

## Golf is 90% Mental - The Other Half Is Physical

With apologies and due respect to the great Yogi Berra, I had to borrow one of his lines and adapt it to this article. Golf truly is such a mental game. Every result you produce is a result of what you alone did. Nobody playing defense on you - No coaches during game time - no screaming fans - just you and your thoughts... swing thoughts. We all know that the game of golf can produce a myriad of thoughts when it comes to what is or what we want going on in our golf swings. Not to mention everything else that our brain decides to conjure up at that moment in time. So many swing thoughts so little time... but let's break something out right here. The swing thought(s) you employ when you are practicing something are completely different (and should not be) those same thoughts you take to the first tee. When you're playing keep your swing thoughts tightly focused be it visualizing your shot, your target line, your tempo, your swing trigger, etc... never ever some physical attribute that you have been working on at the range. This is a key point... take a moment to let it soak in. Generally speaking I like to promote thoughts that encourage rhythm and timing, nice and easy, trust your line and let the club do the work, slow & go... this type of mental approach to each shot. When it comes to developing your swing thoughts each person is going to have a different thought process that keeps them relaxed yet very focused on the task at hand. Be pragmatic... whatever works for you to get you into the proper frame of mind for each specific shot... not the last shot... nor the next... this shot. I also encourage you to incorporate some swing thought training into your regular practice routine. Don't expect your game day swing thoughts to just show up. So, no matter what part of your game or swing you may be working on when you are on the practice range, I would like to have you always finish up with good rhythm and good tempo accompanied by the appropriate swing thoughts... and while you are engaged in this part of your practice routine be sure to incorporate your pre-shot routine into this. Remember... practice makes permanent; and this includes your mental approach to each of your rounds of golf. Now that we've covered some basics on what to do before you actually make a swipe at the golf ball upcoming we'll step up to the first tee and see how to get the most out of your driver.

### About the Author

What are you so afraid of? I can't help you if you don't show up. Just beginning, need some fine tuning, or just tired of playing bad golf. Stop by <http://www.golf-ology.com> and stop wasting time trying to get better on your own. No matter what needs help... some [golf tips](#) for your long game, your mid game, or your short game, you'll find the golf tips and golf lessons that will get you off the tee, on the green, and in the hole!

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