



EXCLUSIVE
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INSTRUCTION



THE FINAL COUNTDOWN

It is ten months since Marcos Ambrose began his quest to reach a single figure handicap and he came within a whisker of achieving his goal so he could play in the Tasmanian Open.

When Marcos first came to see me he was an 18-handicapper with a useful golf swing, a mediocre short game and an ill-directed concept of course management.

Today, Marcos has a much better grip both on the club and the game.

Marcos' hold on the club is now neutral and causes no directional or balance issues. His understanding of his relevant swing model is the way we want it. He has a full understanding of what correct posture is and how it impacts on his game, where his real power comes from and how to relate his arms to his much more powerful body swing. All of these are physical/technique related.

On the mental aspect of the game Marcos has moved forward satisfactorily as well. Marcos now has much more course craft and a greater understanding of how to position the ball to reduce risk and how to make a score.

Our last lesson was a round together to discuss where we have come from, where we are at and where and how to move Marcos' game forward.

Marcos, like so many golfers, get some good scores going but lose a few



PHOTOS: TRES BIEN PHOTOGRAPHY (LEFT); BRENDAN JAMES (RIGHT)



Marcos' swing has come along in leaps and bounds since June last year.

shots late in the round.

"Why does this repeatedly happen?" Marcos asked. The answer lies in Marcos becoming score orientated. The score is the result, and you, like Marcos, should pay little attention to it. That's why you have a card and pencil, to write down the score and forget it. It is the process of playing that makes a difference.

The correct process has a few steps that Marcos should follow for every shot. Firstly, he needs to assess the shot. Gather all of the relevant information for to the shot - the distance, the wind, safe and dangerous playing lines, the lie etc. Whether Marcos is under par or over has no bearing on this assessment.

The next step is to plan the shot.

This means selecting a shot shape and flight, which will in turn determine the club required.

The third step of the process is to take a practice swing while visualising a positive outcome. You would be shocked at the number of players who visualise a poor outcome and then go on to fulfil that. A positive view leads to a commitment.

The next step is to make the correct approach to the ball, take your set-up and hit the shot of your dreams. As the ball flies, watch the shot and enjoy the positive outcomes and forget the less satisfactory ones. That is where the shot ends.

Move on to play the next shot and

take the time to relax. The last shot is over and there is no benefit in worrying about it now.

Marcos and I have identified that applying this process and doing it on every shot will be the last task needed to make Marcos the low single figure golfer he hits it like now.

I believe it has been a great ten months. It has been fun working with a great bloke, who loves life and golf and is totally dedicated to succeeding in everything he does.

It has only confirmed one of my beliefs that successful people will be successful at most things they try, mostly because of the attitude they display and their willingness to do the work necessary to achieve their goals.



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