

## **Good to Great Golf Excerpt from Chapter 7: Practice Habits that Will Revolutionize the Way You Play the Game**

During practice, make a list of situations in which you will have to deal with adversity during a round of golf. How would you handle the following?

- Your ball goes out of bounds on your first tee shot.
- You three putt the 17<sup>th</sup> green which allows your fiercest rival to take the lead going into the final hole.
- You clunk a ball into the water hazard on the 10<sup>th</sup> after playing an incredible front 9.

Practice how you would emotionally handle each of these by coming up with an ‘problem execution plan.’

The purpose of the plan is to consistently put you in a state of mind that is most conducive to trusting performance at that moment – to forget about the past mistake. This is done by structuring a plan that quickly moves you from analysis to trust.

### **4 R’s of Performance Cycles**

Dr. Ravizza has helped thousands of athletes by coming up with a system called the 4 R’s of Performance Cycles - *Recognition, Release, Refocus, and Ready*. You can use it to quickly recover from mistakes on the course as well.

First, you recognize the blown performance. That happens instantly. You can see where the shot went. We’re talking about recognizing where you are emotionally after the poor shot has been hit. What happens to your body in terms of heart rate, blood pressure, or muscle tension? What happens in terms of your thoughts? Do you lose focus? Do you start doubting yourself? What happens to your behavior - do you slow down or speed up? These are all great questions to quickly recognize where they are emotionally.

Next, you have to release your emotions. How do you let go of the bad shot or putt that just happened? The release may be picking up another ball out of your bag, saying a favorite power word or phrase that gets you back on track, and putting the ball back in your pocket. You may want to grip your club very hard, squeeze and release to blow off some steam. The bad shot is over. Nothing can be done. Look at a spot on the horizon to get your mind ready to get back into action.

Now, ask yourself, what do I need to do right now? What's my plan? Once I have my plan, I need to commit to it. If I'm going to hit a 5 iron the next shot, I need to commit to using that club and then focus on the target.

Once I have my plan, it's time to get ready to hit the next shot. How do you know that you are ready to hit next shot? Breathe. Inhale, exhale. It's called taking a few trusting breaths.

Now, I'm committed to the club I'm going to hit. Inhale, exhale once again. Do your pre-shot routine and then execute. It's that simple.