

GRADE SCHOOL TO COLLEGE SPORTS: INSIDE THE MENTAL GAME

Randy Friedman – Speaker, Golf Mind Coach and Author

Mind tools and techniques every young athlete needs to have

Tiger Woods, Michael Jordan, Derek Jeter, and even Mohamed Ali practiced the mental game as hard as they did the physical game. Below are some mind coaching tools that Randy teaches young adults which have been used by some of the greatest athletes in their sport.

1) The power in Positive Thinking

Is it possible to replace negative thoughts with positive ones? Absolutely. One of the most common mind tools, positive thinking, involves becoming aware of thoughts and self talk. Positive thinking creates an inner energy that is light, optimistic and encouraging. It allows us to perform at our very best.

2) Mental Practice and Rehearsal

Have you ever had a hard time falling asleep? Next time, play your favorite golf course in your mind. You may not make it to the back nine. Mental practice is a way of relaxing the mind. It is drilling or rehearsing your mind for an upcoming event. When done properly, the athlete feels like they are actually at the event, performing.

3) Visualization before pulling the trigger

“Visualize to materialize.” When we give the mind pictures of what we want, the body will act upon it and allow it to happen. This mental tool involves using the “movies of your mind” to mentally see, hear and feel what you want to happen in the actual shot.

4) Self-Hypnosis or Mind Power Stretching (MPS)

Michael Jordan and the Chicago Bulls practiced daily self-hypnosis (that led to 6 NBA Championships) to relax their minds before the game. Randy’s Mind Power Stretching is a powerful tool to open up possibilities of the mind-body connection. Releasing old negative habits, unwanted fear of competing and playing in the zone can all be facilitated through the use of hypnosis.

Students need to work on the mental game as much as the physical if they want to perform better in competition, avoid choking and learn how to get in the zone more often. Key areas for “inside the mental game”:

- Awareness is first
- Keeping the calm
- Change channels
- Habit Formation
- Performance – Peak and Peaking
- Coaching, Mentoring others, Leading

Randy can help your students as a group and individually on these 12 critical performance issues:

- Anxiety
- Choking
- Fears
- Focus
- Goal-Setting
- Perfectionism
- Procrastination
- Mental Preparation
- Mental Practice
- Self-Discipline
- Getting In The Zone
- Performing Under Pressure

Attention Meeting Planners:

To have Randy speak on ‘Grade school to college sports, Inside the mental game’, please contact Tracy Dalton at 865-809-5989 or booking@golfmindpower.com with a full email request.