



## **A Discussion with Betsy King, LPGA Hall of Famer**

**By Todd M. Kays, Ph.D.  
Sport Psychologist**

I recently had the pleasure of taking part in a small discussion group with Betsy King, LPGA Hall of Famer and Captain of the 2007 Solheim Cup. For those unfamiliar with Betsy's accomplishments, here are some highlights: winner of 34 tournaments on tour, winner of 6 majors, Captain of the 2007 Solheim Cup, LPGA Player of the Year in 1984, 1989, and 1993, and currently leading the charge in the *Golf for Africa* cause. Here are just a few of the golden nuggets she shared:

### **1. Aim at small targets**

Aiming at small targets was one key to her success. It was not enough to simply aim at the green or fairway, but to pinpoint a small leaf or marking in the fairway and go right at it. If your target is the entire green and you miss, the chances for trouble are increased and you certainly might not even hit the green. If you miss a small leaf on the green, however, there is a great chance to still be putting.

### **2. Be 100% prepared**

She was always ready for each and every course. She knew the course and exact game plan before the tournament started. It does help to have a caddy who scouts out the course, but she emphasized the need to know your exact game plan before tournament play. No doubts in your game plan and stick to it.

### **3. Give 100% effort on each shot**

She described how she committed to giving 100% focus and effort on every shot. Doing so increased her chances dramatically of hitting desired shots. With even the smallest lack of commitment and focus, trouble can and more than likely will occur.

### **4. Emulate habits, not swings**

She stated the importance of committing to your own swing. All LPGA players have different swings and it is more important to learn from their habits and thoughts than it is to emulate their swing. Spend more time on developing and improving *your own* game and less time on trying to make your swing like other tour players.

**5. If you just want to *make* the tour, your time out there will be short-lived**

She stated that making the tour today is one of the most challenging goals in all of sport. She described that young players need the desire to *win* on tour, not just *make it*. It is too difficult and players are simply too good to just want to be out on tour. It takes tremendous desire and competitiveness to reach the LPGA.

She was an incredible tour player and now an even more incredible person. Thank you Betsy!

**Play Smart, Play Hard, Play Well!!**