

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN

Think positive??

“Think positive” is a term often banded about in golf circles. Is this one of the secrets of the mental game?

I think this is too simplistic. Of course we would all like to be able to banish doubts and fears when standing on the tee of a narrow driving hole by simply saying ‘don’t worry about the hazards and focus on the fairway—just think positive’, but sometimes such words stand out like someone whispering at a Rolling Stones concert!

I mean, would you take a medical psychologist seriously if when faced by a patient with clinical depression, his remedy was to ‘well, just try to think positive’.

I think thinking positively is largely a by product of other things. I think it’s very related to confidence, which I define as *‘how strongly you believe in your ability to execute a physical skill or to perform a task’*. And how is confidence built and developed? Well that’s a big subject in itself, but certainly one key factor is past successes. So does someone first have to win a major tournament? Absolutely not, it’s simply what YOU define as a success in your own mind.

“Confidence is everything. From there, it’s a small step to winning” Craig STADLER, 1982
US Masters champion

So how can I develop confidence through success achievement?

Several strategies are;

I. Small steps/tasks

Focus on VERY SMALL steps or tasks that you can achieve. For instance, on a tournament round rather than demanding that you set a new course record, choose a task that you feel confident of achieving, a task that does not stress you. For instance this maybe hitting 12 GIR. Or it may be simply committing 100% to your Pre Shot Routine and not to the result.

The problem is, many players subconsciously undermine their own confidence, by aiming to achieve too much too soon, and when they fail, then undermine their own confidence and because they failed then try even harder to play ‘catch up’ and achieve even more next time.

Some people may say that this sounds unambitious—we are not saying it’s not great to have big dreams and big visions—that’s great—but then it’s imperative that a player then dissects this into very small step by step bite sized pieces to digest.

“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, 2009
Evian Masters champion

2. Focus on your successes and learn from your ‘failures’

In every round there will be some good shots that you played. In our Academy, every player has to write down and describe their 5 best shots of the round, as I want the players to build a success shot library, and focus on their successes. It’s interesting to note that most juniors aged 8 to 14 years old progress very quickly. Next time you’re on a driving range, watch how a young junior reacts to a bad shot. Normally they tee another ball up as quickly as possible, and when they hit a good shot exclaim to their friends ‘look at that one!’ Watch a 20 year old elite player, and when they hit a bad shot, they follow it with 10 ‘part swings’, and if they hit a good shot, normally no reaction and just play another ball.

So rather than focusing on ‘thinking positive’, focus on VERY SMALL tasks, and with each successful completion of a task, enjoy the confidence from building your snowball of success, and then thinking positive will come automatically.

Interested to learn more about developing your success mentality 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.

Australia Elite Program 2010

The Winter Elite program is now underway. Last week students had the opportunity to have 2 hours 1:1 screening with Ramsay McMaster, regarded as the worlds pioneer in linking physiology with the golf swing. Together with our highly respected resident golf specific physiotherapist, Josh Meyer, they screened each player to identify their physiological imbalances, and then prescribed a specific program of corrective exercises. This work is very important, as it provides the foundation work to developing a body that can swing the golf club efficiently and effectively. In my opinion Ramsay and his team are well ahead of the game and have had great success with



some of the leading stars of the game, including the future stars such as Michael Sim and Danny Willett. This gives our players a real edge in their training program.

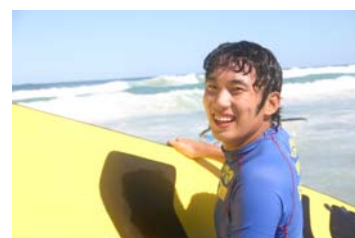
Ryan Lumsden then gave each player a biomechanical screening, which works hand in hand with the physiological screening, as it identifies swing inefficiencies. Ryan is regarded as one of the leading biomechanists in the world and has worked with an array of Tour players.



All this information helps us to develop a cutting edge personalized development program for each player.



Our winter training program is very tough, but has an excellent record in developing player performance—almost every former student enjoyed a strong increase in performance during their program, and with the dedicated and motivated attitude of this year's students, it looks like this high standard looks set to continue.



Join us for a trial training for one week!

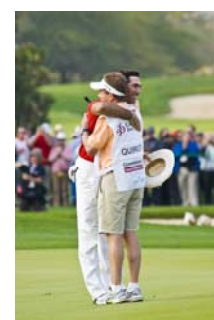
Interested in building your skills in order to make 2010 the year you dream it to be?

We are offering players the chance to join us for a **one week trial training**. Almost all calendar weeks are available, and students can then join one of our training weeks, Mon to Fri to see if they feel they can benefit from our holistic approach.

We have programs ranging from Tour professionals' to junior camps. The prerequisites we demand from potential players are just ambition, discipline and desire.



- Personalised and individual solutions based on performance coaching
- Multi cultural learning environment
- Emphasis on personal development and integrity
- Lifetime experience
- Professional Golf Diploma Program available—entry dates January and May each year



Interested in learning more about our Academy? Send an email to info@elitcoaching.com

