

Straight Ahead

By Robert Keyes

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“New Year, New Game or New Year, Same Old Game?”

Well, here we go again! The 2018 golf season will soon be here and I'm sure you are all looking forward to getting back into the swing of things.

For those lucky ones who had a chance to play during the winter, easing into summer golf should theoretically be an easier transition.

Hey, here's a thought. Why not make this year the one you commit to making some solid, reliable changes. It's not as painful as you may think. In fact, it may be even more painful for you to "not" decide to rebuild your game. Very few of us can honestly say that we are totally satisfied with our games and our current level of play.

As always, start with your foundation (your ADDRESS POSITION) and once that is firmly understood, then we can progress to the moving parts. We'll talk more about that in a future issue.

We must also not overlook the mental aspects of golf. Here's something that I'm sure you've probably not thought about. When you stare at an object you are about to strike, you may be promoting undue tension. The way I see things, the ball is stationary. Staring at it will not change its position. And yet you stare and worry and tension builds in your mind and in your body.

In golf, the presence of tension is a definite "game wrecker"! You are essentially setting yourself up for derailments to take place. You'll develop a golf motion that is inconsistent and will not really stand up under pressure. If staring at a golf ball is creating tension, why do it?

It may seem most unnatural to "not" look at the object you are about to strike. But, remember, this object is sitting on a tee or the ground. You are not making split-second adjustments to counteract its spin or velocity. Those adaptations are necessary in tennis or baseball, but not golf. Not focusing on the stationary ball will release tension and improve consistency.

The results from greater consistency will be obvious, as you'll generate more distance, hit more fairways, and hit more greens in regulation. Bottom line, you'll see lower scores and have more fun! These are the hallmarks of a great golf game!

Positive changes in your game can come from trust and belief in the ideals and instruction of a good teacher. I hope to earn that trust from you and assist you in getting the kind of consistency in your game you want and deserve.

That's about all for now. I am looking forward to working with you again this season. My goal is simple, to make you better golfers.

If you have any questions regarding today's article or would like to know more about the instructional programs we are offering at Keystroke Golf Academy this year, please visit the Picton Golf & Country Club website or contact me at 613-885-9883 or northstring@gmail.com

Until Next Time...Straight Ahead!