

Course Management/Mental Game on the Course

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Before the Round

1. Google Earth the Course/USGA GHIN App
 - a. Get key yardages to hazards/bunkers to gain confidence in club selection
2. Make decisions beforehand
 - a. Go into a course with a gameplan
3. Practice the first hole on the range at the end of your warm up

During the Round

1. Play Smart, Not Perfect
 - a. Don't chase pin locations, middle of the green is good
 - b. If you are in trouble off the tee, take your medicine and get back in play
 - i. Eliminate big numbers
2. Tee Shot Strategy
 - a. Play the hole backwards - think about what you yardage you want into the pin
 - b. Don't have to hit driver on every hole - keep the ball in play
3. Risk vs Reward Discipline
 - a. Just because you can go for it doesn't mean you should
 - b. Don't try and be the hero and risk the shot - take your medicine
 - c. Know when to attack a hole and when to "play for par"
4. Green Reading and Approach Targeting
 - a. Know which side of the green gives you the easiest chip or putt if you miss your target
 - b. Uphill, flat putts are ideal - avoid downhill sliders
 - c. Learn to love the fat part of the green - don't have to go pinseeking every time

Mental Management on the Course

1. Focus on what you can control on the golf course: attitude, routine, and commitment
 - a. Reset mentally after a bad hole or bad shot – don't show emotions physically
 - b. Fake it till you make it mentality
 - c. Shouldn't know how you are shooting when I walk up to you
2. Stay in the present moment – not thinking about the last hole or your final score
3. Routine
 - a. Picture the shot you want to hit
 - b. Commit to the shot
4. Avoid Score Thinking
 - a. Process goals over scoring goals
5. 10 Step Rule
 - a. You have 10 steps between shots to think about the shot you just hit and after those 10 steps you have to move to the next shot
6. Break the Round up to 3 Holes at a Time
 - a. Set a goal for 3 holes (+2) and try to reach that goal in those 3 holes. Once you finish those 3 holes you move on to the next 3 holes with the same goal. Continue until the end of the round.