



## **STAYING IN YOUR RHYTHM**

Wouldn't it be nice to be able to score well, even when you are having a tough day with your ball striking? Well...once you become disciplined enough to play within your limitations during each round of golf, the odds of that happening are substantially increased!

One of the factors that keep golfers from being able to do this is that many do not possess the patience to stay in their rhythm while striking the ball poorly. A common trait amongst golfers while having a tough ball striking day, is to not change their course management but to keep on going for flags, cutting doglegs and trying to blast the ball 300 yards down the fairway.

The actor Clint Eastwood said in one of his movies "A man's got to know his limitations." That is great advice for every golfer to live by. When you are aware of your limitations on a given day, you are more likely to play within those limitations and remain calm because of your acceptance of that reality.

It is the person that constantly says "I cannot believe that I'm playing like this" that remains in a frustrated condition during their round and consequently, usually learns nothing that will keep them from getting into the same situation in the future.

If I were able, I would tell everybody on the planet who plays golf to...stop saying negative things like; "I CAN'T BELIEVE THIS IS HAPPENING" or "I CAN'T BELIEVE I AM PLAYING LIKE THIS" or maybe..."I CAN'T BELIEVE THIS IS HAPPENING TO ME!" Unacceptance of reality keeps us from being aware of what's taking place around us.

A person that is hitting one bad shot after another has usually strayed from their rhythm and if they're to rescue their round, must find a way to get back



into it. How? Not by denying or not accepting reality but by making sound decisions regarding strategy, which will lead to a calmness that relaxes the individual and repositions them to get back in their rhythm. Learn to accept what is happening at the present and modify your strategy to fit the situation.

Let me give some brief examples if I may. If you are blowing the ball past the hole far enough that you are left with three and four foot putts coming back, put your mind more into a lag mode when you are making your initial putt.

If you have duck-hooked your driver a few times during your round and you step up to the tee on a hole that has out-of-bounds on the left, be willing to hit your three or five wood off the tee. Either of these clubs is going to be more accurate than the driver if all other factors are equal, and your understanding of that fact will help you to make a better swing in that instance.

Early in your round, if you are having trouble hitting half wedges into greens, be willing to lay back further from the green on subsequent holes so that you can take more of a full swing. A full swing is much easier to control than a half swing for most golfers anyway...but especially on those days when you know in the back of your mind that you are a little self-conscious about that kind of situation.

You see...the thing that you must do is find a way to get yourself relaxed and focused. If you can use wisdom to effectively increase your odds of a desirable outcome, like hitting a three-wood instead of a driver, you will start to feel more in control of your round. When you feel “in control”, your confidence will increase, which will help you to relax and make focusing easier.

Remember...when we get frustrated or distracted, we will tend to lose our focus. When we lose our focus, we will tend to stray from our rhythm. When we lose our rhythm, we are subject to any number of adverse



outcomes in our round of golf. To get back in your rhythm, try to be more conservative in your course management decisions and play well within your ability. This will help you to be more in control of the situation and thereby help you to relax.

The odds of you getting back into or...establishing a nice playing rhythm will be greatly increased. The golfer that is in his/her rhythm is far more likely to play well than the golfer that is out of their rhythm.

Good golfing!

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