

Good to Great Golf Excerpt from Chapter 9: Ultimate Golf Psychology

15 Tour Secrets to Play Your Best Golf

1. Play the round in your mind the night before which gives you an extra practice round. (See chapter 8).
2. Make a list of things that you do especially well and say them out loud on the way to the golf course.
3. Get to the course one-hour ahead of tee time leaving enough time for personal things so that there is no rushing.
4. Leave all personal problems on the seat of the car. They will be there when they return.
5. Warm up the body and the mind on the practice area. Do not attempt to make mechanical swing changes. These can be worked on later.
6. Practice putting first, then hit balls on the range. Make your last practice shot a good one with the club you are going to hit on the first tee.
7. Commit to walking, talking and acting like a winner no matter what happens, right down to the body language. A good idea might be to think about your favorite golfer and act like he or she would act.
8. Make a good yardage book during the practice round keeping a record of clubs hit to the different targets.
9. Have a game plan and stick to it.
10. Commit to giving every shot 100%. Do the best you can on each shot, one shot at a time.
11. Anchor the good shots. Pause 3 to 5 seconds after making a great shot and remember exactly how it felt. This will put the shot into your muscle memory. When a similar shot is coming up you can "pull it up" out of your memory before taking a swing.
12. Be positive about everything. Negativity will kill your game. Stay absolutely present oriented in your focus.
13. Be totally target oriented for the entire round.
14. Stick to your pre-shot routine on EVERY shot.
15. Play as if the match is being held at your favorite course with your favorite holes, favorite weather and favorite playing partners – no matter what the actual conditions are.