



# Mental training by Internet

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ELITECOACHING.COM GOLF ACADEMY

# DESIRE

We have now started with our "Distance Learning Program"

The first thing that we offer Students is interactive Mental training. Students, irrespective of where they live, can now have 1:1 mental training by internet (phone or web-cam).

This will allow Students to have a long term plan so that they can develop their mental skills.

**I developed my mental strength early and I cannot overemphasize the importance of you developing yours now!**  
T WOODS

### How important is the mental game?

A lot of golfers realize and understand that the mental game is important, but they don't know how to practice it.

Jack Nicklaus, the best player ever until now, once said that "Golf is 80% mental". Well doesn't it then follow that 80% of your practice time be devoted to the mental game?

All our Programs are based on a long term curriculum that we have developed in each area of the game (Technical, Mental, Management and Physiological). As with all coaching or tuition initiatives, the critical moment is in the APPLICATION, and that onus rests upon the student. For a student with desire, discipline, determination and dedication, this mental training program

over a period of time will yield exceptional results.

### How it works

Students who are interested in this Program should contact us my email, and then we will send you our Mental Aptitude Questionnaire. This is a very detailed questionnaire which will allow us to identify your current mental skills. Then, a tailor made Program can be suited to each Student, and the first 1:1 session by Internet or Phone will then begin the learning process. After each session, students will often then receive "homework" to do before the next session. Typically, this may include off course or on course mental

**There are lot's of talented young pro's, but it's the one who has got that 15th club, that final bit of extra mental strength, desire and drive to make it happen, that will become successful" NICK FALDO**

exercises or assignments.

Our Physiological Program should be operational from Spring 2007, and our Technical Internet Program is also now available—more details in our next newsletter.

**"I have to spend as much time on the mental side of the game as on the practice range" TOM KITE 1992 ( US Open winner 1992)**

### What it costs

Special Offer to launch the Internet Coaching is the first trial session (45 minutes) free of charge.

Then, should the student decide to go ahead with the Mental training Program the cost is;

- 5 x 45 minute sessions is **495 Euros**
- 10 x 45 minute sessions **950 Euros**

Please note that all sessions are conducted in English.

**STEP 1**—send us an email

**STEP 2**—we will email you our detailed mental questionnaire

**STEP 3**— arrange appointment for first session

**STEP 4**— home assignment

**STEP 5**—next session

## JUST A FEW PLACES LEFT!!

Our Program in Australia begins in early December at our base at Royal Pines Resort. However students can join in January or February, and the minimum length of stay is 5 weeks.

### Are you serious about becoming a great player?

What nationalities are the people you will be competing with if you become a Tour player in 5 to 10 years time?



USA, S Africa, UK, Australian? Ask yourself this question—what will they be doing this winter? If you are serious about your game you need to have an effective Winter Program, and our Program in Australia allows you to do

**“I have proved to myself what I have always said – that a good golfer doesn’t have to be born that way. He can be made. I was, and practice is what made me – practice and tough, unrelenting labour” B HOGAN**

that—quality training and competitive tournaments—and developing your SKILLS in all areas.

Having been a witness at close hand to the AIS (Australian Institute of Sport) Program, if you are



serious about your game, because if you are not developing your skills, there are people WHO ARE.

One or two months in Florida or Spain with some friends is not what we call a quality winter training Program! Players need structure, and skill development, which requires some coaching. Also, testing skills in a competitive arena is also essential.

If you would like an email information pack please send us an email.

## Expectations, expectations and expectations!!!!!!

### What is an expectation?

**“An expectation is a demand that you place on your future performance”**

Examples of common expectations are;

“In order to play well I have to hit perfect shots and swing perfectly”

“If I hit a bad shot it means my swing is not working”

“I need to shoot 72 or better today to make the cut”

“If I practice a lot I should immediately get better tournament results”

“I should be able to break 70 on this course”

### Are expectations good for your game?

### NO!! Why not?

1. They create pressure
2. They create a “win-lose” situation
3. They undermine confidence

If a player does not perform to his expectations, he will become frustrated and will lose confidence.

Each expectation that a golfer carries with him to the 1st tee can be likened to a mountain climber outing a 10 kilo weight in his rucksack. Carry 5 expectations to the 1st tee and then that’s 50 kilos—are his chances of climbing the mountain reduced?? I think so!!! Well ITS EXACTLY THE SAME FOR A GOLFER!!

**EXPECTATIONS ARE HARMFUL FOR PEAK PERFORMANCE**

### Who places these expectations on a player?

Normally the player places these pressure laden expectations on themselves, although expectations can also be placed by parents, coaches, fellow competitors etc.

### So how do I learn to play with NO EXPECTATIONS?

**STEP 1**—Identify your expectations

**STEP 2**— Change your expectations which will then **CHANGE your GAME**

### How can I do this?

Enroll on our new mental training Program to see how playing with no expectations will not only change your game but have a dramatic influence on your enjoyment.