



Golfers Need to Stay Out of Their Own Way

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Many golfers possess great swings and practice habits. They spend hours and hours at the range and work hard on their games. However, sometimes their hard work does not pay off. What gets in the way? The question is not “what” gets in the way, but “who.” The golfers themselves get in their own way. I have seen countless times where golfers have hard work ethics and talent, but have been unable to translate these qualities onto the golf course. If golfers would keep their mental process and game simple, they would be much better off when it comes to competing on the course.

In this day and age of technology with clubs as well as video and computer capability to analyze swings, one would think golf scores would have lowered. Believe it or not, they have not! This current technology is incredible and videotaping swings has its appropriate place, but two of the most important components of golf success are the mind and the short game. This was true decades ago and remains the same today. Unfortunately, golfers at all levels go to the tee box with their heads full of swing thoughts and mechanics. They simply need to be thinking about the target. Nothing more. After they hit the ball, they need to find it, pick another target and hit it again. The most basic way to sum up my philosophy of golf:

“Hit the ball. Find it. Hit it again.”

The following are tips to simplify the game when competing. These actions take practice just like the skill part of the game, but the results will materialize if golfers work for them:

1. **Accept that Simplicity is More Effective:** Many golfers feel that the more hi-tech and complicated their game and practice, the better their game will become. There is no doubt that golf is one of the most challenging sports in the world, even when it is kept simple, but making it more complicated will only create more challenges, not lessen them
2. **Detach from Outcomes:** Mentally tough golfers have learned to detach from outcomes on a consistent basis. They hit the ball and do not get wrapped up in the result. They accept the result and move toward making the next shot.
3. **Prepare:** There is no doubt that preparation regarding course management can make tournament day more simple. When golfers are prepared, they have much

less to think about on the course. They can simply hit the ball, find it, and hit it again.

4. **Let Go 24 hours Before Tournament Play:** Many times golfers become consumed with having the perfect swing. It does not exist, yet they spend countless hours worrying and trying for it. At least one day before a tournament, golfers need to accept and embrace their current skills and let go. Quiet the mind and think about putting the ball in the hole, not perfect swing mechanics.

Play Hard, Play Smart and Play Well!