

EXERCISES --SESSION 1

A) Discover your natural weight

- 1) Gravity position—self-awareness
- 2) Feel your rhythm 1-2-3-4—slow down—intuition
- 3) Full extension—shoulder blade—extra yard
- 4) Low position—bowl trajectory

***Success: 2/4 same area, 2/3—and 2/2

B) Do the same exercise (blindfolded with a partner—progressive success) ...**Do the same exercise with progressive target...start with jack...go smaller**

C) The game of mistakes and similarities

On the course, distribute pictures of great players and find out similarities and mistakes

D) Relaxation exercises on brain neuroplasticity and its effect on our game—mindset to develop:

- 1) Stay clear-headed
- 2) Be kind to yourselves...no critics, no diminishing
- 3) Compassion for ourselves and others—team spirit
- 4) Accept what is—avoid dwelling...let the crow flies
- 5) Use your flashlight...only one easy thought