

# Mental Advantage Seminar

## Carolina Trace Country Club

Michael B. Krick, PGA Golf Professional

- I. Understanding how the mind works.
  - A. Eleven “Mental Game Questions.”
  - B. The equation for success.
  - C. Subconscious vs. Conscious.
- II. What to see in a Golf Shot.
  - A. The target.
  - B. How to play smart.
  - C. Commit.
- III. Taking it to the Course.
  - A. Evaluate the shot.
  - B. Strategize.
  - C. Pre- shot routine.
  - D. React to the target.
- IV. Seven Elements of Confidence.
  - A. How to interpret.
  - B. Stay consistent.
  - C. Use effectively.
- X. Goal Setting.
  - A. Setting goals.
  - B. How to achieve your goals.
  - C. Examples.
- XI. Putting it all together.
  - A. Play like the pro’s.
  - B. Paradoxes.
  - C. Thoughts from the pros.

Material for this seminar:

Dr. David Cook

Dr. Bob Rotella

Dr. Dick Coop

Personal knowledge & education.

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I. Understanding how the mind works.

A. Eleven Mental Game Questions:

1. How can I make the transition from the practice range to the competition?
2. Why is my score seldom an accurate reflection of my true potential?
3. How can I “stop the bleeding” when the “wheels come off” during a round?
4. Why do I always look for a mechanical flaw when I hit an errant shot?
5. How can I keep distractions from ruining my game?
6. Why do the best competitors seldom have the “model” swing?
7. Why do I put so much pressure on myself on the greens?
8. How do I keep my emotions from winning the inner game?
9. Why do I sometimes feel like I lose the tournament before I even leave the practice tee?
10. When I’m playing great, why do I always seem to find a way to sabotage the round?
11. I love golf, so why do I let it upset me so much?

B. Equation for success.

1. Potential - Interference = Performance
2. What is interference?
  1. Bad thoughts.
  2. Visual distraction.
  3. Playing environment.
3. How to recognize “Interference.”
4. How to deal with interference.
  1. Pre shot routine.
  2. Seeing only the target.
5. Don’t use don’t?!

C. Conscious Mind vs. Subconscious Mind

Conscious Mind.

1. You think with your conscious mind. It is alert and aware. It is logical. It analyzes.  
ex. It’s 150 yards. To the pin, water to the left, bunkers to the right and in front of the green, the wind is blowing right to left, I need to make par. Should I go for it?
2. The conscious mind makes decisions.  
ex. I am going for the pin.
3. The conscious mind makes excuses.  
ex. I would of made that shot if my partner would not of questioned the club I was hitting.
4. The conscious mind judges.  
ex. I am such an idiot, if I would of played it safe, I would not of gone in the water.
5. The conscious mind does remember when things go right, but memory for right seems shorter than memory for mistakes.

Subconscious Mind.

1. The subconscious mind operates below the conscious mind. It is not logical, its emotional. It doesn’t think it feels. It doesn’t make decisions it responds. It get it’s instructions from the conscious mind.
2. Subconscious has a huge storage of memory.
3. Let go of multiple instruction and the subconscious will direct your body what you want.  
ex. Think, hit the ball at the target vs. multiple swing thoughts (turn, cock wrist, shift weight).
4. Through repetition, (practice) your subconscious is programmed to automatically recreate a series of movements in response to a specific swing thoughts or trigger.

***To play great golf you must control your conscious thoughts and give your subconscious simple clear instructions.***

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II. What to see in a golf shot.

A. Target:

1. Before taking any shot in golf, a player MUST pick out the smallest possible target.
  - a. Letters inside the cup.
  - b. Flag stick vs. green.
  - c. Tree in the background.
2. The smaller the target, the more focus the athlete, the better the performance.
  - a. Eyes see the target.
  - b. Feed information to the brain.
  - c. Helps the body have an understanding what to do.

B. Play smart.

1. Recognize the layout of the course before you play.
  - a. Shots to the green.
  - b. Angle off the tee.
  - c. Visualize your round.
2. Use yardages to your strength.
  - a. Practice from a certain yardage.
  - b. Break down a hole, know when to go for it.
  - c. Know how far you hit each club (based under conditions).

C. Commit.

1. Stick with your first decision.
2. Play with only target in mind.
3. Swing with confidence.

III. Taking to the Golf Course

A. Evaluate the shot at hand.

1. Check your lie.
2. Check wind – strength & direction.
3. Know your yardage.
4. Understand pin position.
5. Temperature.
6. Adrenaline.

B. Strategize.

1. Play for a fade or a draw.
2. Uphill or downhill putt.
3. Three of these one of those.
4. Draw numbers don't paint pictures.

C. Pre-shot Routine.

1. Pick out a target.
2. Have a trigger.
3. Aim at intermediate target.
4. Waggle the club and shuffle to get set.

D. React to the target.

1. See it – Feel it – Trust it.
2. Look at the target, then look back and go.
- C. Swing the club with the target in mind only.

#### IV. .Seven Elements of Confidence

1. Choose to Believe in your Method.
2. Choose Positive Inner Coaching.
3. Choose to Visualize Success.
4. Choose to Trust your Instincts.
5. Choose Mental Toughness.
6. Choose a Pre-Shot Mindset.
7. Choose an Effective Perspective.

#### X. Goal Setting.

##### A. Setting your goal.

1. Must be attainable.
  - a. Improve your best score vs. making the tour.
  - b. Look to your stats.
2. Must be flexible.
  - a. Injury.
  - b. Personal.
3. Must be specific.
  1. Number of putts per round.
  2. Lower handicap.

##### B. How to achieve your goals.

1. Create a map.
2. Make is visible.
3. Be creative.
4. Stick to your path.
5. Evaluate often.

##### C. Example.

1. Marine story.
2. Improving your score, personal par.

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XI. Paradoxes Of Golf

1. To play better, think less.
2. To hit it farther, swing easier.
3. To gain control, give up control.
4. A hard shot requires soft touch.
5. Adding emotion lessens potential.
6. When hitting difficult shot, you play aggressively to a conservative target.
7. Short shots cause the highest pressure.
8. The goal is simple in golf; the paths are many.
9. There is only one target, but many distraction.
10. Great swings don't always produce great scores.
11. Many times, the harder you try, the worse it gets.
12. Golf is very technical, but must be played simply.

Thoughts from the Pro's

“Competitive golf is played mainly on a five-and-a-half inch course, the space between your ears.”  
-Bobby Jones

“You're non going to hit every shot perfect, so you need to be in a frame of mind to be able to enjoy playing trouble shots.”  
-Larry Mize

“Too many people try to copy Ben Hogan's swing, not realizing that if you took away Ben Hogan's heart, his mind and his guts, you've got nothing.”  
- Peter Kostis

“If you put a severe bunker on one side of the green and leave the other side open, you'll start to work on the player's mind.”  
-Pete Dye, golf course architect

“I want my children to appreciate how important being nervous is and what a great ally it is. It is what allows people to do super human things. If you are not nervous all you can do is average things.”  
- Tom Kite

“Golf is a compromise between what your ego wants you to do, what experience tells you to do, and what your nerves let you do.”  
- Bruce Crampton

“Golf is not a game of great shots. It's a game of the most accurate misses. The people who win make the smallest mistakes.”  
- Gene Littler

“The mind messes up more shots than the body.”  
-Tommy Bolt