

How To Practise *Less More Often*

THE MAJORITY of amateur golfers spend the most of their golfing lives struggling to understand and then trying to implement the 'golf specific' movements and thought processes, which they believe to be essential to the development of a reliable golf swing.

One of the key objectives of the coaching series will be to remove some of the golf 'myths' that block the average player's understanding of what is required, to be able to hit a golf ball solidly and in a predictable direction!

Hitting the ball is not playing golf – it is certainly an essential element (the most difficult one some would argue), within an infuriating and subtle 'mix' of pieces which includes feel, tactics and experience and the need to hit the ball with some consistency.

It is the element of consistency that most golfers struggle to master.

This struggle becomes no easier when players become mired in a web of often contradictory swing thoughts, none of which they could possibly hope to apply consciously, during the 3 seconds or so that it takes to make a full swing.

It is hoped that over the ensuing months the common sense approach and simple analogies used in this series, will encourage the non playing readers of Tee & Sandwedges to try out the game.

For those readers who already play we hope that the tips will enable them to approach their game with a new and fresh perspective. The primary aim in this will be to release them from aimless practice tee 'slavery' and that so 'armed' with a new an uncluttered mental approach and fresh images of the required swing fundamentals, they will be able to go out and play golf rather than practise it.

This will not be a series of 'quick fixes', although we hope that the combination of analogies and instruction will combine to feel like a new golfing dawn for at least a few of you!

The series will also offer suggestions on how to practise more effectively, in order that the precious time you spend on the practice tee helps you to develop the type of shots and skills that your course demands of you in your weekly games.

The equipment section will highlight the importance of having the 'right tools for the job' and open up an understanding of the basic requirements in what makes a club work, how to choose the right new set, or tailor your existing clubs, in order to get the maximum performance from them.

While there are no real shortcuts to mastering the game, it would also be well to remember that the written word (in virtually any field), no matter how concise, cannot really compare with the personal



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advice and experience that is available from the professional coaching staff at any golf Club or driving range.

The series has been specially edited for Tee & Sandwedges by John Cockayne and will be hosted in conjunction with various South African coaching professionals.

The sections of the series will be available for Tee & Sandwedges' readers to download in PDF format from the first week in June 2014 on both the websites of Tee & Sandwedges (www.teeandsandwedges.co.za) and The Business of Golf (www.thebusinessofgolf.co.za).

We feel sure that over the following months that How to Practise Less More Often will encourage those of you who have never played to try out the game and provide those who already do with practical advice to help improve your swing – whatever its shape! ■

About the author

John Cockayne is the author of 'How to Practise Less More Often'. He is a founder member of the PGA of South Africa and he has spent over 30 years coaching this frustrating game! A key current focus for John is as the Programme Director at Corporate Golf Academy and The Green Pages Golf School. The Golf Academy provides innovative tailor made clinics and golf academies for companies and The Green Pages provides coaching for individuals.