



Mind Play for Match Play; Outsmarting your brain and your opponent in head to head golf.

Tracy Tresidder

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Order today and get your handicap down. Match play is golf's ultimate mind game.Pitting golfer against golfer in a format where raw scores are irrelevant, match play is inherently different from stroke play, so it calls for a different mentality.

Learn how to relax and play golf in the zone, lower your handicap by outsmarting your brain, remove your self sabotaging techniques, eliminate bad habits and mental mistakes, discover how to stay clam, enjoy your golf more and lower your handicap.

Learn all about match play - this is for the experienced single figure golfer and the less experienced golfer playing match play for the first time. You will learn how it is played, some of the rules and etiquette, scoring and terminology used, how and when to make concessions, how to make the best use of your cassie, how to form a game plan and create a check list. Learn how to prepare mentally and enjoy the game more than you ever had. Discover how to deal with adversity and success and learn how to maximise your opportunities.

While the book's content is appropriate for anyone who competes in match play, including club championship and knockout events, it is particularly aimed at current and potential participants in the widely popular Pennant competition. Here golfers are given the opportunity to play as part of a group, pitting club teams against one another, with winners advancing to regional and state competition. Male and female amateurs of all handicap levels take part in these fun and often highly competitive events.

Whatever form of match play you'll be playing, I'm sure you will find plenty of helpful advice in the following pages.

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