-round recovery	4	4	4	4	4
8	Developing a time management plan that includes travel time to the course and time allocated for pre-round preparation activities	4	4	4	4	4
9	Completing at least two practice rounds (when possible)	4	4	4	4	4
10	Structuring technical/shot practice relevant to the playing conditions of the tournament course	4	4	4	4	4
11	Contacting the tournament office before arrival to book a time for practice round (s)	4	4	4	4	4
12	Using strategies to manage jet lag and adjust to local time at the venue after long-haul travel	4	4	4	4	4
13	Reflecting on and evaluating preparation and performance post-tournament and recording information to identify trends over time	4	4	4	4	4
14	Using a strategy for nutrition and hydration during long-haul travel	4	4	4	4	4
15	Re-calibrating club distances if the atmospheric conditions are significantly different to the player's home base	4	4	4	4	4
16	Using a consistent system of preparation that can be adapted depending on the weather and access to the course/facilities	4	4	4	4	4
17	Planning objectives or process goals for each day of preparation	4	4	4	4	4
18	Monitoring preparation and making adjustments to daily goals or objectives if required	4	4	4	4	4
19	Assessing the facilities available at the tournament course and in the local area, either prior to or upon arrival at the venue	4	4	4	4	4
20	Planning and preparing meals for the tournament and implementing a hydration strategy that is appropriate for the local climate	4	4	4	4	4
21	Organising preparation so that practice activities are tapered or reduced leading up to the first round	4	4	4	4	4
22	Visualising the course layout and rehearsing the specific shots for each hole in practice	4	4	4	4	4
23	Completing an individualised strength and conditioning program during the tournament week	4	4	4	4	4
24	Monitoring physical and mental condition and using this feedback to adjust practice activities as required	4	4	4	4	4
		0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
		EJA	ESA	ATP	ITP	MC

**Tournament preparation item**

25	Evaluating preparation day-to-day and using this feedback to guide planning for further days of preparation	4	4	4	4	4
26	Structuring pre-round shot practice to match the course conditions and hitting a variety of distances, clubs and shot types	4	4	4	4	4
27	Reflecting on the game plan and strategy for the course before each round	4	4	4	4	4
28	Using a relatively consistent routine for AM and PM tee times that can be adapted depending on the time available	4	4	4	4	4
29	Using self-report computer software programs or paper-based notes to record statistical information after each round	4	4	4	4	4
30	Evaluating performance after each round at a technical, psychological, physical and tactical level and adjusting strategy as required	4	4	4	4	4
31	Monitoring weather conditions and the state of the player's game day-to-day and adjusting course strategy as required	4	4	4	4	4
32	Adjusting preparation for future tournaments based on feedback from self-reflection and evaluation	4	4	4	4	4
33	Completing a post-tournament debrief with the coach	4	4	4	4	4
34	Performing a physical check to determine if an area of the body requires more focus in the warm-up	3	4	4	4	4
35	Recording self-reflection/evaluation after each round	4	3	4	4	4
36	Practicing skills or shot-types post-round or prior to the next round that weren't performed well on the course	3	4	4	4	4
37	Adjusting equipment set-up and bag configuration to match the playing conditions of the course	3	3	4	4	4
38	Developing a financial plan or budget for the tournament	4	4	4	3	3
39	Arriving at the venue at least 3-4 days prior to the first round of competition for long-haul travel	3	3	4	4	4
40	Using internet-based tools to analyse the course and develop a guide before arrival at the venue	3	4	4	3	3
41	Performing a debrief/evaluation with the caddie post-round***	3	3	3	4	4
42	Minimising practice drills during the tournament week that significantly change or alter the player's swing	3	3	3	3	4
43	Performing an evaluation/debrief with the coach post-round to discuss decision-making and the positive aspects of their performance	3	3	3	3	3
44	Contacting the coach for advice following a poor performance	3	3	3	3	3
45	Practicing skills or shot-types post-round or prior to the next round that were performed well on the course	3	3	3	3	3
46	Setting outcome or scoring goals for the tournament***	2	3	3	3	3
47	Contacting a sports psychologist or practitioner for a post-round debrief	3	3	3	3	3
48	Dedicating less time to course mapping and more to shot practice if the player has experience playing the course	2	2	2	2	2
		0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
		EJA	ESA	ATP	ITP	MC

## *Priprema - aktivnosti*

- ▶ Program uključuje:
  - ▶ *Check lista* - osvrti na stavke TPFG-a:
    - ▶ 3 *online* okupljanja s obradom po nekoliko stavki TPFG-a, okupljanje će sadržavati drilove, grupne vježbe, diskusije i dr.
    - ▶ Dokaz o stavkama TPFG-a u obliku pisanog ili video osvrta.
    - ▶ Kontinuirani razvoj po svim stavkama, kroz trajanje programa.

## *Program – podrška i pogodnosti*

- ▶ Mentorstvo – na raspolaganju je stručni stožer reprezentacije za golf, fitnes, psihologiju i organizaciju/okruženje.
- ▶ 3 jednodnevna okupljanja kandidata
- ▶ Procijene – Testiranje u Dijagnostičkom centru KIF-a.
- ▶ Aplikacija za statistike na 6 mjeseci.
- ▶ Materijalni i tehnički uvjeti
  - ▶ Uniforme, posebne pogodnosti za reprezentaciju (igrališta, proizvođači opreme)

# Kalendar aktivnosti 2026



	Tehnički i taktički	Psihološki	Fitness	Aktivnosti	Organizacija
<b>Ožujak</b> 1. polovica	Zakup aplikacije za statistike	Igrači prijavljuju osobni plan natjecanja u pripremnom periodu. <i>10 - Definiranje treninga relevantnog za očekivane uvjete na natjecanju</i> <i>13, 27, 35- Osvrt na natjecanje i vlastitu izvedbu</i>		- Period za konzultacije oko izrade plana natjecanja igrača i pripreme osobnih troškovnika za sljedeću godinu.  - <b>Jednodnevno okupljanje</b>	- Poziv u selekcijski proces - Kalendar aktivnosti kandidata
<b>Ožujak</b> 2. polovica	- Period za podršku oko tehnike <i>29- Vođenje statistika</i>	<i>4- Vježbe za reguliranje stresa i anksioznosti</i> <i>6- Pre-<del>shot</del> rutina</i>	Testiranja motoričkih i funkcionalnih sposobnosti (KIF ili terenski) <b>(termin po dogovoru)</b>	- <b>Jednodnevno okupljanje</b>	- 1. <i>online okupljanje</i>
<b>Travanj</b>	<i>5- Sposobnost samo-ispravljanja grešaka</i>  - Period za podršku u provjeri opreme i <i>club fittingu</i> kome je potrebno	- Kriterijska natjecanja <b>(GSH Liga 11.-12.04.2026)</b> <i>22- Trening prema zahtjevima igrališta, struktura treninga</i>  <i>17- Planiranje procesnih ciljeva u pripremi i turniru</i> <i>3, 8 - Rutina i aktivnosti prije runde</i>	Period za konzultacije oko programa fizičke pripreme.  <i>7- Oporavak nakon runde i nakon puta/leta</i> <i>14- Planiranje obroka za natjecanje</i>  <i>23- Definiranje individualnih fitness rutina za izvedbu na natjecanju</i>	- <b>Jednodnevno okupljanje</b>	- 2. <i>online okupljanje</i>  - Sastanak Izborničkog tima i konačna odluka o nastupu na ključnim međunarodnim natjecanjima
<b>Svibanj</b> 1. polovica	Radionica o efektima vjetera na let loptice.	- Kriterijska natjecanja <b>(GSH Liga 23.-24.05.2026)</b>	Definirati zajedničke fitness rutine na natjecanjima.	<i>19- Analiza dostupnih objekata na igralištu na natjecanju</i>	- 3. <i>online okupljanje</i> <i>16- Organizacija opreme (palice, loptice, ostala oprema) prema uvjetima na natjecanju</i>
<b>Svibanj</b> 2. polovica	- Test vještine upravljanja letom loptice, s naglaskom na lansirni kut i kontrolu spina. <i>15- Kalibriranje udaljenosti</i>	<i>1- Mapiranje igrališta i priprema strategije treninga za uvjete na natjecanju</i>	Kontrolno testiranja motoričkih i funkcionalnih sposobnosti (KIF ili terenski)	- <b>Jednodnevno okupljanje</b> - Testiranje grupnih rutina	
<b>Lipanj</b>	- Analiza statistika	- Kriterijska natjecanja <b>(OPH 05. - 07.06.)</b>  <b>(GSH Liga 13.-14.06.2026)</b> - Motivacijski sastanak s kapetanom <b>(termin po dogovoru)</b>		<i>11 - Priprema informacija o igralištu prije dolaska na natjecanje</i>	- Zaključenje selekcijskog procesa - Konačni odabir lokacija za pripreme selekcije
<b>Srpanj</b>  - <b>Rujan</b>		- Kriterijska natjecanja <b>(OJPH 25. - 27.09.)</b>		- Dvodnevno ili trodnevno okupljanje selekcija <b>(termin po dogovoru)</b>	<i>38- Priprema financijskog plana za nastup na natjecanju.</i>

An aerial photograph of a lush green golf course at sunset. The sun is low on the horizon, casting long shadows and a golden glow over the landscape. The course features several sand traps, a small pond, and is surrounded by dense trees and a coastal town in the background.

Sretno!

*European Amateur Team Championship, Division 2 - 07 - 11 Jul 2026, Costa Navarino, Greece .  
European Ladies' Team Shield Championship, 29 Jul - 01 Aug 2026, Royal Malta Golf Club, Malta*