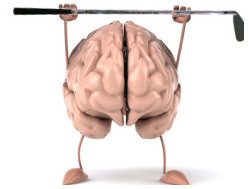




Mental Toughness Program



Practical Application of Mental Performance Strategies for Golf

Tool 1: OWN YOUR GAME. WHAT IS YOUR WHY?

INITIAL MEETING

1. Mental Game GPA Assessment (Pre Meeting)
2. Student Golf Evaluation Form (Pre Meeting)
3. What needs to be worked on
4. What needs to be maintained
5. Create game plan for success

GOAL SETTING

1. 3 Important Types Goals for Success in Golf and Life

WHAT IS YOUR WHY?

OTHER TOPICS ADDRESSED:

- Education of online training App

Tool 2: JOURNALING

Discuss: Benefits of Journaling and how it translates into golf success

STEP 1:

- Begin Burning your Goals
 - What is the point of this?

STEP 2:

- What I learned today worksheet
 - Getting more golf specific

STEP 3:

- Post Tournament Review Sheet; Debriefing

STEP 4:

- Expand on journaling (Post Meeting)
 - Situation of weakness

Tool 3: VISUALIZATION

STEP 1:

- Reading over importance of visualization (Pre Meeting)

STEP 2:

- Muscular Relaxation Technique
 - Focus on breathing

STEP 3:

- Motor Imagery Evaluation
 - Grade your evaluation of the 4 senses
 - Useful to determine which area you best learn in. Build practice routines and drills around how you learn best.
- Download Mental Toughness App
 - Complete 1 tape from playlist each day

STEP 4:

- Create Your Highlight Reel (end of week)

Tool 4: PRACTICE & PREPARATION

STEP 1:

- Putting Test – How do you compare to the PGA Tour Pro's?

STEP 2:

- Create practice plan for each day
 - 2 Great Short Game Drills
 - Gate Drill for path and starting ball on line
 - The Tutor for reading greens
- Complete one day of practice plan

STEP 3:

- Simulate golf course pressure during practice
 - On the putting green
 - Short Game area
 - Driving Range
 - At Home
- Preparing for Adversity

STEP 4:

- Practice the “controllable(s)”
- Accountability Hour Log
 - Efficient Time Management

Tool 5: POWER OF ROUTINES

STEP 1:

- Daily Routine. What I learned from PGA Tour winner David Gossett

STEP 2:

- Pre Shot Routine
 - Step-by-Step process
 - Detailed as possible
 - Evaluate 10 shots for consistency
 - Desired Process
 - Use of EEG sensors to gather brain activity data and determine what routine gets you in the best, athletic mindset** **GREAT NEW TOOL!**

STEP 3:

- Post Shot Routine – developing a process for failure
 - Emotional Control
 - Acknowledge 3 outcomes after a shot

STEP 4:

- Preparation Routine – developing a routine to optimize performance in competition
 - Pre Game Visualization Routine – what tape or highlight reel gets your ready to play?
 - Performance Playlists
 - Golf Specific CD
 - Highlight Reel
 - Play upcoming round in mind
 - Pre Game Stretching Routine – Dynamic Stretching
 - Full Game Warm Up

Tool 6: CONFIDENCE, MOTIVATION AND FOCUS

STEP 1:

- Self Talk Worksheet
 - How do improve self talk

STEP 1:

- MZ Training
 - Motivation 07 worksheet
 - Confidence 02 worksheet
 - Pillars of Confidence reading

STEP 2:

- Affirmation Statements

- Develop Yard Card (mid week)

STEP 3:

- Focus
 - Focus/ Concentration Worksheet
 - APP for Focus
 - Circle 18 Game

Tool 7: HEALTH & TPI GOLF FITNESS

STEP 1:

- Swing Analysis (Pre Meeting)
 - Please film full golf swing face on and down the line with 7 iron and Driver
 - Email to woknowsgolf@gmail.com or post to online training app
 - Understand your swing and tendencies

STEP 2:

- Develop TPI Fitness Program to include exercises to address your swing faults.
 - TPI Professional provides prescription of exercises to fix your faults in the gym

STEP 3:

- Sports Nutrition Evaluation
 - Intake Assessment – Pre Meeting
 - Consultation – via Phone

STEP 4:

- Nutrition Action Plan

Tool 8: TAKING IT TO THE COURSE

STEP 1:

- Dynamic Stretching Warm Up
- Range Warm Up - Go trough bag

STEP 2:

- Play on golf course
 - Mental Game Scorecard – Pre Shot Routine
 - Post Shot Routine – Quality of Shot GPA
 - Review Post Shot Routine Process
 - Educate on Green, Yellow, Red light system
- Ohio State statistical evaluation

STEP 3:

- Complete Mental Game Score card 2 times this week (Post Meeting)
- Complete Course Management 03 worksheet with quality golf balls on the course or use of Trackman (Post Meeting)

Tool 9: APPLICATION OF KNOWLEDGE

~~KNOWLEDGE IS POWER.~~ APPLICATION OF KNOWLEDGE IS POWER!

STEP 1:

- Write out 1 page on what you learned in this mental toughness program.
Please include the following: (Pre Meeting)
 - What tool(s) will be most helpful in your game going forward?
 - How will you apply these tools everyday?
 - What areas did you improve?
 - What did you learn about yourself?
 - What needs to be maintained?
 - What needs improvement?
 - Overall thoughts to improve program