

Train Your Game

“Why are you here?”

I know it sounds like a very deep and probing question, that’s because it is. Unfortunately I see either on the course or practice tee everyday people that have definitely not asked themselves this when arriving to work on their game. Most golfers I see are very unorganized with their intentions for the day and therefore so are their games.

Try to imagine what the best players in the world would do when they get to the course, even if you have never had the opportunity to go to a professional event and see them practice I know you could make a pretty educated guess. After putting this image into your minds eye, compare it to what you typically do, you should notice a pretty drastic difference. Day after day I see people with big expectations for their game getting frustrated, the main issue though is their current “input” will never match the “output” they are hoping for.

If you’re not getting the results you have been looking for it’s time to start asking yourself what you hope to get out of every golfing opportunity. In my experience the people that get the most out of golf and life are the ones asking the best questions.

Look at your game as objectively as you can, assess what is going well and what you would like to work on. Each time when arriving to the course have a plan of what you want to achieve for the day. Keep in mind though that result oriented goals are not always the most productive, think of golf like working out, how many quality reps can you do? The more repetitions the more muscle that will be developed, every rep should be the best that you have in order to build strong habits.

When playing strive to stay out of the score related mindset and more toward the planning, executing, and learning mindset. Set goals based on commitment and emotional stability vs what you shot for the day. (score will always take care of itself)

**New way to score - Next time instead of writing your score down on the card, write down a ranking between 1-5 on how well you committed to your selected shot. Did you have a case of “I’ll hit it anyway” or were you fully ready to pull the trigger.

For more “Train Your Game” insights visit www.journeymangolf.com

Enjoy the ride,

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