



Playing with Perspective

Typically as golfers we have always been told that we should play away from trouble on our lay up shots to have a clear shot into the green.

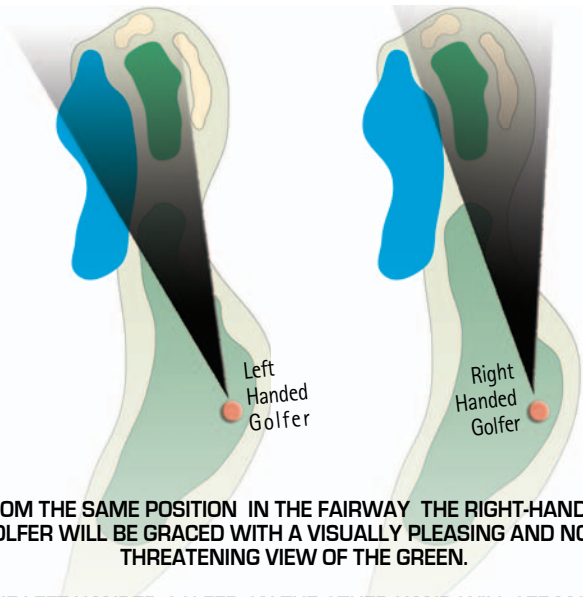
Depending on whether the golfer is right- or left-handed, this may not always be the case, as our mind and eyes will work together toward a conviction of confidence – or doubt - in our ability to execute the shot.

Let's look at an example: On this hole we have a deep, narrow green with bunkers on the back and right as well as water on the left guarding the green. As the last thing we see is the first thing we remember, right-handed golfers will want to be on the right side of the fairway to keep their backs to the water. Glancing over the left shoulder at the target

before swinging, the right-handed golfer will be graced with a visually pleasing and non-threatening view of the green.

But what about the plight of the left-handed golfer in the same position? More water than green will be visible; a situation which typically complicates many golfers' swing thoughts and erodes confidence. In this case, visually it may be better for the left hander to come in from the left side of the fairway.

Next time you are out golfing, in addition to thinking about your course management strategy at the start of a new hole, also try to visualize playing the hole with your opposite hand. How will your perspective be for different shots and placements? If you have never done this, I guarantee you will be



FROM THE SAME POSITION IN THE FAIRWAY THE RIGHT-HANDED GOLFER WILL BE GRACED WITH A VISUALLY PLEASING AND NON-THREATENING VIEW OF THE GREEN.

THE LEFT HANDED GOLFER ON THE OTHER HAND WILL SEE MORE WATER THAN GREEN, A SITUATION WHICH TYPICALLY COMPLICATES MANY GOLFERS' SWING THOUGHTS AND ERODES CONFIDENCE.

amazed and it may even open up other options for your shot selection.

As with all sports, skill acquisition will ultimately make you better; however, playing golf with confidence and emotional control

will allow you to play to the best of your ability. Remember, our perception helps create our reality. By being aware of how to minimize potential visual distractions and working on visualization as you play your reality will be lower scores! **IG**

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