

Competitive confidence—the holy grail of tournament golf

Confidence and concentration are the two biggest mental game challenges all sports people face. These two ingredients are critical for peak performance. In this newsletter we are going to talk about confidence, and more specifically what we call “competitive confidence”

What is confidence?

“Confidence is how strongly you believe you can execute a specific task or skill”

Confidence is very task specific. For instance you may be very confident with your driving, but then not confident at all with your putting.

“Confidence is everything. From there, it’s a small step to winning” Craig STADLER

Practice confidence and competitive confidence

I often see some elite players very confident in practice, and in practice rounds, but then this confidence dissipates during tournaments (this is a classic symptom of golfers with perfectionist motivational tendencies). We talk to our students the concept of **competitive confidence**. This means **confidence during competition**. This is the type of confidence every player requires to play peak performance golf.

How sturdy is your confidence?

Do you lose confidence after one bad shot, or one bad hole? Again, this is a symptom of a player with little competitive confidence.

So how can I develop my “competitive confidence”?

We use many strategies to develop competitive confidence for our students, and we could not list all of them in such a short newsletter. But to give you a few strategies that we use;

1. Practice **at least** 1/3 of your time in the **trusting mentality**—if you have been reading previous newsletters, you should know by now that when you play in tournaments there is only one mentality to have, and that’s a “trusting” mentality. But you need to develop your trust skills in practice, and then take them to competition.

2. Practice under **pressure** (stress)—this is critical, and often when players suffer from low confidence in tournaments it’s because they haven’t prepared their confidence in practice. There are two reasons why players practice—firstly skill development/acquisition and secondly to build confidence. If you are practicing a lot, but not increasing the level of your confidence you need to look at more effective practice strategies.

3. Identify the factors that **undermine YOUR** confidence—Are strict expectations (demands) undermining your confidence. I have yet to work with a student who does not have at least some issues with expectations. What underlying doubts do you have about your ability? Do you suffer internally from fear of failure? What negative beliefs do you hold about your golf?

“You need to have confidence in yourself. Each day is a new day and if you don’t do well one day, you must put it behind you, refresh yourself and think about all the good things.” Ai MIYAZATO

How do YOU prepare YOUR confidence on the day of the tournament?

Just like you prepare your golf equipment, you should also prepare your mind on the day of the tournament, and one of the skills you should **prepare is your confidence**. It’s logical really—if confidence is one of the critical skills that will determine the level of your performance, it makes sense that part of your preparation time should be devoted to this. But how should one do this? Enroll on one of our Programs and one of the skills we will teach you is to give you personalized strategies for “warming up” your confidence on the day of the tournament!



Mental training by Internet

Some students (amateur and professional) have enrolled on our Internet Mental Training Program which is delivered by 1:1 tele-sessions. This is proving very popular, as it gives students living away from our Academy in Switzerland or Australia to have a long term mental skill development structure. We currently have students from Europe and Asia on this Program.

We make appointments to speak by phone, and then normally we email through some assignments/worksheets/exercises to do before the next session. Interested?? Receive **FREE of CHARGE** an analysis of your mental game. Just send us an email and we will email you a GMAP (Golfers Mental Aptitude Profile questionnaire) and then send you an analysis of your mental game,

“To be the best player that you can be is not about the swing, it is not about the mind - it is a process of combining BOTH” Dr Karl Morris

ASSESSMENT—by using our GMAP and through questioning

PERSONALISED MENTAL GAME COACHING PLAN

COACHING BY TELEPHONE

PROGRESS!!

What does it cost?

95 euros per 50 minute session, including all training materials.

Send us an email today to receive your GMAP —
info@elitecoaching.com

Australia 2007/8 Winter Program

Our Australia Program begins on Monday 3rd December, and runs through until the end of March. We train 5 days a week, from 8am until 5pm in all aspects of the game—technical, mental, management and physical conditioning.

Any player who has ambitions to play top level competitive golf **MUST** have a **long term plan for skill development** in **all** areas of the game. It amazes me how many players who want to be Tour players think it just takes talent and some practice on the range in order to succeed. Yes, it takes some talent, but as Tiger Woods once said that 99% of what you need to be a Tour player are skills, and the other 1% is talent! And that's Tiger Woods speaking!! The definition of 'talent' is that it is something that you are born

with, and the definition of a 'skill' is something that you acquire through training. Our Program offers;

- Specialist Sports and Golf Physiotherapist Josh Meyer
- Kvest 3D biomechanics training system and SAM Putt Lab
- Train competitively and in a structured way
- Fantastic life experience
- Top level tournaments

We'll even give you some well proven ways of getting sponsorship so you can come for free!! Email us today as places are limited.

“I gained a lot of understanding of my own golf swing, and my ball striking improved a lot. I really enjoyed the mental training, and now I know how I can practice this area of the game when I'm back in Finland. I reached all of my goals that I'd set myself. Outside the golf part of the program I really found the people interesting, and the beaches and trying surfing was absolutely great”

Jokke ALTONEN (FINLAND) H'cap +1

Student 2006/7 Program



“I gained great experience from playing in the tournaments on the Australian Amateur circuit. I loved the competitive element in the training, and I achieved all my goals that I'd set for myself”

Oliver GILMARTIN (USA) H'cap 1

Student 2006/7 Program

