

The "GOLF COACH" Newsletter

BRINGING COLLEGE, HS AND JUNIOR COACHES TOGETHER

August 2017

Creating “Trust” in Your Golf Game and Swing

Dr. Bob Winters

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A Common Question

I am often asked what are the most pressing problems or presenting issues that plague collegiate and junior golfers as well as tour players. This is a never-ending issue because a single problem in golf manifests itself in many different ways for different players and personalities. There is never a “one size fits all” solution to any problem because humans interpret situations and events very differently and the intervention has to be tailor made to fit the requirements of the individual’s needs and temperament. But perhaps the most common question I hear is this:

“When I play in a tournament or a match that is particularly important to me...I become affected by pressure and I don’t trust my swing. This self-doubt affects my ability to hit the ball solidly and I tend to mess up my shots and the end result is a high score. How can I cope effectively with these feelings of doubt and not hit poor shots?”

This question plagues many golfers because the worry and lack of success creates confusion about one’s swing competence and overall judgment and decision making. Let’s face it, as human beings; the thought of having people watch us and evaluate our performance creates an external and internal sense of

evaluation. Because we place a high value on our performance, we increase the importance of this single event. No one wants to fail and because we do not want to damage our self-image and golf esteem, we place value on the importance of this moment. The greater the perceived value....the more pressure we place on ourselves. This thought of evaluation creates a climate of pressure and can create even more self-analysis and self-doubt. The more doubt you have, the more that you may tend to over-control the golf club and want to steer and avoid making a swing mistake.

The irony of this situation is that the more that you coerce and manipulate the swinging motion, the more that you hamper your developed and practiced talent of swinging the golf club with fluidity and effortlessness. Inevitably your conscious mind is commanding you to not screw up! What happens next is that you hit a poor shot and your confidence is affected and you fail to trust on your successive shots.

If we take a look at the definition of trust in a motor learning or dynamic movement context, we find it to be this: *Trust is the letting go of conscious and over-controlling mechanisms that interfere with those processes that have been overlearned via practice and repetition. (Moore and Stevenson, 1991).* In essence, trust is the value of knowing that everything will be okay and that you can swing without manipulation or coercion. It is the value of letting go of the doubt and simply swinging to where your eyes direct the body.

The best way to deal with this situation is to confront your doubt head on. You have to ask yourself a very pointed question: What it that makes me so fearful that I am afraid to trust myself and my swing? Is it the fear of failing in front of my friends, or is it the fear of not performing up to my expectations? Or, could it be that you I just don't believe in my talent?

Whatever your reasons, the solution is simply to get in control of your thoughts, feelings and emotions and to focus your energy into what you want to accomplish, versus what you want to avoid. Another way to put it is that you must reframe the situation and remember to stay on task. Ultimately, your task is to hit the ball where you aim it and want it to go. The sole element of doubting pressure comes from within you. Dismiss the fear from your mind. Focus on the things that you can control. Slow down your breathing, your pace, everything. Stay focused on what you want to create in your pre-shot routine and take the necessary steps to commit to your target during this time. Simply, you must put more emphasis on what you are creating to happen....versus what might happen if things

go awry.

I like for my players to create a specific swing key and rehearse it from behind the ball. I think it is very important that you know exactly what you want to do with the shot before you step into the ball to address it. Then, when you are ready, and only when you are ready----- step into the ball and swing away. Also, let go of the feelings about what others watching you may or may not be saying. It's funny, but most golfers really don't care what you do or don't do. They are much too busy worrying about their own stuff than to be needlessly concerned with your golf game.

I also think it is a good strategy to know that you will make mistakes, but that it's okay to make mistakes because you are human. The best players in the world only average twelve greens in regulation every round and that a good many of them miss fairways and greens. So, give yourself permission to make a mistake and let the harshness of your critical self-evaluation dissolve.

A Final Thought

So, the next time you are on the golf course, stay focused on the things you can control! Adhere to your routine and make sure that your mind is directing your body on swinging the golf club in a fashion that makes solid contact with the ball. I have always liked the thought that if your eyes and mind are busy focusing on the target, it is hard for the ball to go anywhere else but there! If you do this, you will go a long way in developing confidence and trust in your golf swing and ultimately your entire golf game! I wish you great play and positive thoughts!

Dr. Bob Winters

Dr. Bob Winters is an internationally recognized sport psychologist, author and professional educator. He is the Resident Sport Psychologist for the internationally renowned *David Leadbetter Golf Academy World Teaching Headquarters* at Champions Gate in Orlando, Florida. **If you would like to work with Dr. Bob Winters, please visit his website:**

www.drbobwinters.com, or email him at drbob@drbobwinters.com.

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Coaches constantly preach to their students about minimizing errors in their games. Some of these errors include removing penalizing drives, missing greens from inside 100 yards and reducing the number of three-putts. The error we hope to help you minimize in this article is the number of three-putts that you have. A tour player averages one three-putt every other round. How many three-putts do you have in a round?

The first place to look to help reduce the number of three-putts is your ability to control the distance that the ball travels. Managing the speed of your putts is imperative! While there are several things to look for technically such as tempo, consistency of ball contact on the face, acceleration factors and more, I like to start with a drill or game and see how a golfer does and then evaluate what needs to be done from there. Here is one of those games:

Game: Squeeze Play

- **Gear needed:** Putter, thread/thin string/ribbon, 10+ golf balls.
- **Time needed:** 15+ minutes depending on your dedication.

Rules: Setup two pieces of thread, thin string or even ribbon on the green 15ft apart. From 15ft away from the closest ribbon, roll your first putt as close to the far ribbon as possible without going past it. Then hit your second putt as close to your first putt without going past that ball. The key is that each putt must reside shorter than the previous putt. Abiding by that rule, strive to get as many golf balls between the ribbon as possible. A great number is 10 golf balls. Once you do well enough to satisfy you, move back about 10ft and do the drill all over again. For more games visit our interactive practice website www.golfscrimmage.com.

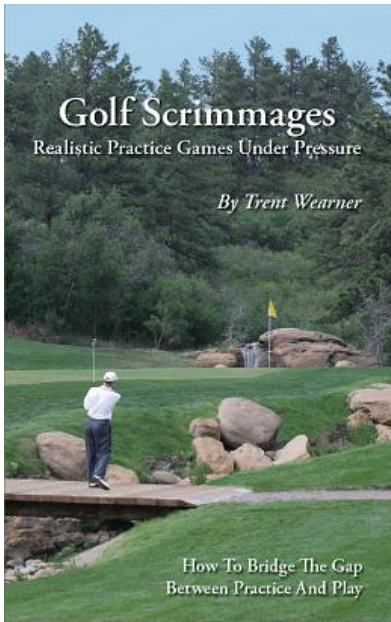
Benefits: Here's what this game helps you with.

- You can't play good golf without being proficient at getting your long putts close and that comes from having a good feel for the speed of the greens.
- Practicing your distance control is like brushing your teeth – it's something you must do all the time.
- You might find yourself getting frustrated at times so back away, take a breath and go through your routine knowing that this type of challenging practice will make you a stronger player on the actual golf course!

Practice well to play well!

Trent Wearner is the author of the popular practice book *Golf Scrimmages* containing 230 pages of competitive practice games. Below is one he's sharing with you this month. Plus, you can receive a discount on the book at [this link](http://this.link). He also has a practice website by the same name that you must check out ... www.GolfScrimmages.com and you can use the following promo code to take 20% off a yearly Individual or Team Membership: **GSB202015**

Trent Wearner is ranked as the #1 Teacher in Colorado as rated by his peers and published by Golf Digest. He is a two-time Colorado PGA Teacher of the Year, the latest Colorado PGA Player Development Award winner, and a Top 25 Elite Junior Coach in the U.S. by FCG Tour.



THREE SIMPLE STEPS TO LOWER SCORES

Last year our college team was plugging along doing pretty well with several top 5 finishes but no tournament wins...until I changed three things.

I made it mandatory that all team members would practice 75% of their time working on the following a week prior to our next tournament.

1. Tee ball....it's the only shot that you will get a perfect lie 100% of the time. It could be the driver, 3-wood, hybrid or long iron or a combination.

They worked on getting the ball in play and once they felt confident starting to see positive results, they started to pick spots to where they wanted the ball to end up....center cut, left side, right side, etc. always changing the location every 2-3 shots.

2. Chipping within 10 yards of the green....the player would walk up and see what side of the cup he wanted his ball to come to rest constantly changing holes and distances. Getting the ball on the correct side of the hole certainly increases your chances of making the putt.
3. Putting from 35 ft and 6 ft and in.....from 35 feet we would again determine the correct side of the hole to be on. The player is NOT trying to make the putt. I would take a bright yellow frisbee and place it on the correct side of the cup about 3 feet away...that now becomes his hole.

To many players are trying to hole the putt or have no idea where the best location for their NEXT putt thus running by 5-6 feet on the wrong side turning into a potential 3 putt.

Same with 6 feet....refer to #2 above so when you do hit a good chip you are putting within 6 feet on the correct side of the hole.

RESULT: Two straight tournament wins

Scott Moyer, GCAA
Director of Golf/Men's Coach
McDaniel College Golf Club



How to Motivate Students to Train for the Next Level

by Coach Dave Shenosky with the Gary Gilchrist Golf Academy

Every player has aspirations to take their golf game to the next level however not all students find it natural to enjoy the journey of progress. One of the most influential factors elevating a players golf game is setting long-term outcome goals. Long-term development is ideal for payers that can find a way to persist through the ups and downs of the small process goals to achieve their desired results.

As a coach, it is our responsibility to keep our players focused and determined to take those steps that build on long-term goals. Often though we can forget to celebrate the small wins that happen each day, however, this 'enjoy the journey' mindset is one the best ways to keep your students driven to reach for more.

How do you find a way to celebrate progress each day? The key is to find your student's 'why'. Once you find the 'why', it's up to you to help them stay focused on small improvements and acquiring a new skill with each practice. Helping your players stay in a growth mindset is key in their willingness to work through challenges and failures that are a part of making progress.

Where do you start this process? With honest assessment and setting realistic expectations. It's from this space that coaches can draft an ideal plan on how to approach developing an individuals player's skills through purposeful and focused training. Honest assessment results in detailed technical goals to pursue. This level

of focus will help develop the student's confidence, leading to more small accomplishments, and ultimately building on those long-term outcome goals. So... *enjoy the journey!*



Mid-Florida Junior Golf Tour

North Central Florida area tour seeking junior players both boy's and girl's to compete and have fun playing tournament golf. Annual membership only \$50
Chris Wilson at 352.208.7415 midfloridajuniorgolftour.com



The Junior Players Golf Academy (JPGA) located on Hilton Head Island, South Carolina is the #1 Golf Academy in the south. The mission is to help prepare junior golfers to compete in National level tournament play and receive a college scholarship. The core competency of the JPGA is to recognize and respect each student's individuality. The JPGA approach is to get the student to commit to long-term athletic development, incorporating all aspects of training into a successful path to becoming the best athlete possible. This is all possible through the talented and personable staff and most importantly the limited student to teacher ratio that we take very seriously.

The JPGA offers a variety of programs ranging from full time (an academic school year) to daily sessions. In December we opened our new indoor training facility that includes a 3000 sq. foot gym, an About Golf Simulator (the same one they use on the Golf Channel), putting room, 3 bay full swing area, and game room. Combined with the three golf facilities we use for training and 99 holes of golf for on course work, the JPGA is the ultimate Academy for taking your game to

the next level.

High school teams interested in training any time of year are encouraged to contact us so we may develop a program specifically designed for them. We will help with all arrangements.

Please visit our website for more information: www.jrpga.com

With lessons and tournaments held every spring and summer since 1984, the TCJGA introduces and fosters a passion for the game of golf in young people ages 5 to 22. The TCJGA has also introduced the sport in surrounding elementary schools during the winter months. Because of these comprehensive programs the TCJGA has been saluted by the golf industry and also has become a model for other junior golf programs in the United States.



The TCJGA has helped hundreds of kids take lessons and hit the links even if their families have not had the funds to participate. Over the years the TCJGA has given over \$280,000 in college scholarships to members attending numerous colleges and universities across the state and country, including: Northwestern Michigan College, Ferris State, Kalamazoo College, Spring Arbor, Saginaw Valley, Grand Valley, Western Michigan, Central Michigan, University of Michigan and Michigan State University.

Hundreds of TCJGA players have gone on to play on collegiate golf teams and many have pursued careers within the golf industry. Thousands have entered the working world and utilized golf's "Life Skills" such as honesty, integrity, confidence and respect on a daily basis. All have gained mentors and lifelong friends thanks to the game of golf. For more information please visit: www.tcjga.com



IMPROVE YOUR GAME. DEVELOP A TRAINING PLAN. BUILD YOUR CONFIDENCE.

Gary Gilchrist Golf Academy Summer Camps in Central Florida do just that!

GGGA provides an interactive learning environment for golfers to learn how to improve their fundamentals. Summer camps are week long with an average of 35 hours of range and on-course training plus mental performance and golf-specific fitness training. Training is on a private range with 36 holes of championship golf at Mission Inn Resort. Camps are offered Starting June 4th until August 12th. Students choose from a single week of training, multiple weeks to continue their growth or 2 week tournament camps. Find more information here:

summercamp.ggga.com

GGGA provides a **\$135 / week** referral bonus to our coach ambassadors. Boarding and non-boarding options are available. Contact: info@ggga.com or call [\(352\) 484-0787](tel:(352)484-0787) and ask for Shannon Tarrant to refer a student and become a coach ambassador.



TOP 50 SCHOLARSHIP
GOLF TOUR

Founded in 2003, Coach Danny Thomas created the Top50 Junior Tour to offer students a professionally managed tournament experience hosted by some of the finest country clubs and resorts in Michigan. Top50SGT events are nationally ranked by Junior Golf Scoreboard and many events offer AJGA performance stars. The Top50SGT has grown to several states with the largest number of students participating in Michigan and Florida. In 2016, the Top50SGT

partnered with The Hurricane Junior Golf Tour to offer students even more nationally recognized competitive tournaments.

- More than half of the Top50 Junior Tour events are Nationally Ranked 36 Hole Tournaments (JGS).

- Partnership with National Hurricane Junior Golf Tour! (Membership discount for Top50 members to play HJGT events)

- 36-Hole Tournament Champions earn "Exemption" to the Top50 National Championship in Orlando, Florida.

Website: www.top50jrtour.com

Schedule: <https://top50jrtour.com/content/skin/top50main/doc/Schedule2017Top50JrTour.pdf>

Collegiate Men's Tournaments Seeking Teams

* DePauw's Dan Quayle Collegiate Classic

Sept. 23-24, 36 holes @ Deer Creek GC

Contact Vince Lazar: vlazar@depauw.edu

* Allegheny College Kuhn Memorial

Meadville, PA Sept. 10-11

\$350 per team & PR \$20 per/player

Contact Jeff Groff: jgroff@allegheny.edu

* Irish Hills Intercollegiate

Adrian College, Jackson, MI

Sept. 15-16 \$450 per team

Contact: rwilliams2@adrian.edu

* St. John Fisher Collegiate Invitational

Syracuse, NY, Sept 9th – 10th, 54 Holes

D-2 and D-3 only, \$600 per team, Contact

Coach Bob Simms at: rsimms@sjfc.edu

* Peter Rossin Memorial Tournament

Washington & Jefferson College

Oct 8th and 9th @ Southpoint GC in Canonsburg, PA.

Contact Matt Kluck at mkluck@washjeff.edu

Collegiate Women's Tournaments Seeking Teams

* DePauw's Dan Quayle Collegiate Classic
Sept. 23-24, 36 holes at Twin Bridges GC
Contact Vince Lazar: vlazar@depauw.edu

* Allegheny College Women's Invitational
Country Club of Meadville
Sept. 24-25 \$350 per team
Jeff Groff: jgroff@allegheny.edu

Recently Posted Collegiate Job Openings

**The following positions will have application deadlines soon approaching or are open until filled.
Please contact the school's HR or Athletic Department directly.*

Head Coach-Women	Soko University	Aliso Viejo, CA
Assistant Coach-Men	Rosemont College	Rosemont, PA
Head Coach-M and W	Keuka College	Keuka park, NY
Assistant Coach-Women	North Carolina State	Raleigh, NC
Assistant Coach-M and W	Augsburg College	Minneapolis, MN
Head Coach-Men	Chestnut Hill College	Philadelphia, PA
Head Coach-Men and W	Point Park University	Pittsburgh, PA
Head Coach-M and W	Eastern University	Saint Davids, PA
Assistant Coach-M and W	University of Houston	Victoria, TX
Head Coach-Men	Linfield College	McMinnville, OR
Assistant Coach-Women	Marywood University	Scranton, PA
Head Coach-Women	Westminster College	Salt Lake City, UT
Assistant Coach-M and W	Ferris State University	Big Rapids, MI
Head Coach-M and W	Lewis and Clark	Portland, OR
Head Coach-Women	New Mexico State	New Mexico
Head Coach-Women	Adelphi University	Garden City, NY
Head Coach-Men	Indian Hills CC	Ottumwa, IA
Head Coach-Women	Troy University	Troy, AL
Head Coach-M and W	St. Mary's University of MN	Winona, MN
Head Coach-Women	Towson University	Towson, MD
Assistant Coach-Men	University of Central Florida	Orlando, FL
Assistant Coach-Men	Florida Inst. of Technology	Melbourne, FL
Head Coach-Men and W	Menlo College	Atherton, CA
Assistant Coach-Men	Eastern Carolina University	Greenville, NC
Head Coach-Men and Women	Alderson Broadus University	Philippi, W. VA

Assistant Coach-Men
Assistant Coach-Men
Assistant Coach-Men

University of Oregon
Western Texas College
Marquette University

Eugene, OR
Snyder, TX
Milwaukee, WI

DO YOU KNOW THE RULE?

Player A is on the practice putting green waiting for his 1 pm tee time in a high school stroke play tournament.

He meets and starts conversing with some friends from an opposing team and soon realizes, upon looking at his cell phone, it is 1:02 pm.

Player A sprints to his starting hole which is the #1 tee arriving at 1:04 pm.

What is the rule?

Rule 6-3a states if he arrives at his starting point within 5 minutes after his tee time and is ready to play, he will be assessed a two stroke penalty at the first hole. Otherwise he will be disqualified.

They said it...

"The older I get the better I used to be"

-Lee Trevino

"He who has the fastest cart never has a bad lie"

-Mickey Mantle

"In golf, *close* is like the north and south rim of the Grand Canyon"

-Johnny Miller

"Confidence is KING in golf"

-Jason Dufner

"There is no similarity between golf and putting, they are two different games, one is played in the air and the other on the ground"

-Ben Hogan

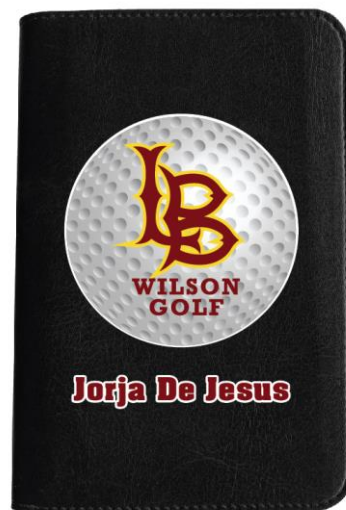
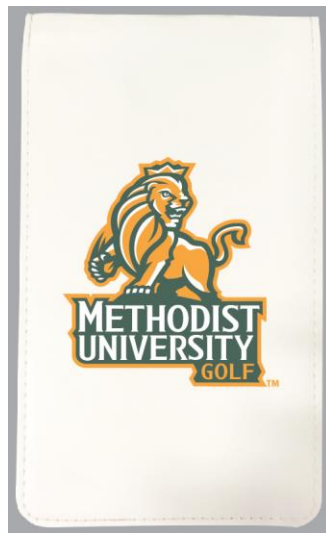
"All I did was go to school and play golf. I didn't have much of a social life"

-Jason Day

"Golf is a weird sport...some days you have it and other days you don't"

-Dustin Johnson

Reminder: if you're program is interested in golf scorecard holders for this fall season the average turn-around time (after artwork approval) is still only 3-4 business days. Below are a few samples: (L to R) Black flip-style, White-flip-style and the Black booklet.



"Run by Coaches for Coaches"