

Published based on [Learn from the pro's: Your mental game is the path to better golf](#)

Learn from the pro's: Your mental game is the path to better golf

Every year golfers from all countries spend millions of dollars on golfing gear, instructional videos, and contraptions of all kinds in an effort to enhance their game and perform better on the course. Most casual golfers target their efforts on making improvements to the physical part of their game but overlook a simple fact that all pro golfers know: Golf is a mental game.

Golf is one of the many sports that's actually more challenging psychologically than it is physically. Each golfer can think of examples where they lost focus and concentration at a crucial moment, second guessed themselves into a poor shot or club selection, or just satisfied their own expectations for failing. Legendary golfer Arnold Palmer once said the most difficult opponent he ever had was himself. He was referring to what every great athlete knows - that how you perform is decided by your mental approach. Your [mental golf](#) game is therefore crucial to your general success as a golfer.

So why do golfers often overlook improving their mental golf game? The answer's easy to understand. Most golfers believe that getting out on the course and practicing is the simple way to improvement. While this may improve the physical part of your game, it is less effective for improving your mental game.

Even the most straightforward of mental golf techniques can help a golfer to stay calm and relaxed on the course, improve their focus and concentration, and help them to play with more confidence and expectation of success. For a golfer at any level, these abilities contribute considerably to overall performance and delight in the game. Golfers unfamiliar with mental golf are often leery until they discover that professional golfers have been using these techniques for many years. All professional golfers use them on a constant basis to help them keep their edge so that they can perform at the very top of their game.

To boost your golf and get more enjoyment out of every round you play, improving your mental golf game is an important and frequently neglected way of doing that. While practice does make perfect, practicing your mental game is as important as practicing your physical game. With a little effort you literally can improve your golf without even touching a club.

Alex Kelly, an once frustrated golf lover, was delighted to discover you could [improve your golf](#) using [mental golf](#) techniques and now shares his secrets with golf buddies everywhere.

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