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The "Get Fit for Golf" Australian Seminars are being held in September 2003.

Follow the Australian Seminars link at www.golfmed.net for dates, locations and registration requirements.

Follow the "Get Fit for Golf Seminars" link for the 2004 world-wide Seminar Schedule that is now available at www.golfmed.net

1. Building the Beast

By Rob Wood

Chartered Physiotherapist

As a physiotherapist working with golfers I get to see a lot of bodies of various sizes, builds and shapes. In general there is a person trapped inside the body that wants to play better golf, and it's my job to investigate their physical attributes and to optimise what they already can do, develop what they could get, and be realistic about what they'll never have. All sportsmen have to know their physical attributes and limitations, and the sport they play can dictate what these will be. High Jumpers are long, lean explosive sorts; Rowers are the tall, burly, solid types; Jockeys are little, wiry, tough fellows etc

But golfers are somewhat different, and come in all shapes and sizes, be it club or Tour Pro level. I must admit that I am one of those that feels that as tournament course lengths catch up with equipment improvements, we are going to see fitter, athletic golfers becoming dominant, but for now we can see compact guys like Maruyama and Woosnam teeing it up with lofty lads like Adam Scott and Tiger every weekend.

But what if I had free reign to design and construct the perfect physical specimen for playing golf...what attributes would I include, whose body components would I copy? I know what a lot of you are thinking.....that's easy, just clone Tiger Woods. Well I agree, physically he is the best there has been so far, and he probably has more to offer than most, but I am talking perfection here, and even the great man has his weaknesses.

I set myself the target of creating a Frankenstein of Pro-golfer body components with the one rule that any Pro used could only donate one component. I was only interested in physical and not technical perfection, with the sole aim being to create the ultimate golfing frame to cope with the modern golf swing.

So here's my monster:

The Head

We'll start at the top. The advice to keep the head down and still has probably compressed and choked more swings than any other golfing "mythnoma"! The head as an entity is just a brain-filled ball, and doesn't move at all...it is the neck that does all the movement, with the head simply stuck on the end of it. The neck needs to be passively relaxed to allow full rotation to the left on a right handers take-away, and then full right rotation as we go through the ball. If this is done in a co-ordinated fashion, the head will appear to be almost still. A touch of lateral movement due to sway, and a little rotation at the full swing extensions is not a problem at all if it remains unforced and passive.

So who is our head-boy on the tour? Davis Love is still and passive on all his shots, and take a look at David Toms...very "quiet" head. But the head for me is that of Vijay Singh. It sits on a totally relaxed neck, just passively sitting there throughout a surprisingly athletic yet languid swing, eyes nailed to the back of the ball. Maybe it's his super-chilled persona but Vijay's head just isn't in a rush...be it a delicate chip or a full drive, he's never in a hurry to lift it, seemingly more interested in the divot than the ball. Off with his head.

The Torso

The most obvious variation in shapes and sizes here. This is the power house of the golf swing. A central core that coils and recoils. A mobile chassis that runs from neck to pelvis providing both stability and mobility. The thoracic middle section needs to offer maximal rotation, with the lower lumbar section offering a stable base. The modern swing demands a lot of this area as the upper torso loads itself into rotation against the more stable lower torso, storing up elastic kinetic energy to be released at the ball. The younger modern swingers are beginning to look the same. Tall, long torso's. Increasingly well muscled. Wide at the shoulder blades, lean at the waste, almost like swimmers. Strong, athletic torso's...think of Thomas Bjorn, Adam Scott and indeed Pdraig Harrington.

Who's shall we have?....well there's only one isn't there...the rippling triangular frame of the man himself. Tiger has taken the game to a new level of athleticism, which is something we will see reflected in the training techniques and body shapes of elite young golfers in the future. For our perfect golfer, we will have the perfect golfing torso.....it'll cost us a bit though!

The Shoulders

Funny things shoulders, you don't give them much thought until you wiggle them around and you find that the shoulder girdle is a surprisingly mobile piece of equipment. When it comes to the golf swing they can be all over the place. High handicappers often drag them down into the ball, or elevate the leading shoulder excessively, or just simply clamp them....even Pro's can do the same, remember Ray Floyd, he did all three; and currently, just watch Phil Mickleson, that right leading shoulder can get higher and higher when he's chasing a game. What we are looking for is back, wide and loose both at address and through the swing.

If you are looking for controlled shoulder flexibility, look no further than the top Women's Tour Pro's. There are a lot of high hands and straight arms amongst the top women, which are achieved because of this inherent shoulder flexibility. But I'm going to leave Annika Sorenstam's shoulders where they are and go for another pair which are definitely an automatic choice. May be it's those characteristic pre-shot shrugs, or the way he holds them back as he ambles down the fairway. It is certainly the way they seem to flow around his long loose swing all the way to the effortless endless follow-through. Freddie Couples shoulders give him the ability to let his hands "fly", and I can watch it all day.

Arms

Bit of a contentious one this, because even though you see plenty of “arm hitters” at club level, you shouldn’t really see too many at elite level, but they are out there. We are going to gamble that Freddie’s shoulders will release our monster’s arms, so let’s not mess around with finesse and go for some brute force.

Three pairs of arm-hitting tools spring to mind. Angel Cabrera can lash them through a bit without a doubt, and Hal Sutton’s arms would look good on any monster. Darren Clarke has two big muscular levers that can sometimes dominate his swing, but both he and his swing look comfortable with this. Perfect trunk turn is not going to help you scythe one out of the rough at Turnberry, neither is it going to help you chop one up onto an elevated green into the face of a howling sea gale. Sorry Darren, but our monster is now armed, and beginning to look dangerous.

Hands

We may have to make a compromise here, and I don’t mean taking a left and a right from different donors. The dilemma is that “touchy-feely” fluffy short game hands are not always the best when it comes to the whip-crack fast demands of the longer clubs; and of course the equation works visa-versa. The ultimate specimen will have to be able to hit it long and play it short, so we need some all-rounders hands with great speed and touch.

Tiger has great hands, but for me he has a greater torso, so we’ve already used our Tiger-ticket. Phil Mickleson has magic hands until he gets within 3 ft of the cup, and anyway, I’m a bit worried about screwing a left handers shovels onto a right handers arms! Garcia’s hands already have a mind of their own, and Faldo’s tend to wander. The hands to go with Darren’s arms will have to be those of Jose-Maria Olazabal. To keep up with his swing speed they have to be lightening quick, they are as delicate with a fringe as Vidal Sassoon, and on the greens they are simple and reliable.....proper all-rounders to make our monster a real handy-man.

Hips

As mentioned before, we are trying to create physical, not technical, perfection with our parts-bin golfer. However we have a problem with the hips because they are such a technical minefield. Drift, turn, bump, drop, slide, glide, spin...the hips can do it all apparently, and various combinations are preferred by Pro's and technical gurus. You can shoot me down here, but from an ergonomic point of view, as far as I see it the modern golf swing demands this of the hips:- they get in the way for as little time as possible on take-away, and they get out of the way as quickly and easily as possible through impact. How you do this, and what degrees of bump, slide and spin etc that you employ to help you along the way, is not that important as long as everything happens efficiently, smoothly and reliably.

Searching for our ideal hips, I would stop off at the Women's Tour first (and I'd like to avoid the obvious cheap jokes here). There's a lot of variation on this tour, with some of the girls not afraid to really use their hips in the swing, and others hiding their flexibility with a really efficient rhythm...what I call "quiet" hips. The Scottish Pro Janice Moody has mastered this; slow down her elegant swing and you'll find that she does a lot with her hips, but you just don't notice it in real time.

I could bore you with the physicalities of achieving "quite" hips, and drone on about "core stability" and "central control"...after all, this is the basis for almost all modern approaches to physical training for golf. But I won't. All I'll say is two words.....Reteif Goosen. The big guy winds himself around an effortlessly stable pelvis, and then just pops it out of the way with the minimum of fuss....powerful perfection. Rest easy Janice, we'll go south not north for our hips.

Legs

There's going to be a personal preference issue here, and from the outset I'm going to say I'm a leg man. I like my legs to be mobile and provide "drive". If we were doing this experiment 20 years ago then Seve Ballesteros would have been our donor. Look at any picture of him driving through the impact zone in his hey-day years and you'll see what I mean. Seve had the ability to sling his legs at the ball almost like David Beckham slinging his leg at a free kick....however, I can already hear the armchair guru's out there suggesting that Seve's leg drive came at the expense of swing stability, hence the famous and frequent visits to championship car parks.

The leg may have fell out of fashion a bit in the late eighties, early nineties, with much talk of stable "foundations and bases", but over the last 10 years we have seen more of an understanding that true swing stability comes from the bodies "core"; that is the abdomen, lumbar spine and pelvis...think of it as a dynamic chassis that the legs and arms attach to. Control the core, and you will control your centre of gravity, and in golf swing terms that releases the legs to work "beneath" this stable foundation. Of course the golfer is restricted by essentially having to keep two feet in contact with the ground, but a dynamic driving movement pattern is still available, and some of the younger pro's aren't afraid to use it.

So what are the choices? If you're a classical fan, then you'd go for Thomas Bjorn; strong and smooth. If you prefer something more upbeat and jaunty, then it would have to be Pdraig Harrington; muscular, forceful and quick. If you're a trouser fan it would be Jesper. As mentioned before, this one is personal, and I like a bit of Latino beat in my swing, so I would plump for Sergio Garcia's legs. He has a perfect example of a modern athletic swing. For a slightly built man he generates great power from a number of swing components. He has great upper torso turn, and high and wide hands, but is not frightened to "counter the coil" with a lithe, driving leg action through the ball. Purists may say that sometimes he is over-athletic, but tell that to the ball.

Feet

Not one to be taken lightly this. Now our monsters taken shape, I think he's going to create a lot of powerful torsion with his fast, wide and flexible swing. To harness this torsion you need a stable base as your contact with the ground. There is no point unleashing the beast if it's going to fall off his swing at every shot. Many of the athletic young Pro's have so called "lively feet", and utilise a lot of ankle, foot and heel gymnastics through their swing. Some even go further, and both Tiger and Sergio are not frightened to go for the "early walk" on follow-through if it is deemed necessary.

It's not for me though, any Frankenstein's monster should have big feet, so we'll go for the biggest and most solid around. Step forward Nick Faldo. Ever seen Nick fall off a shot, I don't think so. It's not like he has 6 inch spikes in his shoes, because his feet are still surprisingly mobile, but they somehow do it in a totally rooted and reliable way. Sergio's legs will speed up Nick's feet, but we will keep the control and the foothold that we need.

So there it is. The perfect physical specimen. The considerably more than six million dollar man. All it needs to make it work is a brain (sorry Sergio, can't help us there either). I promised I was going to try and steer clear of the technical, and certainly well away from the tactical, but the one physical attribute that we do need from a brain is tempo. It's an elusive quality, something natural and not manufactured, it applies to every swing and every club in the bag with equal measure and a metronome-like consistency. It doesn't buckle under pressure or fatigue. Within the true masters of tempo, it simply exists, and that's all there is to it. It can be lost, and in the extremely lucky it can be re-found. So whose brain shall we borrow? It can only be Ernie's...deep within his mind beats the rhythm of the golf swing, and it will make our monster beautiful.

For me, the perfect golfing cocktail is 2 parts Spanish, 2 parts South African, 2 parts American, 1 part English, 1 part Fijian and a dash of Irish. I think it has worked out a pleasingly cosmopolitan and very expensive concoction, and I think it would work. He would have the physical attributes to take on the best golfers in the world, but boy would the sponsors argue.

2. Training your Golf Brain

By Dr Karl Morris.
www.golf-brain.com

Creating the future of your dreams

Most goal setting systems are ineffective and are doomed to failure, if you want to achieve your golfing (or any other) dreams then you need to know a little more about how the brain is actually wired up and how it maintains the you that exists now and stops the you that is **POSSIBLE**.

The truth of the matter is that most people **STAY THE SAME**.

Possibly the most important keys you will ever learn.

I want you to just think for a moment, what could possibly be the most important question that you could ever ask yourself?

Just imagine for a moment, that there is something out in the world that you can be the very best person on the planet at. Nobody knows what particular thing that is, but it is your job, your mission, to find out exactly what it is.

Self Sabotage: Why things go wrong....How to Stop Self Sabotage, NOW and forever.

- Why is it that people can get something going, then all of a sudden they stop doing something that would have been OBVIOUSLY successful?
- Why we can KNOW all the right things to do.....and still blow it?
- A boy doesn't ask a girl out because he thinks she is too pretty for him?
- A girl turns down an invitation to go somewhere special because she doesn't think she is pretty enough.
- Someone who has an incredible talent for sport or music or art doesn't practice and WASTES their talent.
- We don't study the things that we really like because it isn't COOL to everybody else.

We have all been there. I have. Yes on many occasions I have had the gold in my hands and failed to close my palms and keep it. It happens a lot less often in 2003 than it did in 1982 though. What is going on?

The answer lies in the brain.....

We don't need to get too sophisticated, this is not a neuroscience lesson BUT the older part of the brain, also thought of as the emotional brain, is pre-wired at birth. As the first couple of years of human life happen, most of the connections in the brain waste away while those used regularly strengthen. (This is also true of the evolutionary newer brain on the top of the older brain but we will get to that in a moment.) The emotional brain is an almost instinctive and "unconscious" part of the total brain network. It simply does stuff and reacts in ways that seem to be survival orientated. Not much conscious "thought" goes on. It just happens.....

The newer part of the brain is the stuff on top. We'll call it the cortex. The stuff on top developed last in the history of evolution and it develops last as the baby grows in the womb and ultimately continues growing after birth. This part of the brain loves to be inspired to do new things, to change, to consider possibilities, it is thoughtful and wants to do the right thing. It is actually the pretty "conscious" part of who you are as a person.

The connections from the emotional brain to the thinking brain are very strong and many. The connections leading back down to the emotional brain from the thinking brain are weaker and fewer. This causes a problem in humans: We can get lots of good ideas but whatever is programmed both from nature and particularly the first couple of years of nurture will usually "run" the person. Any major change is very unlikely in the average person because our environments discourage change. Let's look at an example:

Why don't people invest more in themselves as far as education and less in entertainment? The reason is simple. It takes mental effort to learn anything more than currently fits into our current beliefs (all of which were programmed in by others and nature long ago). Therefore it is much easier to simply go with the flow and be in the moment....doing what feels good now instead of learning new information that could change our lives. The instant reward of food, drink, anything that feels pleasant is far more compelling to the human animal than to do something for the future, yet that something done NOW could totally transform what happens later.

KEY LEARNING

Learning anything NEW that conflicts with current programming or significantly modifies is generally rejected in favour of doing that which is familiar and has instantly predictable results.

Why don't people apply for a new job? Why don't they ask the girl/boy out for a date? The answer is the same. There are no neural connections in the brain for these new experiences. In other words the brain has no familiarity with the unfamiliar environments. A colleague of mine has talked with many people inside of prisons and do you know what many of them fear the MOST? That's right: Leaving. Years of new neural connections have re-wired the brain to where getting OUT of jail becomes unattractive at the limbic/emotional level. The person KNOWS the getting out SHOULD be a GOOD thing but the emotional brain has gone through these years of rewiring to make it a fearful event.

KEY LEARNING

(REPEAT) Learning ANYTHING new that conflicts with current programming or significantly modifies it is generally rejected in favour of doing that which is familiar and has INSTANTLY predictable results.

Learning something new doesn't make sense to my neural pathways if it hasn't been trained since birth to make sense. But having a big bar of chocolate makes perfect sense. It tastes soooooooooo good!

Self sabotage is about the conscious/unconscious acts of the limbic brain overcoming the wiser, more thoughtful thinking brain.

How to overcome Self Sabotage Now! Forever!

The critical element as you now know, in self sabotage is that in order to overcome self defeating behaviour, you must rewire the hard drive of your brain. Just saying that you want something, talking about it or sort of wanting it is going to do NOTHING. Here is the ONLY way that you will overcome it.

You are going to compile what I call THE DOCUMENT, this is a secret used by almost every successful person I know. The DOCUMENT could well be the most important piece of writing that you EVER do.

THE DOCUMENT

1. Write about your ideal life. In other words 5 years from now what would you like your life to be in a very specific fashion. You must create explicit mental images (including as many senses as possible) first. Use a few sheets of paper writing about your desired, ideal life. This is the critical step that creates the foundation for change to be permanent. On a neurological level this accomplishes the communication of neurons that haven't communicated before. You are literally introducing neurons to each other like neighbours that haven't met. It may be a bit awkward and uncomfortable but the beginnings of bonding have begun.
2. You must take your current mental picture of who you are and your current behaviour, which isn't necessarily your "fault" and thoroughly write about that. This is your current self.
3. **EARTHQUAKE:** This will create the earthquake effect. One of two things will happen. You will find what scientists call: **INFORMATION GAP THEORY**. The gap is too wide to bridge and you will give up and return to your old behaviours OR you will have an earthquake in your brain that will cause you to see what you can start doing NOW to get you to where you REALLY want to go in life. The earth quakes, it resettles, some damage is done.....and then it stops. You forge new trails and create a plan to achieve/acquire/meet the life you want to live at the "thinking brain" level.

3. GO ANNIKA!

By Pia Nilsson and Lynn Marriott

news@coaching for the future.com

What is it about sport that engages us to participate or to watch others perform?

The intentions of sports can be many. We believe sports are about learning, health, recreation, balance in life, excellence and most of all enriching and expanding human development. We believe sports can provide an arena where we can engage in play and through that play develop who we are as human beings.

It's been a long time since a golf tournament has created so much attention and excitement and, of course, opinions. Thank you Annika for the 'show' and for the opportunity to witness your journey of courage, grace and heart.

Perhaps the only redeeming value of professional sports is to provide an environment where human beings can strive for excellence and in doing so provide inspiration and entertainment to others.

As Michael Murphy puts it "Sports are a western yoga. At its core, when pursued with passion and for its own sake, sport becomes a transformative practice. The problem is, for most athletes in the west, there is no philosophy, no psychology, no context in which to understand sports in this larger dimension."

This larger context is overshadowed by the contest culture. The contest culture tries to convince us it's about comparison, conflict, win-lose, and less for you means more for me.

Annika's successful adventure in Texas last week was a case for the larger context and was equally much about her golfing skills as her character as a human being.

What Annika accomplished at the Colonial is what we envision as the model for the future of all sports. In one of the many conversations Pia and Annika had discussing the possible consequences of her decision to play, Annika said, "Pia, isn't the worst thing that can happen is that I learn something?"

Dean Wilson, one of Annika's playing partners at the Colonial, said playing with Annika was the best experience he has ever had in golf, including a pairing with Tiger Woods in a tournament in Japan. "It made me realize why we play the game," Wilson said. "She was such a great competitor and was so much fun to play with. Maybe we get into the habit of coming out here and treating it like a job and working so hard. She was able to teach me why I fell in love with the game."

In Annika's own words...

"I feel very fortunate to do what I do. And for me to come here and get the opportunity to push myself and live my dream, and I hope others feel the same way... that they have to follow their heart and trust it. I'm living the dream I want to live. And I'm doing what I want to do. And in the end, to remember... it's just a game."

Thank you Annika for the inspiration and for reminding us all of our own potential and that for any of us willing to challenge ourselves against the odds that rewards often do exceed the risks.

Thank you for being a model of how to play golf with elegance, simplicity and efficiency.

And if that wasn't enough... thank you for reminding us that...

- Dreams are important.
- Following your heart is important.
- Maintaining focus on things you can influence is important.
- Keeping attention on your intention is important.
- Having courage to go through with your decisions is important.
- Loving what you do is important.

4. The 6 Physical Preparation Steps to a Successful Golf Day - Part 1

By **Ramsay McMaster** (golfphysio@golfmed.net)

Introduction

Many of the world's top tour players not only make great scores, they also have a fairly regular routine on competition days. This maybe is in stark contrast to the average club/amateur golfer who has high expectations on Saturday or weekday competitions but often is poorly or inadequate prepared. This simple guide outlines a six point strategy to enhance your golf performance on your golf day.

The Benefits of a "6 Step Plan" for Golfers

Most golfers will accept that their time management is very poor, which directly has an adverse affect on their scores. This usually means that golfers are undercooked at tee off time. Managing your time will mean there is no "rush" to the golf course, reducing tension and anxiety levels which are essential for fluent and effective golf.

Step 1 - Before you leave home

Step 2 - On the Way to the Course

Step 3 – Arriving

Steps 1 to 3 were published in the previous newsletter issue.

Download Volume 2 Mar-Jun 2003 edition now from www.golfmed.net.

Step 4 - Warming-Up on the Range

By the time you leave the locker room, you will have tested and prepared your body for golf. It is then time to concentrate on your golf. If you are really tense, a good way of getting your breathing control right is to breath in for 3 steps and breath out for 2 on the way to the range. This once again will slow down your breathing and get you into a rhythm. Also rolling the shoulders up and down is another effective way of releasing tension.

The first club that you should pick up is a mid iron. Just swing it smoothly for 10 swings. At this point you are not going to make any swing changes just before a round. It is therefore better if you get into a rhythm. Do hit balls, but gradually go through your bag, focusing on a rhythm and a relaxed swing rather than ball direction.

For the more advanced player, you may want to try shaping shots, e.g. draws and fades. In regards to putting, once again you should play less target golf and refrain from using the hole as a measurement of success, as this will tend to make you come to assumptions on how you will putt for the day. More emphasis should be placed on feel and distance measurement. You can do this by placing tees on the ground, and putting to them to work out distance control, which as stated is probably a more effective tool of preparation.

Step 5 - During the Round

Golfers should keep checking their water intake.

Be aware of taking in fluids in winter as well as in summer.

Eating dried fruit or bananas will keep you fuelled but not bloated. Always be aware of your posture over the last few holes as the postural muscles will be the first to fatigue. If the group ahead is slow, keep actively moving and stretching, especially in cold weather and when there is a wind chill factor. If you are doing well and getting excited once again move towards a strategy good walking and breathing control.

Step 6 - Post Round

- Always have a recovery session and do a 5-10 minute warm down using your self-testing drills in the locker room.
- Ensure that you have checked that you have all of your golf equipment.
- Place your equipment in the car before you go to the bar, as many people cool down after the warmth of the bar and stiffen up, especially when lifting awkward equipment such as buggies and heavy golf bags.

A shower and change of clothes is always a good option. Hot and cold contrast showers are always invigorating for the circulation and provide a positive mental attitude of feeling refreshed. Drink a pint of water before drinking alcohol to quench your thirst and stop you getting dehydrated when you get to the bar. Go through a debrief of your statistics, e.g. how many putts, how many drives on the fairway etc. Outline the shots you should improve on and discuss it with your coach during the week. Keep in mind the good shots you played – they will maintain and promote a positive frame of mind.

This six point strategy may take time to organise, but if you stick at it for four weeks, you will maximise your potential to save shots on your golf day. Working smart and preparing for your competition effectively will mean reducing all the variables in this article that affect your golf scores.

6 Fitness Tests

On the Body and Golf CD-ROM (available from golfmed.net) there are six fitness tests that will help you to test your body for golf at the end of your round.

If you would like to receive a full colour copy of the “6 Physical Preparation Steps” in Acrobat PDF format, contact Ramsay McMaster via email at golfphysio@golfmed.net

5. How to enjoy and stay enjoying golf !

By Sandy Jamieson

Assistant Coach of the Victorian Institute of Sport

As a golf coach who has introduced many people to the game it seems that many who start off enjoying golf, end up being frustrated and unhappy some even quit. Generally golfers expectations improve at a faster rate than their abilities to the point that unless they hit that perfect shot they are unhappy. However golfers could so easily be enjoying the huge investment of time that is golf if they simply followed some simple steps.

- Step 1 gain a realistic understanding of what can be achieved
- Step 2 find out what standard you are at and measure it
- Step 3 define success and what will make you happy

Step 1

The best players in the world who practice and play for a full time job are not perfect they all have different strengths and weaknesses which can be viewed on several Websites under statistics. One such site is www.pgatour.com which I recommend all golfers have a look at, to help put the game in perspective. If you looked at the leader of every statistics you would find that the best driver of the golf ball misses two out of every ten fairways. The best iron player misses three out of every ten greens, the best bunker player fails 33% of the time and so on.

If you compared every players ability in each area you would find that apart from a few exceptions those who are weak in ball striking are strong in short game and vice versa. For most golfers it is comforting to know professionals have weaknesses as well, however it is their ability to play to their strengths not dwell on weaknesses that makes them great players. If you play once or twice a week with one practice session you need to find out where your strengths and weaknesses lie and then decide how are you going to work on and play to them.

Step 2

Most golfers don't really know what their strengths and weaknesses are because they have no objective way of measuring the standards of the individual skills that make up golf. Keeping statistics of you own game including fairways hit, greens hit, putts had, sand saves and chipping saves is the first place to start. Next when you practice set targets I.e. two trees 25m apart on the range that replicate the width of fairways and greens, hit ten balls to each of those targets and score how many go through to find out how good you are. Keeping a record of those scores will enable you to keep track of your skill level. For putting place a circle of eight three foot putts around the hole and see just how many you can make then place eight balls thirty feet from the hole and see how many two putts you make.

Design similar skill testing games for pitching, chipping and bunker play they need not be to formal just consistent between practice sessions. This way you will find out what can be expected on the course and you will add realistic pressure to your practice making it more effective. Best of all you will find out that shots missing the target out on the course aren't all stupid losses of concentration but in many cases statistically probable for your standard at that time.

Step 3

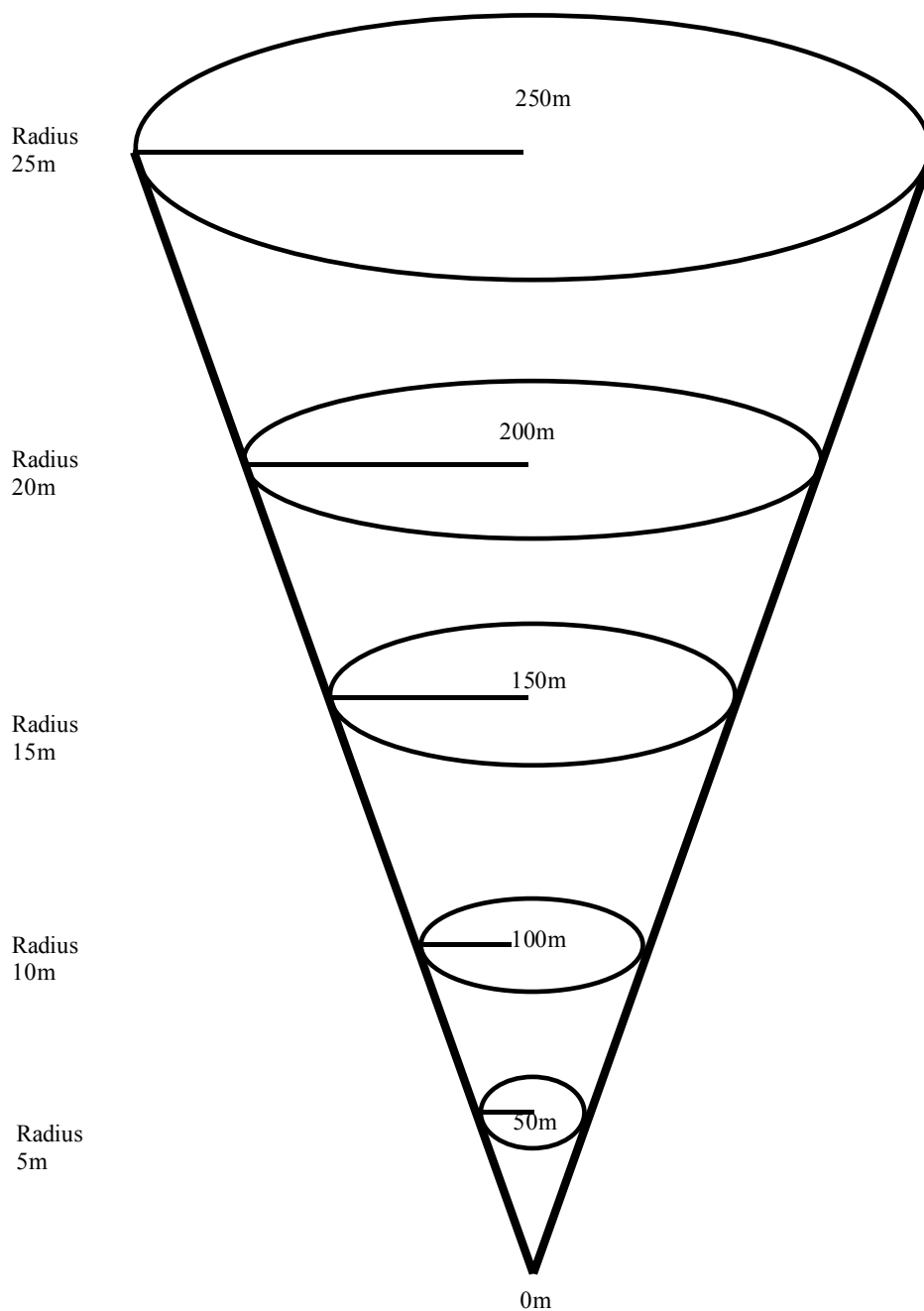
Define what is a successful shot is and make a mental contract with yourself that you are going to acknowledge every good shot you hit with something as simple as a smile. For this I am going to challenge you to try my model and judge for yourself as to weather you enjoy the game a lot more and even play better. Firstly the game is about putting a score on the card not hitting the ball perfectly so even if a shot is a total miss hit and the ball still finishes within the parameters of a good shot, it is and you need to smile. My parameters are simple 10% of the distance covered as seen on the following page. A ten percent miss is generally good enough to hit normal fairway and green target providing the golfer makes an intelligent course strategy decisions.

The message is simple **stop beating yourself up over poor shots and start enjoying the good ones!**

Defining a good shot

A good shot is one which finishes in play within 10% of the distance covered to our target regardless of the contact or shape of the shot. A great shot is one which finishes within 5%. It is important to acknowledge to yourself when you have hit a good or great shot. It is also important to realize that the best players in the world only hit the ball within the 10% good shot radius 70% of the time and they spend 30% of the time recovering

Defining a good shot



6. National Sports Information Centre

The National Sport Information Centre, a program of the Australian Sports Commission has an extensive collection of golf books, journals and videotapes.

Listed below are articles and research papers that may be ordered from the NSIC.

Order form and prices can be found at the website -
<http://www.ausport.gov.au/nsic/docdel.html>

Contact Details

National Sport Information Centre

Australian Sports Commission
PO Box 176
Belconnen ACT 2616
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Facsimile: +61 2 6214 1681

Internet: <http://www.ausport.gov.au/nsic/>

Summary versus every-trial knowledge of results for individuals with intellectual disabilities.

Gillespie, M.

Adapted physical activity quarterly (Champaign, Ill.)

ISSUE: 20 1 Jan 2003 46-56

KEYWORDS: Golf | Putting | Learning | Knowledge Of Results | Retention | Mental Retardation | Disabled Persons | Handicapped | Child | Boy

The purpose of this study was to examine the effect of a summary knowledge of results (KR) feedback schedule (KR after every fifth trial) versus every-trial KR on the acquisition and retention of a golf putting task for individuals with intellectual disabilities. Thirty-two individuals with mild intellectual disabilities were randomly assigned to either a summary or every-trial KR group. Participants performed 50 acquisition trials, 25 one-day retention trials, and 25 one-week retention trials. Participants in the every-trial KR group scored significantly better during acquisition, while the summary KR group performed significantly better for both retention intervals. Because of the absence of an acquisition block effect, results relative to learning must be viewed with caution. Findings partially support the guidance hypothesis.

ACK-2270

Find your power line.

McLean, J.

Australian golf digest (Sydney, Aust.)

ISSUE: Apr 2003 46-53

KEYWORDS: golf | technique | swing

"Delivery and release: two keys to a high-voltage swing."

ACJ-9744

Magic wands.

Brumer, A.
Australian golf digest (Sydney, Aust.)

ISSUE: Apr 2003 112;114

KEYWORDS: golf club | shaft | construction | design

"The new graphite shafts are lighter, stronger, better. Should you make the same switch tour players are making?"

ACJ-9745

Swing sequence: David Gossett.

Akins, R.
Australian golf digest (Sydney, Aust.)

ISSUE: July 2003 52;54-55

KEYWORDS: golf | technique | swing | evaluation | Gossett, D.

ACJ-9811

Can you say Padraig? It's time to learn how - and why.

Huggan, J.
Australian golf digest (Sydney, Aust.)

ISSUE: July 2003 74-80

KEYWORDS: golf | Ireland | man | biography | Harrington, P.

ACJ-9812

Why shots fall short.

Stachura, M.
Australian golf digest (Sydney, Aust.)

ISSUE: July 2003 116-117

KEYWORDS: golf | biomechanics | irons | technique

"Despite modern technology, there remains one truth about iron shots: miss it by a little, and you miss it by a lot."

ACJ-9813

Too easy: Ernie Els.

Golf Australia (Sydney, Aust.)

ISSUE: 173 July 2003 36-45

KEYWORDS: golf | swing | evaluation | Els, E. | technique

ACJ-9766

In the hot seat: Colin Phillips

James, B.
Golf Australia (Sydney, Aust.)

ISSUE: 173 July 2003 50-52;54;56

KEYWORDS: golf | Australia | Australian Golf Union | Phillips, C. | interview | administration

ACJ-9767

Que Sarah, Sarah.

Smith, T.
Golf Australia (Sydney, Aust.)

ISSUE: 173 July 2003 66-69

KEYWORDS: golf | Australia | woman | biography | Kemp, S.

ACJ-9768

2003 golf equipment review: drivers.

Golf Australia (Sydney, Aust.)

ISSUE: 173 July 2003 85-93

KEYWORDS: golf | equipment | driver | evaluation | design

ACJ-9769