



TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN

Overtrying

Do you have difficulty taking your practise game to the tournament? When results do not go your way, do you try even harder during the tournament round? All golfers have suffered at one time or another from the phenomenon of 'overtrying'. How many times have you started a round full of hope and enthusiasm, only to play the first 9 holes terribly? What happens then? You stop trying because you feel it's 'all gone', and then you play a great back 9! Everyone wants to do well the day of the tournament. It's therefore natural to try that little bit harder in order to do well. You look at the line one more time, make sure the ball lands on the fairway, try to have a good start on the scorecard etc. And of course, it's good to try hard isn't it? That's what we're taught at school from an early age!

"You have to try hard to not try hard" PETER KOSTIS

Let's first understand the difference between trying hard and being committed. **Being committed is what every athlete strives to be** – focused and determined to achieve his or her goals. But 'trying hard' is different – it implies a lack of deep lack of self confidence, and then as a result of this lack of confidence to then consciously try harder. That's what we mean by 'overtrying'. And this is definitely **negative in terms of performance**. In my experience elite golfers' who suffer from the 'overtrying syndrome' fall into two categories;

1. Take it easy in practise and then try hard the day of the tournament

They take a laissez-faire attitude to their practise, and then suddenly when the day of the tournament comes they decide to 'turn it on' by trying hard. Needless to say this approach leads to much frustration and disappointment. The best players in the world approach their training with the same philosophy as Special Forces military personnel – i.e. that their training will make or break them. As Ben Hogan once said, "All my tournament victories came in training".

2. Try hard in practise and then can't take their practise game to the tournament

These players are very committed, but are often perfectionistic and as a result of this, constantly undermine their own confidence with strict and demanding self expectations.

This lack of confidence then leads them to find it difficult to have the necessary 'trusting mentality' to achieve peak performance. They play defensively and find it difficult to let go of conscious control on tournament day. This is the classic 'overtrier'. Peak performance golf, i.e playing your best on tournament day, is about achieving a subtle blend of different factors.

Peak performance formula

In Practice

Be very focused and committed

During Tournaments

Let go and 'trust' your training

It's easy to say 'letting go'. It's much harder to do. Why? Because players are often scared that all the effort in training will be for nothing. They are scared of letting down themselves and people around them. They are worried they will ultimately be a failure. **'Train hard, play easy'** is one of the key philosophies of our Academy. It takes courage, discipline and commitment to do. **But the application of this philosophy will lead to peak performance and success in tournaments.**

Interested to learn more about developing your golf so that you can become the player you aspire to be? Our player success has come through **creating tools and structures to help players APPLY success strategies.**

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 game assessment.

New Elite Performance Workbook: Cocoon Concentration—learn to develop a Zen like focus

In the title, we've used the term 'zen like focus'. What do we mean by this? What is Zen? Zen is simply the process of enlightenment through being connected and at one with what you are doing in the here and now.

Zen can never be forced or 'made to happen' – it's elusive if you over try or push too hard. Instead it refers to a feeling of 'oneness' – you are totally engaged in what you are doing and nothing else matters. You are there totally in that moment.

I had the opportunity to live for four months in Japan in the winter 2002/3. I explored there a little the discipline of martial arts at the dojos of Kamukura, with the view of learning if any of the concepts could be related to elite golf performance. Interestingly, martial arts coaches, or 'Sensei's' as they are known in Japan, **ALWAYS relate the coaching of technique in harmony with the mind.** They believe the two are inextricably linked, intertwined to the extent that each feed off



each other. I have totally absorbed this concept in my own coaching, and too believe that golfing excellence cannot be achieved without these two disciplines fusing together to create what is commonly referred to as 'peak performance'. Daisetz Suzuki, founder of the Japanese martial art of Aikido cites, "If one really

wishes to be master of an art, technical knowledge is not enough. One has to transcend technique so that the art grows out of the unconscious".

This workbook gives you first a conceptual understating of the topic of concentration, and then through your action (by actively participating in the exercises), looks to improve and develop your ability to focus, which in turn will manifest itself into better tournament performances. The workbook will teach you strategies to enable you to get in the 'zone', and then once you're in it to stay in it for longer - nothing more, nothing less.

Available end of August, cost 75 euro's—less than the price of one golf lesson! It comes with a mental training CD to help you develop and train your focus. **Please send an email to info@elitecoaching.com to order your copy**

Quote of the month



ELITE COACHING GOLF ACADEMY *as seen in and on:*

