

The Two Key Barriers to Enjoying Your Best Golf

By

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Introduction:

When you have read “The Two Key Barriers to Enjoying Your Best Golf” you will understand the two areas that hold many golfers back from reaching their potential. Golfers spend a lot of time playing and practicing the wrong things. Positive Impact Golf was formed in 2006 to prevent golfers from wasting their time on false concepts and to help them to get the full FUN FACTOR from the wonderful game of golf.

Key Barrier Number One:

There is no doubt that the number one barrier is TENSION.

When you watch very good players aren't you impressed by how easy they make it look? Well, ask yourself if they could swing the club so well if they were tense and stiff? Of course, they'd find it impossible.

Tension steals your feel and robs you of your talent. Tension is the root cause of many swing faults. Tension is the main interference to you performing to your potential.

So, what causes tension?

Movement and motion are essential aspects of swinging a golf club whether hitting a drive, a chip or a putt. The amount of movement varies but the club must swing with rhythm. Tension reduces your ability to swing with rhythm because it stiffens your muscles and joints. Tension also gets into your mind, too, but I'll talk about this later in key factor number two.

FACT: you can't move and stay still at the same time! The major tension producers are:

1. Trying to keep your head still or down
2. Trying to keep your leading arm straight
3. Trying to keep your leading heel on the ground as you swing back

Now, I know that many of you will have been taught to do exactly this so this advice sounds unusual. Let me assure you that forty years of watching golfers has taught me how damaging these are and how difficult they make it for you to have a really nice swing and play enjoyable golf.

In trying to move at the same time as keeping parts of your body still you create an inner-body conflict and the dynamics of your swing will create faults such as bad balance and poor

weight shift. When these go wrong you're left with little or no chance of keeping good coordination, an essential part of playing golf. But, it isn't your natural ability that lets you down. No, it's the interference caused by these false concepts.

Can you imagine throwing a ball with your head still and keeping your feet on the ground and your arms stiff? No, it wouldn't work, would it. You might be able to throw the ball but it wouldn't go very far and, more importantly, you would look and feel awkward.

Yes, you'd feel tense and this leads to poor shots, low consistency levels and eventually the second key factor, FRUSTRATION.

Key Barrier Number Two:

Second only to tension, FRUSTRATION is undoubtedly a barrier to playing well and enjoying your golf. Unlike tension, I'm sure you've seen even the best golfers getting frustrated by bad shots. The truth is that golf is a very inconsistent game. We all hit bad shots to some degree. So, if you accept the irregular nature of the game, what's the point in getting frustrated?

Now, let's look at the connection between tension and frustration. Tension generates swing faults that lead to bad shots. Bad shots lead us into getting frustrated. The more we get frustrated the more we get uptight. Yes, more tension! It's a vicious circle.

When you play well doesn't it seem so easy? Doesn't it seem so simple? It feels like child's play. You think you've 'got it.' You feel like you're never going to play badly again. So, why have you suddenly developed a massive fault? Why have things suddenly changed so radically?

The truth is they haven't but you think they have. So you go looking for the fault and we've all been educated to find faults and cure them. But, if the root cause is tension why look for a swing fault? Why not just relax a bit more? Isn't that how you felt when you were playing well?

Imagine that you are playing on a beautiful summer's day. You've been playing well and have suddenly hit a few bad shots. Is it still a nice day? Of course it is. Nothing has changed. The weather is still good, the course still looks great and you're still playing golf instead of being at work or doing home chores. But something has changed. You don't feel so good and your attitude to things around you changes.

When you play badly doesn't it feel so difficult? Doesn't it seem like you must be so stupid not being able to do something that felt so easy just a few holes ago? Don't you lose confidence and ask yourself how you are ever going to hit a good shot again?

But, you don't have to react like this. No, you can learn to adopt a very relaxed way of looking at bad shots. The most essential part of the process is to accept them. Put a cross against a bad shot *without analysing why you did it*. I put this in italics to stress how important this is. It does nothing but harm to analyse what you've done wrong. It will do you a lot of good to adopt a positive intent to do what's right on the next shot. It will do you no good to question what went wrong.

You see, when you question your technique you start a process that is bound to fail nine times out of ten. You start to analyse everything you're doing. Does the following list ring a bell?

Is it my grip? Is it my backswing? Am I too fast? Am I turning enough? Am I turning too much? Am I taking the club back too far? Am I taking my club back far enough? Am I coming across the ball? Is my alignment correct? Is my? Is my? Is my? Yes, the list is endless. Because you ask questions but get no definite answers you are left deflated and frustrated and with doubt about every aspect you have questioned. Even worse, when you ask out loud 'why did I do that?' you'll get a whole load of unsolicited advice from your playing partners.

The amount of bad advice on golf courses and driving ranges is one of the main reasons why the average handicap hasn't improved in over forty years!

Positive Impact Golf coaches have a very different way of teaching golfers. In fact, we don't *teach* as that is something you do 'at' people but we *coach* which is something you do 'with' people. We don't overload you with too much technical advice. We don't talk about positions as much as traditional teachers. Our clients, however, achieve astounding success because we understand the core nature of the game and how to help golfers improve.

All you need is an open mind to new concepts and we are sure that you will play a better and more enjoyable game. Why not give us a try?

Any comments you have on this text will be most welcome. Just email me on brian@positiveimpactgolf.co.uk or call me on 07739 801751.

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