

 **The Zone Golf Academy**

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 ZoneGolf.com

# The ZoneGolfers 'School'

Welcome

 - Congratulations! You are in the 10% of all golfers who want to improve.

 - This school will teach you how to build a strong mental game.

 - And to think your way to better scores and increased fun playing this great game.

 - The concepts that you learn will immediately improve your performance.

 - You will develop an on-course survival kit when (not if) 'it hits the fan.'

 - You will learn exact steps to overcome obstacles like fear, worry, doubt, etc.

 - You will learn how to get into the Zone and stay there.

Introduction of Members

 Name, handicap, handicap goal, what sparked your interest, swing Coach?

About Lee Woodard

 - Co-founded Zen Golf Intl in the early 2000s with Dr. Joe Parent

 - Zen Golf's client list included Vijay, David Toms, Hunter Mahan, Christy Kerr, etc. s.

 - Joe Parent is a brilliant mind, an outstanding author, and motivation speaker.

 - Joe brings the Eastern and Western approach to the mental game of golf

 - Formed my own ZoneGolf to teach swing techniques, golf conditioning, and mental game concepts from Parent, Rotella, Valiente, Cohn, Gallwey, etc.

 - A performance coach for two college men's golf teams

 - Part of the PGA program for years

 - Taught the mental game and swing techniques for 20+ years.

 - Because of my systems background, my approach to golf improvement is a systems approach with just nuggets, bullet items, checklists, flow diagrams, etc.

Notes:

 - The ZoneGolfers textbook is "Zen Golf" by Joe Parent. This is a must-buy book.

 - Other great mental game books can be reviewed after class.

 - We will generate your customized instructional manual/notebook.

 - It will help if you start a golf improvement journal - details to follow.

 - Doc says "golf is 90% mental and the other 10% is mental"

 - The Mastery Path is not linear- see the "Cognitive Flow for the Mastery Path"

 - Your mental game is 'the straw that stirs your performance drink'

The Magic of a strong Mental Game:

 - Includes thought-based and thought-driven activities in playing game.

 - A strong mental game leads to mental clarity with single point of focus.

 - That focus allows you to play golf by your 'autopilot' or subconscious mind.

 - This state is referred to as Flow, Now, the Zone, one-shot-at-a time, in the moment.

 - Average people have maybe 2000 thoughts a day.

 - Most of those thoughts require making a choice or decision.

 - Every choice has a good consequence or a bad consequence.

 - There is a recognized principle call free-will that allows you to think about what you want and allows you to shape your thoughts anyway you want.

 - E.G., you can choose to be optimistic.

 - Read my attached write-up on CHOICES to explain this further.

 - CHOICES explains how free-will allows you to control your own destiny.

A Different Prospective

 - Empty your cup

 - 4 kinds of students. List them...

 - Think outside the box

 - Basic goodness- not what's wrong with me but what's right with me.

 - The mental game needs regular training/maintenance just like putting, conditioning, etc.

 - Body-mind synchronization- see demonstration.

Nuggets to Get into the Zone:

 - Focus on the process and the outcome will take care of itself. (Parent)

 - If you think you can or you think you cannot: you are right. (Ford)

 - The ball does not know that this putt is for the win, that it has to clear water, that it went into the water on the last hole, and on and on.

 - WIN or what is important now (Holtz)

 - Be where your feet are (Saban)

 - The past is history and the future is a mystery, so that is way this moment is a gift- that is why it is called the present

Attributes of a Strong Mental Game:

 - Unconditional confidence

 - Motivation

 - Commitment

 - Perseverance

 - (and more - see 'Mental Game Strengths')

Toolkit for Developing a Strong Mental Game:

 - Nonjudgmental aware/mindfulness

 - Body-mind synchronization

 - 'Bullet-proof' pre-shot routine

 - Effective post-shot routine

 - (and more - see "Mental Game Toolkit")

After the First, the Following Sessions Structure:

 - Golf-related questions and/or requests from members

 - Mental clarity practice

 - 1 to 3 subjects from the "Mental Game Strengths"

 - 2 to 4 key tools to immediately help your golf performance - "Mental Game Toolkit"

 - 1 to 2 course management concepts to immediately help your golf

Non-Judgmental Awareness/Mindfullness

 - A panacea

 - Virtual 'driving range' to practice your mental game

 - Lowers stress levels and blood pressure

 - Improves single point focus, distraction management, getting into the Zone

 - (See attached Awareness/Mindfulness document)

The 2 Biggest Stroke-Savers

 - Proven course management concepts

 - Mental game tools for improving your putting

36 Secrets to Get into the Zone and Stay There

 - See the "36 Secrets to Get into the Zone and Stay There" document



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**The Mental Game Toolkit**

ZGA’s Mental Game Toolkit provides the tools to think your way to better scores. It is a primer for the mental game. The mental game for the golfer is the learning, applying, and retaining sports psychology concepts as applied to the preparation and playing golf.

This toolkit will not require additional driving range time nor does it require the strength, balance, and coordination of a person like Tiger.

The following are some topics that improve your golf performance:

1. 'Bullet-proof' pre-shot routine
2. Proper post-shot routine
3. Establish personal par to have more fun.
4. An understanding and application of mental imagery or visualization just like Brad Faxon, Fred Couples, and other Pros use.
5. An understanding of your ‘on board feed back system’ or proprioceptors to generate the feel and muscle memory for correct body pivot, swing path, etc.
6. Awareness and mindfulness in practice and play.
7. How to generate an internal ‘climate’ to facilitate getting into the zone and staying there.
8. Implement a swing change without losing confidence.
9. Understand and improve motivation, confidence, clarity, and consistency EACH day.
10. Manage distractions on and off the course.
11. Manage anger on and off the course.
12. Use of key practice and personal measurements to evaluate progress, maintain focus, and build confidence.
13. What to do prior to a tournament.
14. How to warm up you mind, body, and technique prior to playing.
15. Disarm the negative self-talk or inner critic and replace it with positive self-talk.
16. Focused concentration to diffuse pressure.
17. Biofeedback devices to ‘measure’ your ability to concentrate.
18. Proper preparation prior to the pre-shot routine.
19. Refine a pre-shot routine to provide mental clarity and trust.
20. Coping skills to handle adversity.
21. Maintain a consistent blood sugar level and stay hydrated on and off the course
22. Relaxation techniques and stress management for use on and off the course.
23. Evaluation of fears, worries, and doubts and how to properly manage them.
24. How to control your thoughts and become a positive, optimistic person.
25. How to eliminate the ‘Win or Worthless’ mindset.
26. Explanation and cure for why your practice swing looks/feels perfect, and the real swing does not.
27. How to recover from a loss of feel and touch in putting and short game.
28. Learn failure (or non-perfect results) means that there was a failed event. People are not failures, only events can be failures.
29. How to never choke again
30. How to focus on the process instead of outcome.
31. Relieve yourself from 1st tee jitters.
32. What to do when ‘it hits the fan’.
33. What a golfing persona is, and how it protects the player’s confidence- what to do, how to act, and what to say before/during/after a good round, bad round, or average round?
34. Become a mastery golfer instead of an ego golfer.
35. Take a ‘vacation’ while on the course to add to your clarity.
36. How to use simple methods to change a habit.
37. A perspective that allows you to make every putt.
38. The top 5 course management thoughts to save strokes without additional practice: when to go at flag, pre-accept all outcomes, use accurate yardages for clubs, be an actor when hitting challenging shots, and focus on fairways/greens.