

Mental Golf Workshop Profile

... Powered by the DISC Profile System

Prepared For:

Ryan Crysler



Welcome To Your Mental Golf Profile

Your Report Includes The Following Sections -

Introduction-----	Page 2
Information on The DISC Profile System-----	Pages 3 - 4
Snapshot of Your DISC Style-----	Page 5
The Process For Working Through Your Report-----	Page 6
Descriptions of Your Mental Golf Tendencies-----	Pages 7 - 11
Strategy Workshop Section-----	Pages 12 - 26
Supplemental Pages for Your Instructors & Coaches-----	Pages 27 - 28

The "Role" of This Profile In Your Game

Before moving into the body of your report, please consider the role this profile can play in your game.

Think of the four basic ways you can improve your game -

- 1) Technique - *improving your mechanics.*
- 2) Equipment - *using the right clubs and balls for your swing.*
- 3) Golf Fitness - *increasing flexibility, strength, balance, etc.*
- 4) Mental Game - *learning to play and practice smarter golf.*

For the first three - *technique, equipment, and fitness* - video, launch monitors and other assessment techniques are used for customizing instruction, club-fitting and fitness workouts. The role of this profile is to provide the same type of personalized information for your *mental game*.

The DISC Profile Model

Your report is based on the DISC profile system, which is used worldwide to help people better understand themselves and reach higher levels of performance.

This DISC report is written in golf terminology and describes how you learn, think over the ball, talk to yourself on the course, handle change, make course management decisions and many other aspects of your game.

DISC measures behaviors on the four behavioral style scales below. All you need to know about DISC to understand your profile is on the next page.

D - Dominance
I - Inspiration
S - Steadiness
C - Conscientious

Reflections On The DISC System From Two Great Coaches ...

..."The participants at our golf schools have been very pleased with their profiles. We've been familiar with the DISC system for years, but have never seen it applied at such a high level in golf terminology like it is with this profile. We were proud to include a section on the profile in our book."

Pia Nilsson and Lynn Marriott,
Golf Digest Top 50 Instructors and
co-authors of the best-seller -
Every Shot Must Have A Purpose.

Please turn the
page to learn more
about the DISC
profile system.



The DISC Profile Styles

The DISC system uses "styles" to describe behavioral tendencies. Based on your answers, your mental golf style might be one of the **four basic** DISC styles or one of the many **combination** or "blended" styles used in the system. No style is better than any other, and every style has potential strengths and weaknesses. The key is to understand your style and how to use it to your advantage.

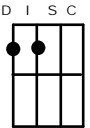
The Four Basic DISC Styles

<p style="text-align: center;"><u>D</u> (<i>Dominance</i>)</p> <ul style="list-style-type: none"> - Aggressive - Sense of urgency - Goal-oriented - Strong-willed - Risk-taker - Competitive <p>Players With A Lot of <u>D</u> In Their Style</p> <p><i>Tiger Woods Phil Mickelson</i> <i>Greg Norman Dottie Pepper</i> <i>Morgan Pressel</i></p>	<p style="text-align: center;"><u>S</u> (<i>Steadiness</i>)</p> <ul style="list-style-type: none"> - Steady - Relaxed - Even-tempered - Patient - Adaptable - Persistent <p>Players With A Lot of <u>S</u> In Their Style</p> <p><i>Ernie Els Retief Goosen</i> <i>Fred Couples Karrie Webb</i> <i>Jay Haas</i></p>
<p style="text-align: center;"><u>I</u> (<i>Inspiration</i>)</p> <ul style="list-style-type: none"> - Enthusiastic - Optimistic - Sociable - Creative - Spontaneous - Instinctive <p>Players With A Lot of <u>I</u> In Their Style</p> <p><i>Brad Faxon Christina Kim</i> <i>Peter Jacobsen Natalie Gulbis</i> <i>Chi Chi Rodriquez</i></p>	<p style="text-align: center;"><u>C</u> (<i>Conscientious</i>)</p> <ul style="list-style-type: none"> - Careful - Analytical - Exacting - Logical - Methodical - Fact-finder <p>Players With A Lot of <u>C</u> In Their Style</p> <p><i>Ben Hogan Se Ri Pak</i> <i>Jack Nicklaus Jonathan Byrd</i> <i>Bernhard Langer</i></p>

Example of A Combination DISC Style

Combination styles are a blend of two basic styles and they greatly increase the accuracy of the system. For example, Arnold Palmer would be high in both *Dominance* traits - strong-willed, risk-taker, highly competitive - and *Inspiration* traits - enthusiasm, optimism and incredible social skills. Therefore, the **D&I** style more accurately represents his style than by either the basic **D** or **I** styles.

The D&I Combination DISC Style

<p><u>D and I (Dominance & Inspiration)</u></p>	
<ul style="list-style-type: none"> - Future-oriented - Self-starter - Competitive 	<ul style="list-style-type: none"> - Confident - Sociable - Optimistic <div style="text-align: right; margin-top: 10px;"> <p style="font-size: small; margin: 0;">D I S C</p>  </div>

Please turn the page to see **your** DISC style.



Your Mental Golf DISC Style

Your answers to the questionnaire were scored on the *Dominance, Inspiration, Steadiness, and Conscientious* scales. Your style is a combination **D&C** Style as Dominance scored the highest and your Conscientious score was also relatively high.

D & C (Dominance/Conscientious)

Descriptors for the Dominance/Conscientious Style

- Task Oriented
- Competitive
- Focused
- Responsible
- Factual
- Analytical

Brief Snapshot of Potential Strengths & Weaknesses of Your Style

Every DISC Style has potential strengths and weaknesses. A key principle from the DISC methodology is that a strength overdone can turn into a weakness. Following are examples of this principle regarding your DISC Style.

Potential Strengths

Competitive and Reasonable

"Ryan has a strong competitive nature and analytical thinking style with a strong desire to do things as correctly as possible."

Focused and Determined

"Ryan is usually quite focused and determined over the ball and wants to concentrate on the task at hand."

Analytical and Task Oriented

"Ryan has strong analytical traits and works on his mechanics in ongoing effort to improve."

Potential Weaknesses

Competitive and Reasonable

"Ryan can be quite intense in his desire to succeed and can be hard on himself when his play doesn't meet his standards."

Focused and Determined

"At times, Ryan's intensity and determination can lead to physical tension that takes away from best using his athletic ability."

Analytical and Task Oriented

"Ryan's tendency when playing poorly is to over-analyze his mechanics which sometimes makes things worse instead of better."

The Best Process For Using Your Profile... ...To Produce Performance Changing Results

The remainder of your report and the following process is designed to help you create new habits and lasting improvement in your mental game. You can follow the steps on your own or in collaboration with your instructor or coach.

Follow this process...

- Grab a pen or pencil and a highlighter
- Work through your report highlighting key points and making notes as you go.
- Go back through your report and your notes and select 5 to 10 strategies you feel will have a significant impact on your game.
- Write each strategy on an **index card** and leave space to make progress notes in the future. These cards are your "**mental game reminder system.**"
- Keep these cards in your golf bag and review them before you play, practice, or work with your instructor.
- Commit to a quick **5-minute review** of your strategy cards before every round and practice session. No doubt, this is a low-tech method, but it is an ideal way to develop new habits and create lasting improvement in your mental game.

...To improve in these areas -

Golf Temperament - Generate positive energy by understanding and managing your golf temperament tendencies.

Pre-Round Preparation - Prepare to get your rounds off to good starts by developing a pre-round routine suited to your mental style.

Thought Processes Over The Ball - Improve your shotmaking abilities by understanding and managing your particular thinking style.

Practice Habits - Convert practice time into actual improvement on the course by developing new practice habits.

Course Management - Save strokes by using strategies suited to your golfing personality.

Your Learning Style - Learn more with less stress by understanding your learning style when working with instructors, coaches, fitness trainers, etc.

Please turn the page to read a description of your mental golf tendencies.



Description of Your Mental Golf Style

Following is a five-page description of your mental golf tendencies for six key areas of your game. As you review these tendencies, highlight key points that have a significant positive or negative impact on your game. Pay particular attention to your **strengths** mentioned in this report. Players using this profile often improve their performance just by making better use of the mental game strengths they already have.

Golf Temperament Tendencies - *Think in terms of how to best use these tendencies to generate positive energy throughout the round.*

Ryan's core golf temperament style is influenced by his strong competitive nature and analytical thinking style. He is competitive and task oriented and has a strong desire to do things as correctly as possible.

Ryan can be quite intense in his desire to succeed and hard on himself when his play doesn't meet his standards. When anger gets the best of him it detracts from his mental judgment and physical abilities. These are the times when it's important for Ryan to use deep breathing or other relaxation techniques to bring his intensity back to a manageable level.

Ryan's tendency when playing poorly is to work hard at analyzing his mechanics, which sometimes makes things worse instead of better. Often times, his best chance to turn his game around is to relax a bit and visualize himself playing at his very best. This might be a better way for Ryan to create positive energy and confidence for the rest of his round than over-analyzing his mechanics.

At his best, Ryan's rather intense golf temperament would be described as competitively driven and mentally focused. The great Jack Nicklaus used these same traits to great advantage as he was highly competitive and played in a highly focused and disciplined manner. At his worst, Ryan is overly intense, easily frustrated and uptight.

Your Golf Temperament Notes

Pre-Round Preparation Tendencies - *Think in terms of how to best use these tendencies to get your rounds off to good starts.*

Ryan is usually quite competitive and focused as he prepares for a round. He views preparation as one of the keys for playing well. As Ryan is very determined and task focused, one of his challenges is to stay relaxed enough to maintain a good feel for his swing as he prepares to play.

Ryan sets high standards for himself and will do his best to make sure he's organized and properly prepared to play. He feels the clearer his swing keys are in his mind, the better prepared he is to concentrate on the shot at hand instead of spending the round searching for a swing.

A challenge for Ryan is to transition from focusing on swing mechanics when he's warming up to being ready to step on the first tee and play shots without going through a mental checklist of numerous swing keys. One of the keys for Ryan to get into this "*ready to compete*" mindset is to simulate playing some of the actual shots he'll face on the course while he's warming up.

Ryan is best prepared to play when he is ready to compete, yet feels relaxed enough to begin the round composed and focused. Allowing adequate time for his full warm-up routine at a relaxed pace is a key for Ryan to be in his best frame of mind when he steps onto the first tee.

Tendencies When Playing Shots - *Think in terms of how to best use your thinking style to improve your shotmaking performance.*

Ryan's mental approach when playing shots is strongly influenced by his competitive spirit and analytical thinking style. His competitive nature creates motivation and determination and his analytical traits help him focus on what he is doing when he is over the ball. Ryan is usually quite determined and focused and at times can become overly intense in trying to meet his own high expectations. Deep breathing and other relaxation techniques can help him relax and maintain a healthy level of intensity for playing shots.

Your Notes on Pre-Round Preparation

Your Notes on Playing Shots

Ryan works on the mechanics in an ongoing effort to improve. Like all analytical thinkers he has to be careful not to bog down with mechanical swing thoughts to the point that it inhibits best using his athletic ability.

Sometimes the game seems so easy when he feels relaxed and trusts his swing. At other times he struggles to get his swing in sync no matter how hard he concentrates on his mechanics. When he tries too hard, excessive body tension causes his swing tempo to suffer. Ryan tends to admire the relaxed and effortless-looking swings of golfers like Ernie Els.

Ryan is at his best over the ball when he feels determined and yet relaxed enough to make full use of his athletic ability. Trusting his swing and keeping thoughts about his mechanics to a minimum help him reach this mindset.

Course Management Tendencies - *Think in terms of how to best use these tendencies to save strokes by playing smarter golf.*

Ryan's course management style is an unique combination of aggressive and conservative tendencies. He's usually comfortable making both conservative and bold shot selection choices based on the circumstances of the shot.

At his best, Ryan makes strategy choices situationally - that is he's aggressive when the odds are in his favor to pull off a somewhat risky shot and plays conservatively when the odds are stacked against him. Ryan can use his analytical traits to develop a game plan for the course before he steps on the first tee. The more strategy decisions he makes before the round begins, the fewer he will have to make based on the emotions of the moment. Jack Nicklaus used this same course management style in building the greatest record the game has ever known.

Ryan likes to have details like diagrams of holes on scorecards or yardage books, but sometimes the more dominant side of his course management style kicks in and he lacks the patience to use the information. At his best, he will patiently use reliable course

Your Notes on Course Management

information in making shot selection choices. At his worst, he pays little attention to the information, as he is ready to get on with playing the shot.

Learning Style When Working With Instructors - *Think in terms of how to best use these tendencies to learn more with less stress.*

Ryan has a unique learning style in that he expects to see quick results, but also wants to take enough time to gain a thorough understanding of what he is learning. These two learning objectives can be in conflict with each other and sometimes make Ryan an intense learner. Instructors will find him to be a serious student willing to make changes as long as he feels he is making progress and understands the changes being made.

Instructors can help Ryan be a more relaxed and patient student by explaining changes in a thorough but concise manner and by assuring him that he is making progress even if it's coming in small incremental steps. This approach helps give Ryan the feeling he needs to learn at his best - *"I understand what I'm learning and I'm making progress now."*

Ryan prefers an instructor who is organized and leaves most of the small talk for after the lesson. An instructor who is overly talkative and rambles might distract him and take away from the task-orientated learning environment he desires.

Golf Fitness Mental Tendencies - *Bonus section if you're involved in a golf fitness program.*

Ryan is quite competitive and if he's involved in a golf fitness program, he'll view this as a logical step for moving his game to a higher level. Ryan likes to know the facts and he'll want to understand how his limitations in flexibility, strength, balance and overall fitness are affecting his swing. Once he has the results of his initial fitness assessment, he'll want a quality workout program to address his specific fitness needs.

Ryan can be quite intense in his desire to succeed and will work hard to prove he can meet the recommendations of his program.

Your Notes on Working With Instructors & Coaches

Your Notes On Your Fitness Tendencies

If instructions call for an exercise with three sets of twenty reps at a certain weight, then Ryan will strive to meet that target.

Ryan's high intensity level can lead to excessive physical tension and cause him to not receive full benefit from stretching and flexibility exercises.

Deep breathing and other relaxation methods will help reduce tension and allow his body to respond better to these exercises and also help reduce fatigue during and after his workouts.

Ryan is somewhat analytical and if given written information about his program, he will likely review much of this information. He will expect fitness coaches to be organized and business-like as he dislikes wasting time while involved in activities he feels are important.

Please take a moment to go back and review the points you've highlighted and your notes before moving on to The Strategy Workshop Section on the next page.

**The Strategy
Workshop Section**
begins on the next
page.



The "Strategy Workshop" Section

Now for the "**Strategy Workshop**" section of your report. These strategies are presented in a "workshop" format and written in as brief and concise format as possible while still getting the point across.

Consider each strategy from the perspective of how it would impact your game. As you're making notes, you might be surprised at how clearly you can visualize these strategies working in your game.

Ryan's Strategy Workshop

The Strategy - Using Positive Self-Talk

The Purpose - Generating Positive Mental Energy

Take a moment to visualize yourself watching an imaginary player who plays with a style similar to yours. As you watch him play, you admire his competitive spirit, but also realize that sometimes he tries too hard for his own good. Also, you notice that sometimes he is too hard on himself when he hits a poor shot.

If you were coaching this player, you might say something like, "I like your competitive attitude, but sometimes you need to gear it down and not be so hard on yourself." This would be good coaching for this player and good self-coaching for yourself. The times when you are going to play your best, are not going to come from trying too hard or being too hard on yourself when you make a mistake. They're going to happen when you're more relaxed and your energy is positive.

Think in terms of being your own coach on the course. One of the most powerful strategies for generating positive energy is talking to yourself in positive terms, especially when negative things are happening. One might reason that it's easy to say positive things to yourself when you're playing well. The more compelling point is that it's **easier to play well when you're saying positive things to yourself.**

In a wonderful book, What Happy People Know, Dr. Dan Baker advises, "Self-talk is so powerful that it's very important to choose your words carefully. If you use negative language, you'll create negative internal perceptions about yourself while positive language creates positive perceptions. Researchers have found that when people think positive thoughts, it increases their problem-solving ability and mental focus. A good rule to follow is to talk to yourself the way you want others to talk to you."

Your golf temperament is the engine that drives your mental game. Your self-talk is the fuel you put in this engine - put positive fuel in, and positive energy will come out.

List self-talk phrases to create positive energy throughout the round.

"Often times the catalyst for the destruction of a round of golf is not so much a poorly hit shot as it is to the reaction to that shot." Every Shot Must Have A Purpose.

The Strategy -Setting Goals For Your Game

The Purpose - Putting Direction Into Your Improvement Efforts

Golf temperament styles influence how players think about goals. Players with your competitive style usually have little trouble thinking of many goals they would like to achieve. The key is to crystallize your thoughts and select one or two goals that would be most meaningful to you.

The game's most visible example of this crystallized thinking is Tiger Woods. Tiger shares many of your competitive and results-oriented tendencies and there's no doubt his goal of winning more majors than Jack Nicklaus drives him to plan his work and work his plan with a remarkable focus.

Your level of play will determine how ambitious your goals are. With your competitive nature, you'll likely set goals that require a "stretch" to achieve. Once your goals are set, determine the action steps that will contribute to achieving your goals. You'll enjoy the competitive challenge of working toward your goals and you'll accomplish more by following an organized set of action steps.

Below are some examples of goals a player might set...

- *Lower my scoring average by 3 shots this year.*
- *Improve my greens hit in regulation percentage by 25% this season.*
- *Win my club championship within three years.*

...and here are some action steps that might help the player achieve those goals -

- *Start a golf fitness program in January.*
- *Set up a series of lessons starting in February.*
- *Schedule a professional club fitting session next week.*
- *Practice my short game for an hour twice a week.*
- *Simulate playing the first holes during my pre-round warm-up.*

List goals & action steps for your game. Be as specific as possible including timelines.

"Take ownership of your goals. They'll kindle desire and inspiration and mobilize your energy."

**Winning The Battle Within
by Dr. Glen Albaugh**

The Strategy - Using Strengths of Both Sides of Your Mental Style

The Purpose - Play Better With Less Tension

This strategy might take more thought than some of the others, so take your time. Your mental golf style is a unique combination of action-oriented and analytical traits. These contrasting traits can work together in your favor or they can conflict with each other if not managed properly.

Jack Nicklaus masterfully blended Dominance and Conscientious traits, and while you might not reach Jack's level of mental mastery, you can learn to use this temperament style to your advantage. Read below to see how one golf professional approached this challenge -

Craig Allan is an instructor and master club fitter at The Sea Island Learning Center and has the same temperament style that you have. Craig felt he was not playing anywhere near his potential prior to receiving his profile. Once he understood how his Dominance and Conscientious traits have a tendency to "compete" with each other, Craig came up with this solution -

"I visualize my Conscientious traits as being my analytical/methodical **thinker** and my Dominance traits as being my action oriented **athlete**."

"For areas best suited for analytical thought like working on my mechanics on the practice tee or making strategy and shot selection choices, I put my **thinker** to work and let my **athlete** rest."

"When playing shots on the course, I want to be action oriented and not overloaded with mechanical thoughts, so I put my **athlete** to work and let my **thinker** rest. In the past, my action oriented traits and analytical traits tended to compete with each other so I felt like I mentally had one foot on the gas and one on the brake with my golf game. My profile explained why I felt this way."

Craig's game has improved and he feels far more relaxed when he's playing since adopting this strategy.

Describe how you can apply this unique strategy to your game.

The Strategy - "Playing" The First Few Holes While Warming-up

The Purpose - Getting Your Rounds Off To A Good Start

The first few holes are perhaps the most important ones of the round because of the positive or negative momentum the early holes can generate. Perhaps your scoring average might improve simply by developing a more effective warm-up routine. The strategy below is an excellent way to start -

Simulate "playing" the first few holes during your warm-up on the practice tee to get into a 'ready to play' mindset before you head to the first tee. Visualize the tee shot on #1, go through your pre-shot routine and play the shot as if you were on the course. Make this process as vivid as possible including experiencing the emotion of the shot, just as you would on the course. Do the same for the second shot, and keep going until you mentally "play" the first three or four holes. Tiger Woods goes a step further, by checking where the pins are on the par 3's before heading to the range and then "rehearsing" those shots while he's warming up.

Use the same approach for your putting. Prepare for the tension of those first few putts on the course by using your actual routine during your putting warm-up session. Brad Faxon, one of the greatest putters ever, puts it this way: "Before I go to the first tee, I'll hit some putts using my full routine. I get into a flow with my routine and then take it to the golf course."

This strategy will help a competitive player like you get a feel for managing the tension that comes with playing shots that count before you step on the first tee.

Make your notes regarding this strategy and then turn the page to do further work in developing your pre-round routine.

Describe how "playing" the first few holes during your warm-up would help you step on the first tee in a "ready to compete" frame of mindset.

"The biggest challenge on the first tee is changing your mindset from 'on the range' to 'on the course' "

Johnny Miller -
24 time Winner PGA Tour

The Strategy - Developing A Consistent Warm-up Routine

The Purpose - Preparing To Get Your Rounds Off To A Good Start

Take the improving your pre-round strategies a step further by developing a "script" for your warm-up routine. Dr. Morris Pickens, Sports Psychologist at The Sea Island Learning Center offers these thoughts on developing a consistent warm-up routine -

"The touring professionals I work with have a basic "script" for their pre-round warm-up routine with each component of the workout having a certain amount of time allotted to it. I recommend this process to players of all levels to put a sense of routine into their pre-round preparation. There are a lot of variables - practice facilities and the amount of time you have before a round can vary - but following a pre-round routine as consistently as circumstances allow will help you prepare to play your best."

Review your notes from the last page and then use the space to the right to design your ideal pre-round routine script. Consider including these components in the "script" for your pre-round routine-

- arriving early at the course to set a nice pace for your pre-round routine
- relaxing and loosening up with a good stretching routine
- using drills your instructor has recommended to reinforce important swing keys
- getting ready to compete by simulating playing the first few holes on the range
- getting a good feel for your putting routine and for various short game shots
- making sure you have all of your clubs and the rest of your equipment - umbrella, rain gear, rule book, extra gloves and balls, etc.- organized and ready for the round.

Write out a "script" for your pre-round routine. You might have to experiment to find the routine that works best for you, but use this opportunity as a starting point.

The Strategy - Managing Tension Over The Ball

The Purpose - Improving Your Shotmaking Performance

Keeping tension at a healthy level over the ball is a particularly important strategy for players with the intensity of your Dominance/Conscientious mental style. These strategies are excellent for helping players manage tension and using their athletic abilities to their best advantage.

- Practice hitting shots at different tempos to get a feel for managing tension in your golf swing. Hit a few shots at what feels like 50% tempo, then a few at 100%, then drop back to 25% and back to 50%, etc. As you alternate from one to another, awareness of the tension you feel throughout your body will heighten. You might be surprised at how athletic your body feels and how well you hit the ball when you're swinging at what feels like is 50% - 75% tempo.
- Jonathan Byrd, a two-time winner on The PGA Tour, is a very competitive type player who shares many of the same golf temperament tendencies you have. Jonathan offers this advice, "When I'm trying too hard and feeling tense, I know I need to get back to a more relaxed state to play my best shots. Deep breathing, stretching, and thinking about a calming place like a beach helps me get to a more relaxed state in the middle of a competitive round."
- Many players, including Jack Nicklaus, have used Sam Snead's swing as a model for working on their swing tempo. Snead was one of the smoothest and yet most powerful swingers ever and felt the hands and grip pressure were the keys to staying relaxed and managing tension in the golf swing. Snead offered a classic mental tip for managing tension, "Grip the club with the image of holding a baby bird just tight enough so it doesn't fly away, but loose enough so that you wouldn't hurt it."

Describe yourself using these strategies to manage tension and promote a smooth tempo for your swing.

"Nothing sabotages a golf swing more successfully than tension. Those times when you grip the club too tight or swing too fast are all caused by excessive tension."
Every Shot Must Have a Purpose
Pia Nilsson & Lynn Marriott

The Strategy - *Using Visual Senses To Sharpen Your Focus*

The Purpose - *Improving Your Shotmaking Performance*

Players with your analytical tendencies can use their visual skills to keep from overloading themselves with mechanical thoughts over the ball.

Golf is perhaps the only "ball" sport where the player is not directly looking at the target at the time of execution. Despite this, our visual senses play a big role in determining how alert and focused we are for the shot. As mental coach Dr. Bob Rotella advises, "A golfer's mind works best when focused on a small and precise target." Tiger Woods says it like this, "I look at the target and mentally pull it back into my hands. Then I let my subconscious react and my swing just happens."

Dr. Rotella advises players to work on their visual skills during practice sessions - "For every 40 shots you hit working on your swing, hit at least 60 where you're thinking about your target - look at the target, let your mind react to the target and then trust your swing without thinking of mechanics."

The Strategy - *Creating Your Own Personal Highlight Video*

The Purpose - *Building Confidence With Visual Imagery*

Imagine that you're in the middle of a round and hitting the ball poorly. You've spent a lot of energy trying to figure out what you're doing wrong, but nothing has worked. Optimism and energy for turning the round around are running low.

Next time use your visual senses to energize your mind and swing. Develop a short imaginary "highlight video" of yourself playing a few great shots. Make the image of your shots, including the positive emotions they would produce, as vivid as possible. When you're struggling during a round, take just a minute to "play" this video. By focusing on such a positive image, even for just a moment, there's a good chance your mind will respond in a more positive way than it would by spending a lot of energy trying to figure out "what's wrong."

Your notes on using your visual senses to sharpen your focus over the ball.

"One of the difference makers between really good players and the rest is imagination - their ability to visualize shots. Being able to see the shot is everything. Your athletic ability will come out so much more when you play visually."

Tom Kite -
1992 U.S. Open Champion

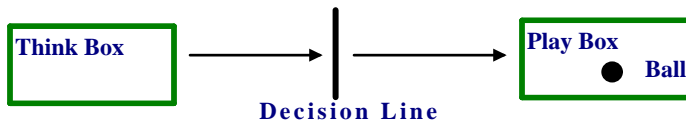
The Strategy - Using The Think Box / Play Box Concept

The Purpose - Building A Strong Commitment To The Shot

You're over the ball ready to start your swing. This is golf's "moment of truth." You're either confident and committed or you have doubts that are generating negative energy. Doubt can come from a number of sources including -

- being unsure about your strategy or shot selection choice
- wondering if you have the break figured correctly on your putt
- being overburdened with too many swing thoughts
- thinking about negative outcomes instead of visualizing a successful shot.

Think Box/Play Box - Pia Nilsson and Lynn Marriott, use a brilliant concept - *Think Box/Decision Line/Play Box* - to help golfers erase doubt and fully commit to the shot. Pia and Lynn have helped players of all levels, including Annika Sorenstam, use this strategy as part of their pre-shot routine.



The *Think Box* is where you commit to your shot selection, create a mental picture of the shot and develop a swing feel for producing the shot. Once you're committed, step across an imaginary *Decision Line* into the "Play Box," focus on the target and trust your swing to make the shot happen.

The key is to fully commit to the shot in the *Think Box*. If you feel doubt over the ball, step back into the *Think Box* and deal with your doubts before stepping back into the *Play Box*.

Here's Tiger's version of Think Box/Play Box - *"Tiger's practice swings have a purpose. He rehearses the motion until he's fully committed to the shot and has a clear picture of the shot in his head. Once he does that, he doesn't get distracted. He gets over the ball and executes."* - From Tiger's coach, Hank Haney

Describe typical doubts you experience when over a ball about to play a shot.

Your notes on using the Think Box/Play Box strategy to strengthen commitment to your shots.

"Doubt over the ball is the number one cause of missed shots."

Davis Love, Jr. - One of The Great Teachers of Our Time.

The Strategy - *Developing A Game Plan For The Course*

The Purpose - *Saving Shots By Playing Smarter Golf*

Your D/C (Dominance/Conscientious) course management style is an unique balance of aggressive and cautious traits. Jack Nicklaus - perhaps the greatest course management thinker ever - used this style to great advantage with two basic management principles.

The first was that Nicklaus always had a game plan for the course. He used his analytical skills to map out his strategies for each hole and made as many strategy decisions as possible before the round.

The second was that once he was on the course, Nicklaus made great decisions based on the reality of the situation rather than on the emotions of the moment. Jack played conservatively for the most part and took calculated risks when the odds were in his favor and produced the game's greatest record to date.

Follow Jack's lead by using your analytical traits to develop a solid game plan for the course. You'll know which holes to hit driver and which ones go with a fairway wood or an iron to play for position rather than distance, where to try to carry water hazards from and when you're better off to lay up and which greens you need to leave the ball below the cup to avoid a fast downhill putt. Make as many of these strategy decisions as you can before the round to improve your decision-making when you're competing on the course.

Also, do as Jack did and use your conservative course management tendencies more than your aggressive ones. Make shot selection choices based on logic rather than on the emotions of the moment. You'll avoid the wasted shots that happen when risky shots don't pan out and yet reap the rewards when your "smart risks" work out.

Practice developing a game plan by writing out a tee shot strategy for all eighteen holes on your favorite course.

"A strategy conceived in the pre-round calm is almost always better than one born in the heat of battle."

Dr. Richard Coop
Mind Over Golf

The Strategy - *Developing A Short Game Improvement Plan*

The Purpose - Improving Your Scoring Average (probably by quite a bit)

"Fall in love with your short game."

The Golfer's Mind - Dr. Bob Rotella

The vast majority of golf instruction and practice takes place at the driving range rather than the short game practice area. The irony of this is that many golfers can lower their scores faster by improving their short games than by improving their long games. Unless you're already a wizard around the greens, talk to your instructor about developing a short game improvement plan.

Take a minute to assess your short game as it is today.

Pitch Shots:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Chip Shots:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Sand Play:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Long & Medium Range Putts:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Short Putts:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Use the space below to describe your short game improvement plan.

"Kids have no fear when they putt. They miss it and it doesn't affect them. You've got to keep that attitude your whole life. That's my whole premise toward putting."

Brad Faxon - 8 Time Winner on the PGA Tour and one of the greatest putters ever.

The Strategy - *Developing Great Practice Habits*

The Purpose - *Converting Practice Tee Work To Improvement On The Course*

- Contributed by Dr. Morris Pickens - Sports Psychologist,
Sea Island Learning Center

"One of the most common frustrations I see with players of all levels is their inability to convert practice tee work into improvement on the course. Simply hitting countless balls on the range or stroking putt after putt on the practice green is not the answer. Knowing what and how to practice is a key to significant and sustained improvement.

I recommend **three** different types of practice with each serving a different purpose. Please review all three and then make notes how you can use each to improve your game.

The first is *Practicing For Learning*, which is the simplest type of practice and should be used when learning a new skill or when first working on a new change in your mechanics. Hitting twenty 5 iron shots to the same target is an example of Practicing For Learning. Through this constant repetition, you'll receive consistent feedback and using this feedback to adjust your mechanics a bit here and a bit there, your ability to hit the shot should improve. With Practicing For Learning, you just work to develop a new skill without worrying about taking it to the course.

The next level is *Practicing For Transfer*. As the name implies, this practice is designed to transfer skills from the practice area to the golf course. To gain this transfer, you need to simulate playing shots during practice much as you would play them on the course. For instance, instead of hitting twenty 5 iron shots to the same target shot after shot, add to the difficulty by alternating clubs and hitting each shot to a different target. The probability of transferring your progress to the golf course increases because you're simulating playing shots to specific targets instead of just repeating the same shot over and over.

Unfortunately, many golfers spend most of their practice time in the Practicing For Learning mode - just repeating the same shot ball after ball with little focus on simulating actual playing conditions.

List the primary weaknesses in the way you practice now.

Your notes on using the three recommended types of practice.

More notes on improving your practice habits.

This often creates a false sense of ability to hit the shot, which then leads to the frustration of, "I don't understand why I hit it so well on the practice tee, but can't take it to the course." Practicing For Transfer more closely represents how you actually play golf and gives you a good sense of how strong you really are at the skill you're practicing.

The third level is *Practicing to Simulate Pressure* (or "practicing to play better under the gun"). This method simply takes Practicing For Transfer to a higher level by adding competitive games to your practice sessions. For example, take the same twenty shots - alternating clubs and targets - mentioned in Practicing For Transfer and set a goal to hit a certain number of imaginary greens and fairways. To simulate on-the-course pressure, "compete" against your goal. You can add even more pressure by repeating the game until you reach your goal hitting at least x amount of greens and fairways out of twenty shots.

Following are two other competitive games you can use for *Practicing To Simulate Pressure* -

Number of Fairways Hit - Hit 14 drives (about the number you'd hit in an average round) and alternate on each ball from a straight shot to a fade to a draw with the objective of hitting each ball into an imaginary fairway - say 40 yards wide. Set a goal to hit a certain number of fairways and compete against your goal.

Tornado Putting Drill - Starting from 2 feet away and adding a foot for every putt as you move clock-wise in a circle, place 7 tees in the ground so that you create an expanding circle (a "tornado") around a single hole. Start by putting from the closest tee and keep moving back until you miss. Once you miss, restart back at the first tee. See how many attempts it takes for you to complete the "tornado."

Use these strategies to make your practice time more productive and you'll convert more of your practice time into improved performance on the course." - Dr. Morris Pickens

"All my life I've tried to hit practice shots with great care. I try to have a clear-cut purpose in mind on every swing. I always practice as I intend to play." -

Jack Nicklaus

The Strategy - *Seeing Yourself At Your Best*

The Purpose - *Improving Through The Power Of Positive Suggestion*

Nobody is at their best all the time, but having a picture of what your "best" is and using the **power of positive suggestion** will help you move closer to "you at your best." Invest a few minutes reviewing these points on a regular basis to reach more of your full mental game potential.

"You At Your Best"

At his best, Ryan -

- has a rather intense golf temperament and would be described as competitively driven and mentally focused.
- sets high standards for himself and does his best to be sure he's organized and properly prepared before he steps on the first tee.
- is best prepared to play when he's ready to compete, yet feels relaxed enough to begin the round composed and focused.
- works on the mechanics in an ongoing effort to improve but is careful not to bog down with mechanical swing thoughts once he's on the course.
- is at his best when he feels relaxed and trusts his swing to help make best use of his athletic ability.
- uses deep breathing and other relaxation techniques to maintain a healthy level of intensity of the ball.
- makes strategy choices based on the situation rather than the emotions of the moment - he's aggressive when the odds are in his favor and plays conservatively when the odds are stacked against him .
- uses his analytical traits to develop a game plan for the course before he steps on the first tee.
- is a serious student willing to make changes.
- practices with a purpose to take more of his practice range improvement to the actual golf course.
- if he's involved in a golf fitness program, he'll view this as a logical step for moving his game to a higher level.

Building Your Mental Game Reminder System

Developing new habits in your mental game requires awareness and repetition just as it does when making a change in your swing mechanics.

Now is the time to build a simple mental game reminder system to help promote this awareness and repetition.

Follow these steps to create your mental game reminder system -

- Go back through your report and your notes and select five to ten strategies that you feel will have the most positive impact on your game. Your instructor or coach might be helpful in selecting these strategies.
- Write each strategy on an index card and leave space to make progress notes in the future. These cards will serve as your "mental game reminder system."
- Commit to a quick **five-minute review** of your strategy cards before every round and practice session. No doubt, this is a low-tech method, but it is an ideal way to develop new habits and create lasting improvement in your mental game.

Note: The next two pages are supplemental pages to share with your instructor and/or fitness coach.

Supplemental Page To Share With Your Instructors/Coaches

Ryan has an analytical and conscientious learning style and likes for instructors to suggest and explain changes in an orderly manner. Instructors who ramble and are overly talkative might distract him and take away from the orderly learning environment he desires.

Logic influences Ryan more than hype when he's working on his game. Instructors should be prepared to answer his "how" and "why" questions. The more clearly Ryan understands changes and the logic behind them, the more motivated he will be to give his best effort in making the changes.

When instructors use video analysis, Ryan will want to clearly understand what he's seeing. His challenge is to not over-analyze what he's seeing to the point that he becomes overloaded with technical information.

Metaphorically speaking, there may be times when an instructor feels that all Ryan needs to know is "what time it is," but he'll also want to know "how to build the watch." Instructors can help by giving him just one or two swing keys to practice between lessons. Also, encouraging Ryan to focus on hitting shots to different targets and visualizing his shots as much as he focuses on mechanics when he's practicing, will help free him from information overload when he's playing.

Quick Tips for Ryan's instructors are below -

- Be organized and leave the small talk for after the lesson.
- Be prepared to explain changes in a thorough but concise manner. Make sure he understands the mechanics, but don't go into long theoretical discussions unless he asks for them.
- Remember that Ryan wants to see fairly quick results - let him know when he is making progress even if the progress is coming in small incremental steps.

Bonus Page To Share With Fitness Professionals If You're Involved In a Golf Fitness Program

If Ryan is involved in a golf fitness program, he will view it as a logical component for becoming a more complete and technically sound player. With his conscientious nature, Ryan might also be interested in how his fitness program will help avoid typical golf related injuries such as lower back pain.

Ryan likes a step-by-step approach. He'll likely regard an assessment of his current fitness level as an important first step for customizing workout recommendations for his specific needs. This initial fitness assessment will also give him a benchmark for measuring progress as he follows his program.

Ryan is conscientious and will want to be technically correct in following his program. If the recommendation is three sets of twenty reps at a certain weight and with a certain technique, that is what Ryan will strive to do. His intensity level should be fairly consistent and he will prefer a reasonably business-like atmosphere for his workouts.

Ryan is a fact finder and if given written information about his program, he's apt to review it in detail including information about the science and theory behind the program. Fitness professionals should be prepared to answer his "how" and "why" questions. Ryan's methodical approach will also apply to any injury rehab process or nutritional program recommended to him .

Tips For Fitness Professionals Working With Ryan -

- Ryan likes having the facts - the initial assessment will help him understand how his present fitness limitations impact his game and how his workout program will address these limitations.
- Be organized and keep the workout atmosphere fairly business-like as Ryan likes a focused workout approach.
- Demonstrate how deep breathing and other relaxation methods will reduce body tension and help Ryan get the most out of stretching and flexibility exercises.