

Now it's my job!!

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN



When players make the decision to pursue a career within golf, this is often a time when many players suffer a slump in their performance. Players make the decision to become 'serious' about their golf, and then subtly instead of playing the game for 'fun', they are now playing for their 'career'. They internalise statements such as;

'Now I'm full time amateur/Pro I must play well otherwise I won't have a career'

"I need to qualify/make the cut as I have put a lot of practise in and don't want to fail"

'People are investing in me and my golf so I have to play well'

Do you recognise any of these thoughts? Do you think such thoughts help you play your best? Probably not! The trap many players make is that on deciding on a 'career' in tournament golf they;

- Put pressure through expectations on themselves
- Overemphasise results/score/performance

The key with the great players like Watson, Nicklaus and Woods, is that they never lose sight of the fact that golf is just a game, and the definition of a 'game' is something that challenges you in pursuit of 'fun'. That does not mean that they do not put lots of effort into their practise—but what it means is that they always play and perform with the mindset that they are playing a game.

"To be out there in the middle of something like that is fun – you're inspired, you're eager, you're excited. You almost want to break into a run when you hit a good shot. It's what you prepared for, what you wait for"
JACK NICKLAUS

Get back to the game you used to play

Everyone had a near perfect mental mindset the very first time they played golf—think back to your **first golfing experience**—what was your mindset, what was your attitude, what emotions did you experience? Most people cite;

- fun, exciting
- feel challenged
- Gain joy from the good shots, forget the bad shots
- Enjoy a good performance, forget a poor performance

If you played with this same pressure free mindset now, do you think you would play better? Most people would—as Bob Rotella once said that most players **try so hard** they get in their own way, and the challenge for most players is to **'get out of their own way'** and just **'play'**.

Even if you choose golf as a career, never lose sight of the fact that golf is just a game, and it will always be just a game, and it will never be **'life or death'**. The more you can play with the mindset you had when you first started golf, the more you will free yourself of anxiety and tension and the more likely you will be able to **perform your best**.

This text has been adapted from a chapter in our new book **'Tournament Play—learning to win with your B and C game'**, which is being released at the end of August. This book is an A to Z handbook on learning the skills to perform your best in tournaments. To reserve your copy from the first edition print run, please send an email to info@elitecoaching.com.

Interested to learn more about developing your thinking so that you can become the player you aspire to be? Send an email to info@elitecoaching.com and we will email you our free 15 page GMAP questionnaire, and then we will give you a free of charge mental game analysis.

Professional Golf Diploma course



Most elite amateurs, when finishing their school education are not good enough to play on Tour. But the potential is there. So the decision most of these players have to make, is to either commit to a 4 year US College program, or otherwise just practice on their own at their club and play on an amateur circuit. This is very much an 'all or nothing' decision.

Our 'Professional Golf Diploma' commits players to a one year program, whereby 80% of the time is spent practising / working on their game, and playing tournaments. The other 20% students learn about the key aspects of professional golf.

One of the objectives of this program is to not only give young players a structured pathway to develop their goals and dreams. Its also about building a foundation within the world of golf. There are many career pathways within golf, such as coach, club professional, physio & fitness, club manager, golf media, club fitting, equipment sales etc.

This program offers a wonderful opportunity for any aspiring tour player to develop a solid foundation for their career, whilst also keeping their options open. Should a student decide on a different pathway within golf, the diploma will give him/her a 'head start' into alternative golf careers.



The diploma course starts at the end of the year in Australia, and then students come back in Spring 2010, and then students have the option of either basing themselves through the summer season in Evian, or they can also stay in their home countries and then just spend 5 days per month in Evian, and then complete their tasks and assignments at their home clubs/courses.

Interested? We are offering a **special discount of 2,500 euro's** for the first 5 students who sign up to the course, so if you are interested in this course you can download the brochure from our website (www.elitecoaching.com), or alternatively send us an email at info@elitecoaching.com to register your interest.

Winter Program Australia 2009/10

Interested in using the winter to build your skills in order to make 2010 the year you dream it to be?

Formula One race teams use the winter season to build a better car for the following season. This is your chance to build a better golf game so when you play next season, you don't only play with hope and ambition, but you're armed with **improved skills** and crucially **competitive confidence** in these skills.



- Winter Elite Programme established for 5 years in Australia, working with elite amateurs, different national federations and playing professionals
- Personalised and individual solutions based on performance coaching
- Multi cultural learning environment
- Emphasis on personal development and integrity
- Lifetime experience

Interested in learning more about the different options available for this winter, and how we can customize a solution according to your needs? Send an email to info@elitecoaching.com and a 15 page brochure is downloadable from our website

www.elitecoaching.com

