

Player individuality

One area some elite players have difficulty with is the concept of individuality. **What do we mean by individuality?**

We all possess different physical features, and different personalities. It's the same in the golf swing, **no two swings are the same**. If you compare the swings of all successful golfers, there are always differences. But although we may have our own slight physical differences from the next person—most people have 2 eyes, one nose, 2 nostrils, 2 ears, one mouth etc — as well as **differences** there are also **common denominators**. As a golf teacher, we concentrate on these common denominators, things that are present in all good golfers, whilst allowing, or even encouraging individual swing differences—what golf teachers often refer to as **swing identity**.

It's exactly the same concept in the mental game. There are **individualities but also many common denominators**. Some players try to keep a very calm, composed unemotional approach - players such as Ben Hogan, Nick Faldo or Ernie Els. Other players like to be a lot more emotional and dynamic—Seve Ballesteros and Tiger Woods immediately spring to mind. But when it comes to hitting the shot, all players have forgotten the previous shot and their mind is in the present, and programme their mind through visualization, commit to their decision and trust their swing and hit the shot with high confidence and high belief.

It's no different with the management game. What is the optimal way **for you** to prepare for a tournament? What's the optimal way for you to manage your time between rounds during a tournament? What pre round warm up suits you best? Does an aggressive course play strategy or a more patient, conservative strategy fit your mindset and style of play?

Again different players have different approaches, but successful players are mentally 'ready' on the 1st tee. They have not only prepared their equipment, but they have prepared their confidence. They are not doubting their swing, and do not let anything, either internal or external, distract them from their

task in hand. As with the technical and mental game, there are common denominators for a successful management game.

Each player has to be on a mission to **learn and understand their own golf swing**. Under pressure what are the problem shots or flight patterns? What swing keys have you used when playing you were playing your best?

Every player has to also be on a mission to learn and **understand their cognition**—i.e. their thinking patterns. What are the common internal distractions, or **trust breakdowns you have when you are not thinking your best?** Each player has to find the on course mental keys that help them process imperfect shots, and prepare their mind so that it is totally focused in the present, and confident, on the shot in hand.

How clear are you about what is the best management strategy for your game? Scheduling of tournaments? What golf/life balance suits you best? After a 3 putt do you change your mind on your course strategy on the next hole? Do you look for the birdie? . **Understanding your common mistakes will help you avoid them in the future.**

Successful tournament players do not have a perfect swing. They do not have a perfect mental game, They do not have a perfect management game. But what they do have is a **deep knowledge of what works for them**, and what are **their** pitfalls they have to avoid. They have a great understanding of their swing and their mind. **They have a great understanding of themselves**. Jack Nicklaus is regarded as having a highly individual swing. He wrote 3 books about 'his swing' (entitled Golf My Way) - these books probably messed up more players than they helped—but the point is it showed what a fantastic understanding of his own swing movement. He wrote other books about course strategy and the mental game. The point is he **possessed a great understanding of his game, in all areas— and to be a successful tournament player, that's what you need to do.**

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN



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Creating your inner vision—turning your dreams into reality

This workbook takes you through the step by step process of turning your dreams into manageable goals. Greg Norman says, “In order to be successful you have to develop your inner vision”. He adds, “If you have no vision for the future, you are destined to fail in the long run”. This workbook identifies the critical success factors to achieving your goals and is an essential first building block for every serious player. Cost 75 Euros to include 80 page workbook together with mental training CD



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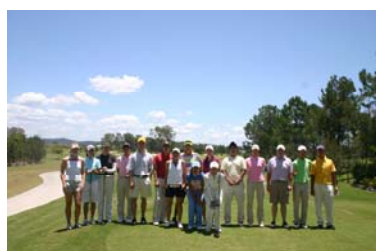
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