

Tip of the week:

Dealing with pressure. During a round of golf you will find yourself in certain pressure situations. If it is a putt to win the hole, finishing off a good round or maybe just first tee nerves there is a set way of dealing with this and giving yourself the best chance of performing under pressure. Instead of thinking about the outcome you have to keep your thoughts around the process. Process means what you do before you play the shot. Basically pre shot routine. If you can keep your pre shot routine consistent even when the pressure is on, you will create a comfort zone for your body and mind and this will allow you to relax and execute the shot with good rhythm and tempo. Next time you spend time on the range use a stop watch and time yourself from when you start your routine to when you make contact. The goal is to get the pre shot routine exactly the same length each time and when you go out on the course see if you can get close to that time.

