



AFTON GOLF CLUB

Member

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Guy Dawson
Head Professional

The Psychology of Golf

Most people think the Psychology in golf is to “psych out an opponent” or to get your opponent upset or rattled. But in truth the real psychology in golf has much more to do with our own state of mind than it does with anyone else on the course. So in this lesson we will look at a few things we can do to improve our mental attitude on the golf course and hopefully off the course too. The first thing I like to see in a golfer is a calm and relaxed demeanor before and during the round. It’s very important to see the proper tone or vibe even before the round begins. Now the hard part is to maintain this calmness throughout the round. This is where consciousness comes into play. We have to see ourselves clearly when we lose our calmness and get uptight. One big giveaway is our breathing. If our breathing is fast and shallow we’re probably uptight and won’t play very well in this negative emotional state. The secret is to CATCH IT and CHANGE IT.

*Guy Dawson PGA
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Guy Dawson has been the owner of the Afton Golf Club for the past 21 years. You can contact him at 607 639-2454 or guyedawson@yahoo.com.