

The Real Secret to Golf Swing Consistency

by Dori O'Rourke, LPGA

Golfers spend hours and hours practicing their swings with the goal of increasing their consistency. The underlying belief is, "If I can just get my swing to be consistent, then my game will be consistent."

When a golfer takes a lesson and tells their professional – frustration pouring from their veins – "I JUST WANT TO BE MORE CONSISTENT!", what they're almost always asking for is a swing change.

The golf swing and consistency appear to be inextricably linked in most golfers' minds. However, since so much time is devoted to the golf swing, and inconsistency is still the number one problem for most golfers, improving your golf swing is obviously not the true source of consistency.

The truth is, the real source of consistency has nothing to do with your golf swing. It's actually a mental issue (the topic of my last article). That's why you can work on your golf swing for hours and hours, year after year, and still not see a significant improvement in your consistency level.

If you want to become more consistent, you don't need to change your swing. You simply need to learn how to let the best swing you currently have show up more often.

I'm not saying you shouldn't work on your golf swing. Swing improvement definitely has its benefits. However, if your goal is consistency, you won't find the answer in your golf swing, you'll find it in your state of being.

In golf, an optimal "state of being" is often referred to as "the zone." You've experienced it when you've had those magical days when you're mentally confident, physically relaxed, and your golf swing feels effortless. Everything seems to go your way.

You've also probably experienced its opposite - those days when you're over-thinking, filled with doubt, physically tense, and everything feels like a struggle – from your club selection to your swing.

Magical days and struggling days represent very different states of being – opposite ends of the spectrum. The "magical" state naturally lends itself to great golf, while a less-than-ideal state lends itself to the opposite - a long, frustrating day.

I refer to the optimal state of being as "presence" – one's ability to be here and now.

The opposite of presence is "mental interference" – being in the past or future. For example, worrying about repeating a past mistake, doubting that you'll get the results you want, trying to consciously control your golf swing, etc..

Since the only place the past and future live is in your head, I also refer to mental interference as "thinking" or "being in your head." Whatever words you use, presence and interference are direct opposites.

Think of your state of being as the *gatekeeper* that determines how often your best swings come out. The more “present” you are, the more your best swings are free to come out. The more mental interference you have, the more you’ll actually be blocking your best swings from showing up.

If you want to improve your consistency, the real secret is to learn how to quiet your mind so you can swing freely, without interference.

Technically, this isn’t something you really need to “learn” how to do. You’ve had the ability to be present since the day you were born. What you really need to do is reduce the mental interference that is putting a damper on your natural way of being.

In next month’s article, I’m going to share the number one way to reduce mental interference on the golf course so you can begin to experience true consistency.

To help get you prepared, here’s a *homeplay* assignment for you (so much more fun than homework). Start taking time every day to sit quietly and pay attention to the thoughts that are going through your mind. For example, take a moment to do this right now.

Sit quietly, stop thinking, and notice how long it takes before the first thought pops into your mind. Then, see how long it takes for the next thought to come in. Can you control when the thoughts come and go or do they seem to have a mind of their own? What words do you hear?

Don’t worry, hearing voices in your head doesn’t mean you’re crazy. It just means you’ve taken the first step toward true consistency and will soon be celebrating like crazy. Have fun with the process and as always, feel free to send questions to CoachDori@CoachDoriGolf.com.



LPGA Teaching Professional, Dori O’Rourke is a popular writer, teacher, and speaker. Known to many as *Coach Dori*, her talks and writings have inspired and entertained thousands of men and women golfers coast to coast for over 20 years.

Her latest book, *Custom-Fit YOUR Golf Swing*, reveals the evolutionary swing program that is transforming golf instruction worldwide.