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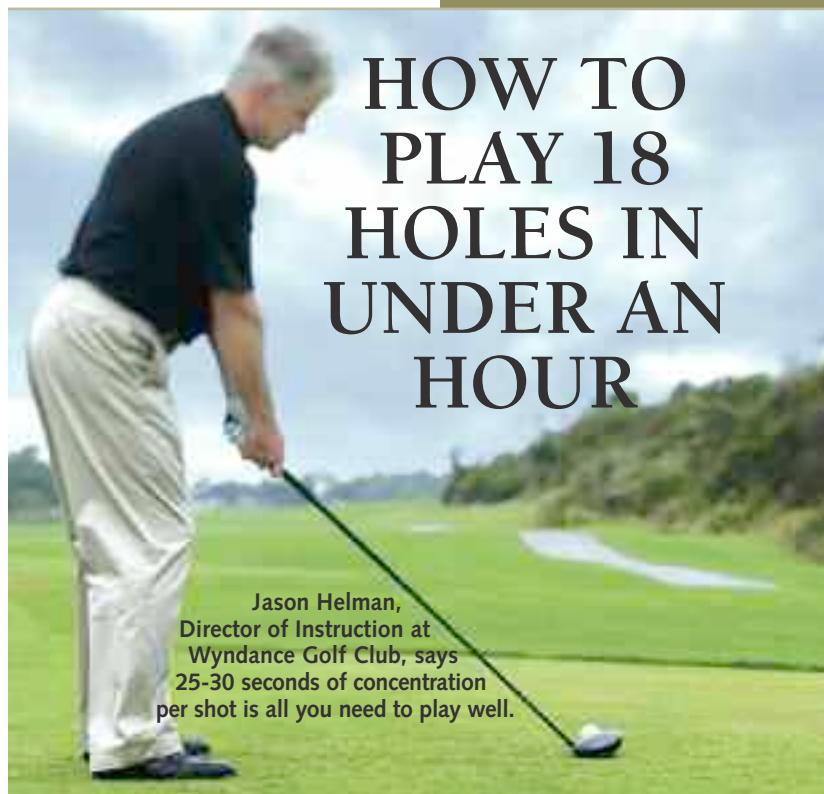
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HOW TO PLAY 18 HOLES IN UNDER AN HOUR



Jason Helman, Director of Instruction at Wyndance Golf Club, says 25-30 seconds of concentration per shot is all you need to play well.

Jason Helman

CAN YOU PLAY A FULL 18-hole round in just 60 minutes? Maybe not physically, but mentally you can.

Trying to concentrate for four or five hours straight can lead to frustration and actually hurt your game. Instead, try my three mental laws: **Commit, Focus, Execute**. Done correctly, the sequence takes about 25 to 30 seconds as you prepare and then hit each shot during your round.

For these few seconds, you must have tunnel vision. There isn't anyone else on the golf course, the conversation you were just having is over, there are no distractions. It's now just you, your club, your ball and your target.

When you're ready to hit each and every shot, you must **Commit**. Visualize the shape of the shot. In your mind, see the shot finishing where you want it to. If you're standing there with no clue about where it's going, you're not committed. Make a decision and believe that you can accomplish it.

Then **Focus** on that shot.

Now take that **Commitment** and **Focus** and **Execute** the best shot you can make. Rely on the "power of positive thinking." Even if you don't pull it off, one thing is for certain: If you think you can't do it, you won't. In golf, the word "don't" is a four-letter expletive. If you're standing on the tee saying to yourself, "Don't hit it left in the water," you'll probably hit so far the other direction into even more trouble or you will hit it right into the water. Never allow negative thoughts to interfere with your Commitment, Focus and Execution.

If you apply my three laws to a player who shoots an average of 95, they are mentally playing golf for less than 60 minutes and the rest of their round is free time.



Think positively, Commit, Focus and Execute in a concentrated timeframe, and you will reduce your stress levels and play better golf.

Jason Helman is the Director of Instruction at Wyndance. He can be reached at jhelman@clublink.ca or 905.649.8545 ext. 6001