

Sound, Will and Trust, Your Game's Dynamic Trio

THE SOUND IS THE KEY.

The anatomy of a shot is sight, stroke and speed. You sight the shot. You deliver the stroke. Then you visualize the speed of that shot. What would it sound like to succeed with the shot? Compare the sound of proper stroke and speed. If you were to shoot the shot properly, with the right stroke and the right speed, what would it sound like? The score has nothing to do with the sound of my stroke.

WILL IS A SKILL

We must build strong will skills. We must have the will to shoot each shot as if it is the only shot we will ever face. The score should have nothing to do with how hard we concentrate. The match has nothing to do with our will to deliver a great stroke. Strong will skills mean you are never trailing in the match, and you are never ahead in the match. You are facing the shot at hand and nothing else.

TRUST IS A SKILL.

We must train our trust skills. When you are shooting a difficult shot, you need to be able to deliver the stroke the shot calls for with total trust in your ability. There are two things that will happen on every shot. You are not sure you will make the shot and you are not sure you will miss the shot. But you are sure you will look good shooting it.

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