



Hits the Spot Golfyoga Mastery Notes

“Train It and Trust It”

from *Golf is Not a Game of Perfect* by Dr. Bob Rotella

- Why is it that a golfer cannot simply command his body to repeat the motion that has brought success thousands of times on the practice range or the putting green?
- Consider the balance beam – mount the beam 40 feet in the air with no net underneath. Most people, in such circumstances, will respond by starting to think about mechanical things they didn't worry about when the beam was on the floor.
- In much the same way, a golfer who fears failure tends to think about swing mechanics. Inevitably he will tend to lose whatever grace and rhythm nature has endowed him with, which leads to inconsistent shot making with every club, from the driver to the putter.
- This suggests a most important principle: *you cannot hit a golf ball consistently well if you think about the mechanics of your swing as you play.*
- The time to worry about swing mechanics must be limited, and the place to worry about them is the practice tee and only the practice tee.
- *A golfer must train his swing and then trust it.*
- Amateurs would be far better off forgetting about their swing mechanics, thinking about appropriate targets and strategy, and making up their minds that they will shoot the best score possible with the swing they brought to the course that day.
- Winners learn to accept the swing they brought to the golf course on any given day and to score with it. They win tournaments, as often as not because they manage to use their short game and their mind to avoid a high round on the day or days when their swing is not what they wanted.
- Trusting is not instinctive or easy for most golfers. Maybe they have a club that gives them such a feeling of confidence that they can trust their swing when they use it. They get better results with this club because trust allows them to swing decisively and fluidly. This reinforces their confidence with that particular club.
- When great players are playing well, trust becomes a habit.
- If you don't trust right now, you will have to go through a period of conscious awareness until you learn the difference between the feeling of trust and the absence of trust. You will have to work at developing thoughts and habits that promote trust. You will have to learn to focus your mind on your target and your preshot routine rather than on swing mechanics.