

COURSE MANAGEMENT

THINK LIKE A PRO



CHEAT SHEET CM AND MENTAL STAMINA

- **CONCENTRATE ON THE RIGHT THINGS**, like target, yardage, club selection and feel of the shot. Do not think about mechanics, fixating on the ball, or where you DO NOT want to hit the ball.
- **DO KNOW YOUR YARDAGES WITH EACH CLUB**, and know what the yardage is to the flagstick and front of the green because sometimes hitting to the front of the green and letting it roll to the hole is a wiser decision.
- **DON'T PLAY SHOTS YOU HAVE NOT PRACTICED**, especially in competition.
- **SOMETIMES A DRIVER ISN'T THE BEST CHOICE**, if you rip your driver and end up in the fairway bunker, where's the advantage. Instead hit a 3 wood.
- **FIRST-TEE JITTERS, BREATHE AND BREATHE SLOWLY** and if for some reason your first hole wasn't how you envisioned, don't worry, you have 17 more to go.
- **IF YOU ARE HAVING ONE OF THOSE DAYS JUST STICK WITH IT AND STAY IN THE PRESENT** you will have the best chance at turning your game around.

What is better than a Cheat Sheet? ➔ **A Girl's On-Course Survival Guide to Golf™**

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