

Mental Stability Training Plan

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Step by Step Document

Mental Golf Routine on the Course «Explained in Detail»

Based on Mike Werder's approach

Goal: Develop **emotional intelligence** and **mental strength** through targeted exercises on the course

1. Resource Rotation for Mental Preparation

- **Preparation:** Take **1–2 minutes** before the game.
- **Instructions:**
 - Recall a moment of **pride** and **joy** on the course
 - Ask yourself: “**When did I feel confident?**” Briefly feel that feeling
 - Use these **positive emotions** as mental preparation for the **first phase of play**

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2. Synergy-Resourcing for Difficult Shots

– Before a difficult shot:

- Activate the feelings of **pride** and **gratitude**
- Ask yourself: “**What have I already achieved?**” and “**What am I grateful for?**”
- Combine these feelings through **deep breathing in and out**. Feel your confidence before striking

3. Resource Radiance for Target Focus

– Before each shot:

- Activate the resources **pride, relaxation** and **gratitude**
- Visualise a moment full of **joy** on the course
- Then focus only on the target, **block out possible errors** and execute the shot **focused**



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4. Emotional Release Technique After Errors

- **After a poor shot:**
 - **Breathe in deeply** and focus briefly on the feeling of disappointment
 - Visualise, as you **exhale**, how you **release the emotion**
 - Prepare for the next shot, free of negative emotions

5. Theraband Power of Emotions for Posture

- **During the swing:**
 - Imagine a “**Theraband**” that holds you **stable** and upright
 - Feel the tension that supports you **securely** in your **posture**
 - This technique gives you **security** and **self-confidence**

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6. Mentor Technique for Mental Support

- **For important shots:**
 - Imagine that a role model (**Mentor**) is **standing by your side**
 - **Visualise** how this person executes the shot **together** with **you**
 - Let the feeling of **support** from this “Mentor” flow into your **self-confidence**

Tips for Implementation

- **Plan time:** Use **pauses** between holes to practise the exercises
- **Combine exercises:** When time is short, combine **Resource Rotation** and **Synergy-Resourcing** into a brief, **powerful** preparation
- **Focus on breathing:** Breathe **consciously deeply in and out** to reinforce the mental techniques

With this compact exercise document you have a clear guide for on the go, to play on the course with mental strength and emotional stability

Short and Compact “Pre Shot”

Use this step-by-step document in the **Think Box**, **Commitment Line** and **Play Box** to train mental strength and emotional stability. This practical guide helps you to prepare your shot in a focused and confident manner:

1. Think Box

- Visualise your **target** and the desired **ball flight** clearly and vividly
- Activate positive emotions such as **pride** and **gratitude**, to bring yourself into a **strong** mental state
- Use **deep breathing** to release all negative thoughts and **let go**, focusing on the essentials

2. Commitment Line

- Pause briefly, reassure yourself of your **plan** and the chosen **target**
- Build mental **security** through positive **self-talk** and your routine
- Only enter the **Play Box** when you are **fully committed** to the shot and your decision

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3. Play Box

- Align yourself precisely, focus **exclusively** on the **target** and the **shot**
- In your swing, **let go of everything**, without **thinking** about the result
- After the shot, briefly reflect **without judgement**, and let go – you are ready for the next shot

Realistic Training

“Practice on the Driving Range”

Here are effective mental exercises that help you on the driving range as realistic preparation for the golf course. These methods strengthen your focus, improve your emotional control and prepare you mentally for pressure situations

1. Simulation Training: “Play the Course”

- **Goal:** Build **course pressure** and practise **genuine** playing situations
- **Exercise:** Choose **a few holes** from **your course** and imagine you are playing them. **Simulate** each hole on the **Driving Range** and play every ball as you would **on the course**. Use your **complete** pre- and post-shot routine to make the situation as **realistic** as possible
- **Variant:** Set yourself a result goal and analyse after each “hole” how you acted mentally and technically

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2. Routine Focus Training

- **Goal:** Develop consistent and mental **stability**
- **Exercise:** Execute your complete pre-shot routine before each shot, as if it were an important shot on the course. Use **Visualisation, Breathing** and **Self-Talk**
- **Supplement:** Note after **10 balls** how often you followed the routine **consistently**, and aim for 100% implementation
- **3. Pre-Shot Visualisation and Focus Exercise**
- **Goal:** Sharpen target visualisation and **strengthen** focus
- **Exercise:** Before striking the ball, visualise clearly and in detail the desired **ball flight** and the **target**. **Close** your eyes for a moment, **visualise** the shot and only open your eyes when you are ready
- **Tip:** Observe how well the shot matched your visualisation and adjust to improve your imagination

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4. Emotional “Reset” Training

- **Goal:** Learn to **deal with** setbacks
- **Exercise:** After a poor shot, perform a brief “**Reset**” routine (e.g. breathe **deeply**, loose shoulder movement). Let the shot go mentally and set yourself a clear, **realistic** focus before the next shot
- **Practice tip:** Train consciously with a 50% success rate to optimise “**letting go**” of errors

5. Breathing and Relaxation Exercise for More Calm

- **Goal:** Control nervousness and **tension**
- **Exercise:** Breathe consciously in a **4-4 rhythm** (4 seconds in, 4 seconds out) and perform **relaxing** movements. Use this breathing technique before each shot and get accustomed to relaxing, especially in **pressure situations**
- **Application:** Especially before shots that you perceive as “**difficult**”

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6. Mental Points Game

- **Goal:** Increase focus and mental **resilience**
- **Exercise:** Set yourself a points system: e.g. one point for every ball that hits your target or is close. Train **10 to 20 balls** and check how consistently you can maintain your **concentration**
- **Supplement:** Analyse after each set whether your focus remained **stable** throughout, and find ways to maintain it during longer sequences

• 7. Target Zone Training for Precision and Stress Management

- **Goal:** Strengthen concentration on small **target zones**
- **Exercise:** Divide the driving range into small target zones (e.g. 20 m, 50 m, 100 m). Set yourself a precise **target zone** as well as a **corridor** before each shot and aim deliberately for it. Focus only on the target zone and **block out** the result
- **Note:** How often you hit the target zone and reflect on how your focus fluctuates with successes or failures

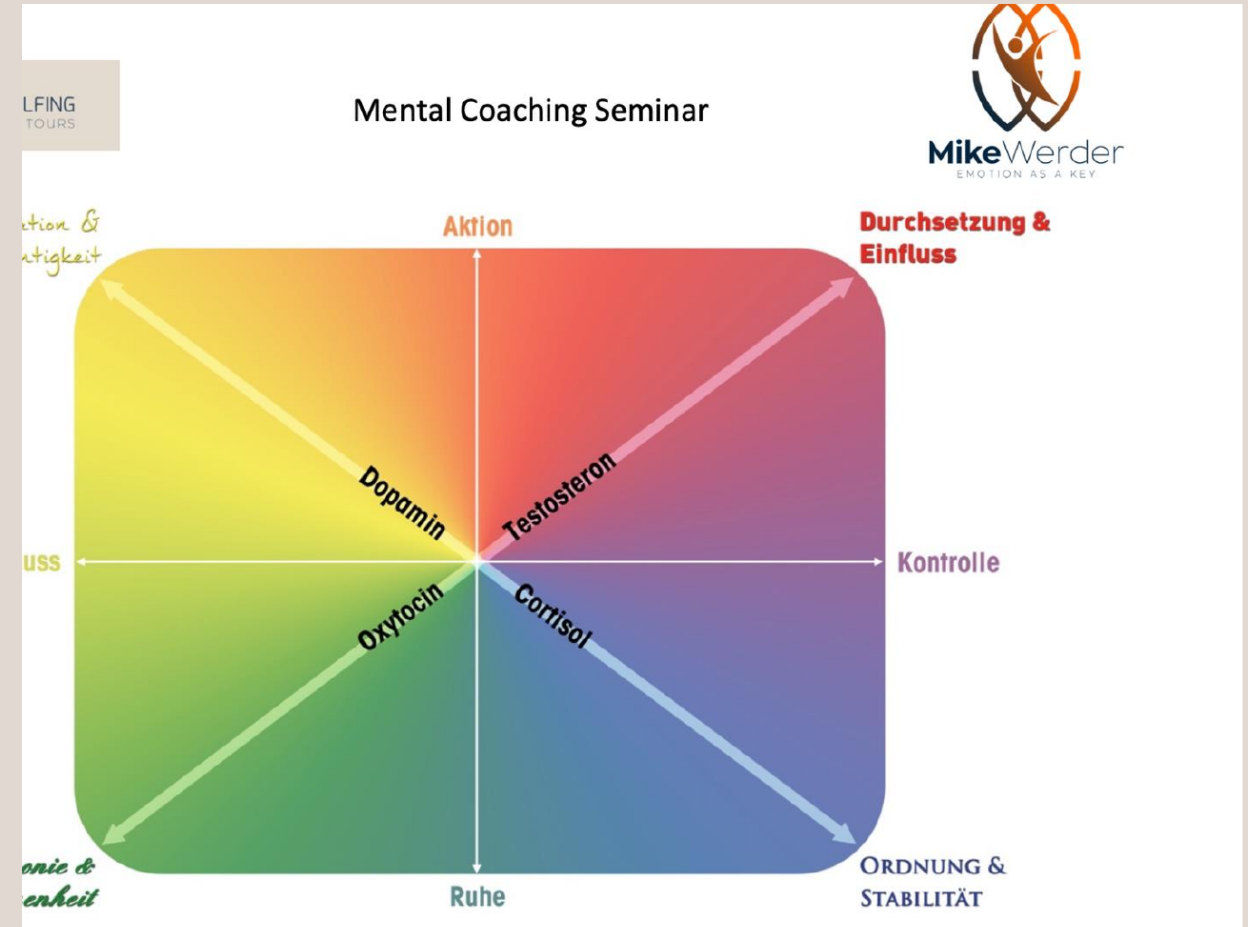
Form Your Own Opinion

Courage for emotional honesty

What does emotional health actually mean?

Health in general is defined by the World Health Organization (WHO) as follows:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”



Test Sheet

Pre Shot Routine

These exercises give you on the driving range the opportunity to work specifically on your mental strength.

They help you to consolidate your routine, improve dealing with pressure situations and prepare yourself for the game on the course.

Pre- and Post-Shot Routine						
Name:						
Routine Elements	Sequence	1.	2.	3.	4.	5.
Walk behind the ball						
Waggle						
Make a decision and say 'Yes' to it						
Align club first, then body						
Look at target						
Practice swing						
Shot planning						
Walk to the ball						
Strike						
Finish shot without manipulation						
Watch the ball						
Collect feedback						
Control body language and behaviour						
Switch off						
Seconds per routine						
Target circle hit	1 Point					
Add elements above if needed Please add the individual elements of the routine. Number them in the order they occur.		Above, please tick whether each routine element occurs exactly in the corresponding situation (check off).				