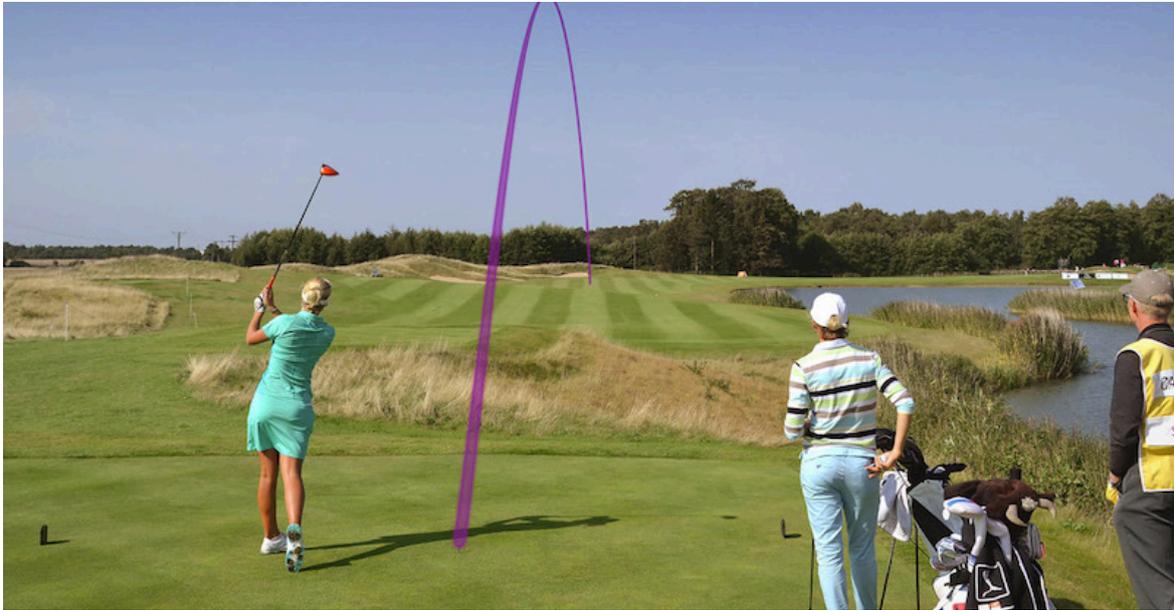


HOW TO USE VISUALISATION TO BECOME A CHAMPION GOLFER



Visualise your shot

The importance of visualisation towards becoming a champion golfer is misunderstood by most golfers.

In many cases, visualisation is the difference between a player being a good amateur or a tour player becoming a champion.

Could visualisation be more important towards achieving success than having a fit body and or an orthodox golf swing? Even so, it is best to have a fit body, a sound swing and being expert in visualisation, so that you have every chance of becoming the champion golfer of your dreams.

Many golf champions have been overweight or played with unusual swings. A few of the great players that were not very athletic and won majors are; Craig Stadler, Julius Boros, and even Jack Nicklaus won his first 20 tournaments and 7 majors being overweight, his nickname was “Golden Bear” and he was even called “Ohio fats” before losing weight. Jim Furyk, Bobby Locke, Lee Trevino, and Arnie Palmer all had unorthodox swings and were all golf champions.

But one thing that is common with all champions, is that they have all mastered the focus of their mind through visualisation, whilst remaining calm under pressure. Many other players say this is the difference between Jack Nicklaus and the rest.

Most people misunderstand what visualisation is and its importance towards performance. Visualisation is not just seeing the flight of the ball or seeing your golf swing. A lot of people can't do this, seeing the ball fly through the sky as if they were watching on TV, so they think

they can't visualise. Everyone can visualise, but they do it differently, using other senses, like feel and sound.

Here is a definition of visualisation from Corbett Bar;

"Visualisation means recreating all images, sounds and feelings in your mind surrounding the activity to practice in a perfect environment.

The more you use all of your senses, the more powerful your visualisation will be, the quicker you will improve your skills and develop new habits."



Jack Nicklaus total focus on visualising his putt

In the majors Jack Nicklaus was the most consistent player, winning 18 times, coming 2nd 19 times and finishing 3rd 11 times. Arguably the greatest golfer of all time and the best visualiser.

Jack wrote in the 70's about how he visualised and made clear the importance of visualising in golf.

Jack Nicklaus: "I never hit a shot, not even in practice, without having a very sharp in-focus picture of it in my head. It's like a colour movie. First, I "see" where I want it to finish, nice and white and sitting high on the bright green grass. Then the scene quickly changes, and I "see" the ball going there: its path, trajectory, and shape, even its behaviour on landing. Then there's a sort of fade out, and the next scene shows me making the kind of swing that will turn the previous images into reality."

Since then, visualisation has developed in most sports and can be seen used by all the best athletes from F1 pilots, downhill skiers, gymnasts to golfers.

Nick Faldo: “Visualization is the most powerful thing we have.”

We have all had dreams or nightmares where everything seems so real until we wake up! We were visualising perfectly. Your mind doesn't know the difference between something clearly visualised and something that you have physically done.

How do you dream? Some people say that sounds and voices are very clear to them, some say their dreams are in French or English.

Find out how you dream, what senses are the clearest to you and practice visualising the same way, these are your strengths, your best way of visualising.

The more of your senses (sound, feel, smell, sight and taste) you use in your visualisation the better your results will be. You will find that some of your senses are stronger and clearer in your visualisation and others not. Don't worry if you can't do it like Jack Nicklaus, as we are all different. Tiger Woods can't visualise like Jack either, but that hasn't stopped him from winning 15 majors, 82 PGA tournaments and still going! You must do it your way and with practice you will be able to improve your power of visualising, thus improving your game.

Do it your way! An original is always worth more than a copy!

Tiger Woods: “ I could never do it. I couldn't understand how to do it when someone said, “visualise” your shot. When I visualise, I would see the ball going every which way.” Tiger learnt to use his feel, with his hands, to control his creative mind.

Jay Brunza (Tiger's former psychologist) : “I would chuckle when somebody would say that Tiger hits it so far and I would gently say, well yes he does, he hits it long off the tee, he has a great power game but his true genius is his creative imagination and his short game.”

The more you practice the better you will become. Start with easy tasks like hearing your favourite song, feeling the cold in the snow or heat of the sun, smelling the odour of a perfume, seeing your house or golf clubs, tasting ice-cream or Cenovis. Practice by touching something, looking at something, hearing something, tasting something and then closing your eyes and trying to visualise it again. Start by doing it this way and then try to remember past events by visualising them again; birthday parties, holidays etc.

Once you become good at this, start doing the same with your past golf games, going over all the best shots you have ever made. Relive them the best you can, in as much detail as possible.

Freddie Couples was asked by Bob Rotella how do you prepare for a golf shot. Freddie replied; if it is a 7 iron, I remember (visualise) the best 7 iron I have ever hit and let my body to the same. How do you hook or slice the ball, Bob asked? I see a hook, I see a slice, and it just happens. What a simple but effective way of playing. Remember all your best shots and then recall them through visualisation when needed.

What is easiest for you; sight, feel, sound, touch, smell or taste? Again, analyse how you visualise, what senses are your strongest and use them when you visualise your golf.

The more you can use all of these senses in your visualisation the better you will be able to perform on the golf course, but you will notice that you will have a preference and strengths in one or two senses. In golf; see and feel are the most used and my preference for visualising.

Practice until you can visualise as well as in your dreams. When your visualisation is very clear, realistic and you can trust, your performance will improve dramatically.



Gary Player strong emotions after a great putt

Gary Player once said that straight after every good shot he would take the time to remember everything about the shot with strong emotional energy. He would anchor it into his memory and then would then walk after the ball. If he hit a bad shot, he would replay the shot (visualise) perfectly in his mind, seeing the perfect outcome and telling himself that he will do it right next time before walking after his ball. He would replace the bad shot with a good one. Many other tour players use this method when playing. This is just another way a tour player uses visualisation to improve his performance and maintain his confidence. Memory is important for visualisation. The stronger the memory of something, the clearer and more powerful the visualisation will be. This is why the great players give a lot of emotional energy to their good shots and little to their bad shots. After a bad shot they transfer the energy of frustration, anger or deception into determination, that the next time the shot will be good. Gary Player does that by replaying the shot again in his mind and

saying I will do it right next time. This is I believed the most overlooked moment for using visualisation in golf.

Science research has shown that an athlete when he visualises performing his sport, the same parts of the brain light-up and the same muscles are activated as if he was physically performing the task. Your brain doesn't know the difference, and this is great news, as you can't always be able to go and train physically your golf. Sometimes things in life prevent you from being able to play or train your golf physically. This is the time to visualise and your golf will continue to improve whilst the others who don't, will lose their game.

Here is a true story of a man who was able to maintain his level of play, whilst not playing golf for more than 5 years, using visualisation!

Col Hall was an American POW (prisoner of war) during the Vietnamese war. For over 5 years he was locked up in a small wire cage in the Hanoi Hilton (POW camp). Before going to war, he loved playing golf and would spend his spare time playing to his 4 handicap. After several months of being captured he decided that he must occupy his mind, or he would go insane. He decided to play 18 holes every day in his cage. He would replay matches at his home club and other favourite golf courses. He imagined playing on Pebble Beach or Augusta. He imagined what clothes he would wear, feeling the weather, wind, temperature and rain on his body, smelling the freshly cut grass and the flowers, hearing the birds and the sound of the club striking the ball. In his mind the left thumb was the golf club and he would hold the left thumb with his right hand and make swings with his imaginary club. He made his imaginary swings and game as real as possible. The time that he took was the same as if he was really playing, he would even imagine taking a drink of water from the fountain between holes.

6 weeks after being released from the POW Camp in Vietnam he was playing in a Pro Am in the New Orleans Open, on the PGA Tour with Orville Moody (an ex- army officer). He was still under weight, had not fully recovered his strength and still managed to play to his 4 handicap.

This story really shows the power of visualisation.

For over 5 years he had played only perfect imaginary golf. He had trained his mind to play well and his body followed his mind's instructions. This is an amazing story and shows how powerful visualisation and the mind are, if used correctly.

Also, with visualisation it is easier to make your practice perfect, whilst as we know in real life, we make mistakes! Visualisation can be a very efficient way to practice and train your golf.

Science research has also shown that as we train and repeat an activity, pathways between neurons in our brain become stronger and the connection becomes faster, thus increasing the quality of our performance and speed of our reflexes creating strong habits that become hard to change and increase our confidence in our ability to perform.

Even though Col. Hall didn't hit any balls whilst he was a prisoner, he was still able to maintain the pathways in his brain and activate the right muscles needed to perform well, as if he had been playing during all those years in a POW camp.

Here is a scientific experiment done by Mr Alan Richardson, a sports psychologist from Australia and it has been repeated by many universities throughout the world.

Mr Richardson created three equal groups and had each group throw 20 free throws with a basketball and noted their performance.

Group A: practiced every day throwing free throws

Group B: did not practice

Group C: practiced mentally, visualised throwing the ball throw into the net the same amount of time as group A.

The results were very interesting;

Group B remained the same.

Group A improved their performance by 24%

Group C improved by 23%. This experiment shows that visualisation is nearly as good as physical training.

A book Peak Performance published in 1985 mentions a study that occurred in Russia in 1980 where athletes were divided into four groups, to train the same number of hours per week. Each group had a difference in the percentage of physical versus mental training.

Group 1 – 100% physical training, 0% mental training

Group 2 – 75% physical training, 25% mental training

Group 3 – 50% physical training, 50% mental training

Group 4 – 25% physical training, 75% mental training

When compared for performance, Group 4 had the best outcomes of all four groups, and the less mental training a group practiced, the worse were their outcomes.

Reference: Peak Performance: Mental Training Techniques of the World's Greatest Athletes, by Charles Garfield and Hal Bennett

When physical and mental training are used together, they become very powerful and amazing results can be achieved.

In 2012 Thomas Newmark made the claim that Russian research on Olympic athletes indicated that visualisation techniques improved athletic performance in the 1984 Olympics. Due to evidence from many other later studies it is clear that the more mental training one adds to one's physical regimen (considering its quality, i.e., vividness, accuracy and relevance), the better performance one will achieve.

Mental practice can be a time-saving and cost-efficient method of simulation for training in certain occupations beyond sports, like dance, marksmanship or combat. Scientific studies have shown that visualization has many of the same effects on the brain as physical activity. Studies have shown that while physical practice improves performance more than anything else, mental practice can enhance performance.

Visualization practices help wire the brain for perception, motor control and memory, incidentally, boosting confidence.

Reference: Science Abbey

Power of the Mind 1: The science of visualisation by D.B. Smith

How does the mind work, how do we learn, why is visualisation important?

How our mind works:

To make it simple, we have two parts to our mind that I want to talk about; the conscious mind and the subconscious mind.

Firstly, you must understand that the conscious mind is the thinker and the subconscious mind is the doer!

Between people we mainly communicate through language, speaking or reading, but this type of communication doesn't work between the conscious and subconscious mind. The conscious and subconscious minds communicate together using our 5 senses; sight, feel, sound, smell and taste. **This is visualisation**, it gives your subconscious mind the instructions needed to do the task. Whatever you read, hear or think must be translated by your senses using visualisation so that the subconscious mind can understand what to do.

Most people don't understand that there is no such thing as a negative for the subconscious mind. For example; if I say "don't go out of bounds" this will be understood by the subconscious mind as, "go out of bounds". You can have a negative thought or phrase, but you can't have a negative image or feeling! When you say don't go OB you are actually seeing the ball go OB. If you don't want the ball to go OB, you must see where you want the ball to go. It is good that you have a first thought that is negative, as long as you replace it with a positive one.

A negative thought will be translated by your subconscious mind as being what you want or desire. You will get the opposite to what you really want!

Remember, see and feel what you want, if you don't want to go out of bounds, take a deep relaxing breath or two and then refocus. Think of where you want the ball to go and concentrate on that spot. Don't play until you are clear on what your goal is and focused on that spot.

If the OB is down the right-hand side of the fairway and I stand on the tee and tell myself, don't go OB with the driver today, I must immediately stop, take a deep breath and now see the ball going down the left-hand side of the fairway, away from the OB. If I still feel uncomfortable and worry about the OB, the driver is not the club and I then must see

myself taking an iron and placing the ball down the left-hand side of the fairway, safely away from the OB. I must visualise (see and feel) the ball going where I want it to, with confidence. If I can't I must keep adjusting until I have confidence and feel good about the shot.

Still many people think that they are "positive" because they don't want the ball to go into the water or OB! They don't understand how visualisation and the subconscious mind works.

Let use this situation as an example:

I give you an airline ticket at Geneva Airport. On the ticket it says; don't go to London, departure at 9.30, what would you do? You wouldn't know where to go, would you, nor which plane to take! You would start to stress and panic, as you approached the departure time still not knowing where to go, what plane to take! Well, this is how most people play golf! They have never told their subconscious mind what they want, only what they don't want!

Don't slice the ball, don't hit it fat, don't top the ball in the bunker, not in the water, don't go OB like yesterday etc.

Just like you wouldn't know where to go and which airplane to take with a ticket saying, don't go to London. The same is on the golf course. So, the mind is now in a conflict between your conscious and subconscious minds, the subconscious mind is trying to give you what your conscious mind doesn't want. Stress and anxiety builds, as the conflict between your conscious and subconscious minds grows. This is the biggest reason why people are not having fun on the golf course and not performing to their ability. They are trying not to do something, instead of doing something.

Never avoid, always do!

The conscious mind is responsible for logic and reasoning. It is our analytical, critical and creative mind. It analyses situations, makes decisions, creates goals, imagines our future and remembers our past. It can worry, be negative, positive, imagine things and create or destroy confidence by how you think, remember your past and project into the future.

The subconscious mind is our programmed mind, it is used for storing and retrieving all of our data. It is in our subconscious mind where we store all of our habits and beliefs, which affects how we act and behave.

The more we can perform the swing without thought the better the quality. The best performances are done without any thoughts. Thoughts are for before and after the golf swing and not during (this will be explained in detail in the chapter on routine).

How we learn.

From birth up until we are approximately 7-8 years old are our programming years. We learn in a natural subconscious and hypnotic state, our brain spends most of its time in a slow frequency state, between a delta - theta - alpha wave lengths. These wave frequencies are the same as being in a natural hypnotic, deep meditation or REM sleep state. This is a

natural programming, super learning state, were we learn from our environment, by observing, copying and by what people do and tell us. Most of our belief systems are developed during these years.

Most of our beliefs are acquired before we are 7, given to us by someone else, they are usually forgotten and remain unconscious. These beliefs will affect how we react and perform later in life without us knowing why. But they can be replaced by new ones when we know how to program our subconscious mind.

After the age of 7 our brain spends most of its time in a beta wave frequency (13 to 39 cycles) and the critical conscious mind and frontal cortex starts to develop. Our critical mind starts judging and questioning any new beliefs or habit before they are accepted and replace existing ones. The critical conscious mind acts as a safeguard to our subconscious mind. It now becomes difficult to accept new ideas and learn new habits. Before 7 years old it was possible to create a belief by doing or hearing something just once but after 7 everything must be repeated many times before a new belief can be accepted or a new habit acquired, replacing an old one.

This way we can perform and react without thought and keep our habits day after day. It would be terrible if you would have to learn something over again every day, like walking, talking, swing the golf club etc.

Visualisation is better and more powerful when our brain is in theta or alpha wavelengths. We create new beliefs and acquire new habits faster whilst our brains are in these lower frequencies. The goal is how can we get back down into these wavelengths from beta, our normal awakened state. I will discuss this later in this chapter.

How does the conscious and subconscious mind learn and work together?

As I mentioned earlier the conscious and subconscious mind do not talk to each other the same way we would talk to someone else. They don't communicate by using languages, English, French or German. They communicate through our senses.

Our conscious mind can speak to others with a language or to our subconscious mind with our senses through visualisation. The subconscious mind only communicates back to the conscious mind using feelings.

This is why most people don't listen to their body (subconscious mind) because it doesn't speak back to them (conscious mind) using a language. They don't understand the feelings and dismiss them.

Let use this situation as an example:

You are in the mountains and walking along the path that is about 1 metre wide. When you are in the forest with no steep slopes next to the path, we feel fine, safe and comfortable. But when the same path is on the side of a cliff, you start to feel uncomfortable, not safe and scared. Your subconscious mind (body) doesn't speak to you saying be careful, if you slip you will die. It just makes you feel uncomfortable, nervous and you must now listen to your feelings. These feelings are there to protect you. If you move back away from the edge of the cliff, straight away you feel better, safer and secure.

If you go back to the edge you feel uncomfortable again. Maybe not as much as the first time, but instantly you feel uncomfortable. The closer you get to the edge the worse you feel. As you move back away from the edge you feel better.

If you do this, many times, over and over, slowly you will feel more comfortable being on the edge and your body will accept that it is not so dangerous after all. Your body and mind will build confidence that you will not get hurt.

Golf is the same;

1: start with an easy putt and as you succeed move away from the hole. When it gets too difficult to hole the putt move back closer and you will feel your change in confidence and feeling comfortable again. Repeat and you will be able to get further from the hole before you lose confidence.

2: hit the ball onto a fairway using an easy club like a 9 iron, as you succeed use a more difficult club until it becomes too difficult and you start to feel uncomfortable. Go back to the easy club and repeat and you will find that you start to feel more comfortable with the longer more difficult clubs. You will also notice that you can, see and feel the short putts going in and easy clubs hitting the fairway very clearly, whilst when it gets difficult visualisation becomes foggy. This exercise teaches you how to listen to your feelings and not play when you are not comfortable. It also teaches you how to improve your visualisation so that even when the putt or shot is difficult you can learn to learn to trust under pressure and make the shot.

Confidence must be built up slowly and this is how we must develop our golfing skills. Start easy and as we improve and gain confidence, we can do things that are more difficult.

What we must remember is that our conscious mind gives the order, but it is our subconscious that does the job and won't allow us to do something that you can't do!

When you play a shot that you feel that you can't do, is like committing suicide on the golf course. Just like being on the edge of a cliff, feeling very uncomfortable, scared and then you jump. The result is the same!

If there is a conflict between our conscious mind (ego) and our subconscious mind (senses), it is the subconscious mind that will always win.

I don't care how many times you say to yourself I can do it, I did it last week and I can do it again. If you can't see or feel yourself doing it now, you won't succeed. It is as simple as that! For whatever reason you don't or can't see and feel the shot, you won't be able to do it. Your subconscious mind always knows if you can or can't do something and it will tell you by feel.

Why is visualisation so powerful and important to becoming a champion?

To perform well your subconscious mind must be able to do the movement or activity without any conscious thought or interference during the performance. Your body must use its already developed habits. You must trust yourself and only try what your subconscious mind can see and feel possible. This is what playing in the zone means, your conscious mind is in harmony with your subconscious mind and all you are doing is making choices and then seeing and feeling them perfectly, then trusting. When you are in this state golf is easy, you finish the game posting a low score, full of energy, feeling excited and wanting to play again. If you can't do this your performance will suffer. When you think too much about your swing, your score or what you don't want, you will finish the game with a very high score.

This is the same for players of all levels, from beginner to pro. Everyone must play within their ability and use their handicap as the equaliser. I will go into more detail in another chapter called the 70% rule.

Visualisation is the pure way of communicating between your conscious and the subconscious mind. Your subconscious mind is obedient and will do exactly what you see and feel, but you must be able to see and feel the shot successfully before your subconscious mind is able to do the task correctly. You must have total confidence in yourself doing the task.

Quantum physics has been used the last few decades show how the mind follows the same rules; your body will do exactly what you can see and feel (visualise) perfectly when there are no doubts.

The goal when playing is to be able to choose a shot that you can see and feel yourself being able to do perfectly. If you can do this, your shot will be as perfect as in your imagination. Visualisation, confidence and using our instincts is the area that I believe we will make the most progress in the future.

How many times did you know beforehand you were going to hit a great shot, hole a long put and then you did exactly as you saw in your mind's eye?

We have all done this, the goal is to be able to do this more often when playing. We have to train this so that it becomes a habit and we can do it more often.

This is why Jack Nicklaus was so great, as he said;

"I never hit a shot, not even in practice, without having a very sharp in-focus picture of it in my head. It's like a colour movie".

His focus and discipline are what made Jack great, it is the difference between a being good player and a champion.

When can we use visualisation to improve our performance in golf?

1: When you are playing golf;

a) just before each shot.

b) Just after a bad shot, visualise the perfect shot before moving on.

2: When we are practicing; learning a new movement or perfecting an existing one.

3. The day of a tournament before the round, imagine how to play the golf course with the weather conditions and you're playing ability. Play every hole the way you want it to be played. This can be done at home or at the golf course on the driving range.

4: Every evening just before sleeping and in the morning just after waking up, imagine playing your best golf.

5: Goal setting; See yourself already achieving your goals, already there!



Tiger Woods visualising his putt

How to visualise.

The calmer your mind and the slower wavelength frequency of your brain the more powerful your visualisation will be, giving better and faster results.

We are not able to visualise clearly when our conscious mind is racing, and too active. We must quiet the mind; the best way is through breathing. Heart Coherence is a method that is being used by many top athletes and military fighter pilots. It is a method of slowing down your breathing to 5 seconds in and 5 seconds out. By slowing your breathing, you slow down your heartbeat to a constant rhythm and you slow down your brain waves. Not only does it calm you down, but it also changes your hormone levels in your body by lowering the cortisol (stress) and an increase in DHEA (wellbeing) which helps create a positive feeling which is so important during the stress of competition.

Bobby Jones once said that he never made a putt before he calmed his heart. He did that through breathing.

Justin Rose was the best amateur in the world at 17, finished 4th at the Open and then turned pro. The transition from amateur to professional was too overwhelming for him and he missed his first 21 cuts.

Justin said when he learned to breath he learnt to win.

Then he became N°1 in the world.

In the early 70's Tom Watson was one of the most talented golf pros but lost the chance of winning several majors by crashing during the last round by losing his rhythm and swinging too fast when under pressure. He was regarded as a choker, someone that couldn't play under pressure. Bryon Nelson taught him how to breath correctly during play and control

his rhythm when playing under pressure. He went from being a choker to becoming the best player under pressure, simply by learning how to breath.

Your mind and body are connected, a calm heart, slow rhythmical breathing and you have a calm controlled mind that can visualise clearly under pressure and improve your performance when you need it most.

Cardiac coherence is one of the simplest and most effective methods on how to control your heart and mind through breathing. When you can control your heart and mind you can control your emotions, feelings and visualisation clearly under pressure.

Research has shown that when you slow down your breathing to 5 seconds inhale, 5 seconds exhale and do that for 5 minutes you activate the vagus nerve which is part of the parasympathetic nervous system. By stimulating the vagus nerve your body calms down, the heart rate slows lowering blood pressure and relaxes your muscles. When the vagus nerve informs the brain of these changes it too relaxes, increases the feeling of peacefulness, control whilst removing anxiety. You will be able to remain calm even in the most stressful situations and anxiety will change to excitement and focus. Your golf will get better under pressure when you learn to control your breathing and visualisation, just like Tom Watson!



Cardiac coherence: Slow regular breathing slows your brainwaves and calms your mind.

Dr David O'Hare created the breathing method 365; 3 times a day, 6 breathes per minute for 5 minutes.

This is a great method as you only need to find 5 minutes 3 times a day.

When you first wake up in the morning take the first 5 minutes for cardiac coherence. This is a great moment as you mind is already in a natural slow brainwave frequency.

1: It can be done lying in bed or sitting up in a chair. No special postures needed! But it is best to do this as soon as you can after waking up.

There are Apps on your phone that can help get the rhythm and learn cardiac coherence. Close your eyes and breath through your nose to a count of 5 (seconds) and then breath back out to a count of 5, concentrating on a smooth gentle rhythm. Place your mind on your breathing, feeling the air coming into your body and need going out. This is a form of meditation and is great for developing concentration and focus which is capital for playing well. If your mind wonders don't worry, just go back to your breathing. When you focus leaves your breathing, just go back.

As you become comfortable with this exercise you will feel your body relaxing very quickly and then you will be able to spend just the first two minutes on the breathing, lowering your heart rhythm and calming your mind and the last three minutes visualising your golf swing and game.

This is a very powerful way of changing habits, installing new beliefs in your game and creating confidence. When your mind is relaxed and the brain waves lower their frequency, you enter a natural hypnotic state where your subconscious mind will learn faster, replacing old habits and beliefs with new ones. Your visualisation will be more powerful.

2: During the middle of the day is another great moment as 5 minutes of cardiac coherence you will give your mind and body a break from the stresses of the day, allowing you to relax and refocus. You will become more positive and ready to meet the challenges that you will face during the afternoon. You can also use the 5 minutes to break up your training or homework schedule. These 5 minutes is a great investment as it will increase your quality and performance when you return to your activity. In the end of the day you will win time through this investment of 5 only minutes.

3: In bed just before sleeping do the first two minutes concentrating on your breathing and then the next 3 on visualising your swing and replaying your best golf shots. You must see yourself as clearly as possible, already achieving your goals and winning tournaments. When I visualise 18 holes before a game, I take more than 5 minutes and spend more than 20 minutes when I need to prepare for a tournament.

Cardiac coherence has been proven that 5 minutes, 3 times a day will change the hormone levels in your body improving your confidence in yourself, giving you a feeling of wellbeing whilst reducing anxiety when facing stressful situations.

How you handle the stressful situations in a tournament determines who wins and who doesn't more than who has the best swing! Just like Tom Watson and Justin Rose have learnt by controlling how they breath made the difference for them, maybe this could be the difference that you need too?

With time you will only need one or two deep breaths like Tiger Woods or Jack Nicklaus, to get your mind refocused and body into a relaxed state where you can visualise clearly. This must be done before every shot and when in this state you will be able to stay focused on your target and visualise the perfect shot, thus improving your performance.

A calm, controlled mind with clear positive visualisation will make you a strong performer under pressure like a Jack Nicklaus, Tom Watson or Tiger Woods.



Before every shot, visualise the shot perfectly.

Remember: Choose (the shot), See, Feel (visualise) and Trust (feeling confident) and you will play amazing golf. If you can do this, you will have every chance of becoming a champion and just maybe the best golfer in the world.

Article by Alan Johnston

EasyGolf

+41794663000

alan.johnston@swisspga.ch