

Say hello to the good Misses!

There's no doubt about it, golf is a difficult game. It challenges us in physical, mental, and emotional ways. If golf was easy, we probably wouldn't play. In the title, we're not saying hi to your spouse or girl friend, we want you to be more tolerant of your shots that are not 100%. Golf is actually a game of misses. Jack Nicklaus says that, in an eighteen hole round, if you hit 6 shots just the way you envision them, you're doing good. We are not machines.

Our bodies, and our golf swings have variables. Variables are the angles of our knees, hips, back, elbows, grip pressure, body turn, rhythm, blood sugar, muscle tone, mental toughness, etc. As you can see, it is a challenge. Most good players will agree that to minimize the variables, we should swing with about 80% of what we have, and try to swing within our abilities. Trying to out drive our playing partners is a no no. Forcing a five iron, when we could hit an easy six, will produce added tension. Tolerating our misses will put us in a better frame of mind when it comes to our next shot. "He who misses best Wins".

70% of the game of golf is less than a full swing. On these short shots, it is essential to try to hit the middle of the club. For every $\frac{1}{4}$ inch off center, we will lose approximately 7% of our distance. Trying to hit the middle of the face is easier to do on short shots. Watch where the grass builds up on the face, and either tippy toe toward, or away from the ball. If we consistently hit the middle of the face, we will get a "feel" for these short shots. In a recent Golf Digest article, Ricky Fowler attributed much of his success to trying to hit the middle of the face. Spend 15 minutes and just work on feeling the sweet spot. It will pay off. Pat yourself on the back when you make a good miss, it will lead to more up and downs, and better scores.