



What Every Golfer Can Learn from Jelly Packets

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I was recently having breakfast with one of my college players at a local restaurant before he headed out for the Nationwide Qualifier the following week. He had discussed how his swing was in a really good place and that the course set up very well for his game. As the conversation progressed, however, he began verbalizing aimlessly about all of the things that could potentially go wrong and prevent him from qualifying. As I sat there listening, I was feeling a bit anxious myself because of his projected energy of worry and how he was painfully focused on finite details as opposed to letting himself trust and enjoy his level of readiness. As I was feeling this negative energy, I grabbed three jelly packets at the table. I have the need to make things simple for my golfers as they tend to create unnecessary complications and I know that simple golf is the best golf. I explained to him that each jelly packet represents one of three keys to success – he had all three, but one was tainting the other two. Let me explain.

Jelly Packet #1: I indicated that this grape jelly packets represented his swing and skill. He had been extremely excited earlier in the conversation about how he had been hitting the ball very well. His putting was in a good place and his distance off the tee was further than it have ever been. True, genuine excitement in this part of the conversation. Jelly Packet #1 – Skill – his skills were in place and ready to go for the Nationwide Event.

Jelly Packet #2: I indicated how he discussed the course being perfectly laid out for his game. He appeared extremely confident and discussed how he was in fact in better position than most other players on this specific course, partly because of where he would be hitting shots into greens combined with his already finely-tuned ability to manage shots. Jelly Packet #2 – Tactics – he knew the course and was feeling great about its set up.

Jelly Packet #3 – Even though he felt good about his skill and course lay out (jelly packets #1 and #2), he was somehow making the game more complicated. It was almost as if he thought golf could be this simple – “I know I have the skill, I know where to hit the ball, let’s just do it.” He was not letting himself trust his skill, experience and knowledge that he excitedly elaborated on earlier in our breakfast. He was not allowing himself to let go, have fun and see what happens. Jelly Packet #3 - Mental – he needed to let go and trust his Skill and Tactics. The only thing getting in the way was his head.

We went onto to have a conversation about how these three jelly packets are the components he needed for success in the Nationwide Qualifier. He had them all in front of them. He, however, was focused on all of the jelly packets' numerous ingredients and not the packets themselves. The packets were there and ready, just as they were ready to be spread on the toast in front of him. He immediately was laughing (maybe thinking I had too much coffee), but he knew he was armed for battle – skill, course knowledge and mindset (I should have made him take those three jelly packets with him). The point is this – keep things simple, enjoy confidence and great play when it is occurring and let go. If you are ready, trust and enjoy. Jelly is simple and good, just as golf can be.

Play Hard, Play Smart and Play Well!