

“Success depends almost entirely on how effectively you learn to manage the game’s two ultimate adversaries: the course and yourself.” - Jack Nicklaus

“I work harder and harder at the game and my scores don’t improve.”

“I can shoot a great front nine then blow up on the back nine.”

“Just when I think I’ve got the game mastered after three great rounds (or three great holes), I suddenly lose it.”

“Why can’t I shoot lower scores?” - anonymous

“In essence, I believe that the ideal coach acts as a clear, nonjudgmental mirror that reflects what really happens when you swing a club. Rather than “teach” you, which suggests showing you something you didn’t know, he or she “coaches” you - helps you bring out and strengthen the instinctual knowledge you already have.” - Fred Shoemaker

“...I believe in simple teaching, putting simple pictures into the pupil’s mind that make a vivid, long-lasting impression. The technical things take care of themselves when you remember and trust the pictures and feelings.” - Harvey Penick

“Golfers’ practice habits (or lack thereof) are likely the number one reason why they do not improve” - Dr. Rick Jensen

“Practice puts brains in your muscles.” - Sam Snead

“No matter what happens with any shot you hit, accept it. Acceptance is the last step in a sound routine.”

“The best way to improve yourself in any endeavor is to constantly seek out your weaknesses and do whatever is necessary to remediate them.”

“Confidence is playing with your eyes.” - Dr. Bob Rotella

“We’ve all had that experience of standing over a golf shot and feeling absolutely certain in our heart of hearts that the ball is going to follow the flight we imagine in our minds.” - Pia Nilsson & Lynn Marriott

“Pressure is not something that you need to avoid. It is something you need to use.”

“Recognize that pressure is positive and something that you can control.” - Lanny Bassham

“Most instructors teach the importance of copying a specific mechanical plan from the start of the swing to its finish. I believe it’s far more important to focus on the motion of the swing. Motion is destroyed by tension, so I also teach the importance of locating tension and eliminating it...Tension is the biggest roadblock there is to making a good swing.” - Dean Reinmuth