

Keeping things simple

Coaches do not have to use the third degree to find solution's to a player's problems says Dr Brian Hemmings.

Some people think the work of a psychologist can be very complex - at times it can be. However, more often than not, I feel my work could be accomplished effectively by a coach who listens.

For instance, some basic questions I often ask players of all levels are:

1. What do you want to do?
2. Are you doing it?
3. How can I help you achieve that or do you already know the solution?

The answer to the last question usually gets to the heart of the matter, insomuch that players often know what they need to do or think the solution is more complex than it really is.

This is usually very evident when it comes to preparation for play, whereby players often know the very solutions that would give themselves a better chance of playing good golf.

I sometimes do the simple exercise (right) to get players thinking in the right direction about their preparation behaviours and it's a process that often leads to the part where I can intervene.

That is, what are the individual hurdles or barriers that they need to overcome to establish these good habits? This can lead to discussions on time management and prioritising golf tasks. I believe this is where PGA professionals could show their detailed knowledge of the game.

Too often players will not make the most of their playing potential through poor preparation and will blame technical reasons for their lack of success.

I suggest you challenge your players to prepare better using their own methods and, where necessary, help them consider

the barriers that prevent utilising them.

At the very least, the discussions will grow the relationship with the player as you show you care about them and their golf.

List three things in each area that you will aim to do better in your preparations.

The days before:

(e.g Get directions, estimate travel time)

- 1.
- 2.
- 3.

The night before:

(e.g. Do bag/equipment checklist)

- 1.
- 2.
- 3.

On the day:

(e.g. Arrive at course 1 hour before tee time)

- 1.
- 2.
- 3.

This technique is one of many covered in the online Golf Psychology Coaching Certificate course that is approved by the PGA of Great Britain & Ireland as well as The PGAs of Europe, is worth 100 CPD points and has been completed with great reviews by PGA professionals.

Visit www.golfpsychologycoaching.com for full details. The course is full of information and practical activities for the PGA professional to guide players through improving their mental game, and is endorsed by some of England's best coaches. Taking 25 hours to complete,

coaches can complete the course at home so no travel costs or time away from work is necessary. All that is needed is a player to work with and the time to complete the course activities. For a price reduction type in the promotional code PGA to reduce it from £295 to £215.



Dr. Brian Hemmings has been lead psychologist to England golf since 1998. During this time he has helped develop the mental skills of the best emerging English golfers including the likes of Ross Fisher, Richard Finch, Danny Willett, Tom Lewis, David Horsey and Chris Wood. Brian is author of the book *Mental Toughness for Golf: The Minds of Winners* and is also a regular presenter on the PGA CPD programme.