



# The 20<sup>th</sup> Hole at Five p.m.

The Mental Coaching Podcast for the Best Game of Your Life

## E-Book and Bonus Materials for Episode 1: "What's Between Your Ears?"

### Contents of this E-Book

#### 1. Episode Transcript

A word-by-word transcript of the whole episode to re-read if you don't have an MP3 player at hand or want to review the contents.

#### 2. Action Steps

The Action Steps for this episode.

#### 3. Printable Cheat Sheet

A ready-to-print card suitable for taking with you on the golf course.

#### 4. Baseline Evaluation Score Card

One of the HeadProCoaching performance assessments, ready to print and use.

#### 5. Additional Resources

Includes essential reading for aspiring golfers.

### About the HeadProCoaching Podcast

Let the Mental Golf Techniques in this podcast improve your mind and your golf game, quickly and easily. Join Mathias Maul, professional mental golf coach and inventor of the HeadProCoaching Technique, as he reveals the secrets to lowering your handicap and impressing your fellow golfers.

This podcast is aimed at all those golfers, all over the world, who still haven't reached that magic threshold: a handicap of 12 or less. Those lucky enough, or hard-working enough, to have reached that level can improve their game even further by working one-on-one with Mathias Maul. For those not so fortunate, this podcast is the next best thing – an easy, fun, affordable way for the "Mental Meister" to guide you, too, to a lower handicap – and this series is designed to work with golfers of all experience levels.

Why "20th hole"? For many golfers, the game stops at the 19th hole – the clubhouse or an after-game pub or restaurant. If you're one of those golfers whose game is finished at the 19th hole, this series probably isn't for you. But for those of you ambitious enough to look beyond the 19th hole, who are on the never-ending quest to improve their golf, themselves and their lives, who seek answers to bigger questions — if you are one of these, then this podcast is for you.

**Welcome to what may have been, till now, beyond your expectations: The 20th hole.**

# The 20<sup>th</sup> Hole at Five p.m.

The Mental Coaching Podcast for the Best Game of Your Life

## 1. Episode Transcript

It's 5 PM ... it's the 20th hole ... so welcome to the mental coaching podcast for your all-time favourite game: golf.

You're listening to episode one, entitled "What's between Your Ears".

"Yeah, I double-bogeyed at the 18th and lost the match, but you know, I couldn't help it — it's just something happening between my ears." As a golfer, you'll have heard this, or something like it, at the 19th hole — the good old club house or pub. You'll also hear something similar, just after you've sliced the ball – for what, the seventh or eighth time in a row? – and your golf coach says, shrugging in resignation: "Sorry mate, can't help you there — that problem lies between your ears."

And that IS a major problem in games like golf, as I'm sure many of you realize. You see, much of what happens between your ears – that is, inside your head – is completely hidden from your conscious mind. While you may find it easy to optimize your physical movements without much thought, it's by no means as simple when it comes to getting inside your mind and streamlining your mental movements.

But, what if this were possible — what if you could learn to take complete control of anything, and everything, that was happening in your mind during a round of golf? What if you could exercise and build your mind, like a mental muscle, to enable you to play, consistently, the best games of your life? Wouldn't that be something?

This podcast is about the game of golf at the 20th hole — beyond the golf course, beyond the club house. It will teach you how to discover what's happening in your mind during every stroke of golf you play, enabling you to improve your game dramatically, beyond anything you may ever have dreamed was possible.

All golfers agree that the mental aspect of golf is important. Many golf pros and teachers are con-

vinced that it's much more important than the actual physical game. Some even say that it is virtually impossible to become a single-handicapper without extensive mental training. Well, Mathias Maul, your "Mental Meister" on this journey to self-mastery of the golf links, is one of those stubborn advocates of mental golf coaching, and he's worked with many golfers to dramatically lower their scores. Many years of experience in the field of mental coaching have given Mathias irrefutable proof that technical training does, indeed, go a long way — but nowhere near long enough. However, if you were to commit yourself totally to enhancing your mental game, you will find a new ease, a winning precision to the way you play your drives, your putts, and every other aspect of your game.

Now, let me introduce Mathias - let's hear from the "Mental Meister" himself ...

*Hi, I'm Mathias Maul, the originator of the HeadPro-Coaching podcast. I live in Germany and I work all over the world as a professional mental golf coach. Now, while I realize that a German accent is fashionable nowadays, and that you probably wouldn't mind hearing me narrate my own series, I simply don't have the time to spend in a recording studio, I'm too busy helping golfers win games! And besides, as a specialist myself, I realize that other specializations, like voice work, are best left to experts like my actor colleague, Robert Pike Daniel, whose voice you have already heard, and will be hearing throughout this series.*

*In my private sessions, I only work with golfers that play at handicap 12 or lower. However, not all players are at that level so I created this podcast to share my expertise with other dedicated golfers out there — and that can range from beginners, to advanced players and professional golfers alike. No matter if you want to break 100 or 80, if you want to improve your drives, get rid of your yips, or improve any other aspect of your game, the tips and techniques presented in this podcast will enable you to do that ... but only if you decide to actually use them. To achieve the best results possible, download the bonus materials from [www.headprocoaching.com](http://www.headprocoaching.com) and then take this podcast with you onto the course*

# The 20<sup>th</sup> Hole at Five p.m.

The Mental Coaching Podcast for the Best Game of Your Life

*and follow the Action Steps we are about to give you. Good luck - I know you can succeed. And on that note, back to Robert Pike Daniel ...*

Thanks, Mathias. Well, there you go — words of wisdom from the “Mental Meister” himself.

So now, let's get started and find out what you've got between your ears! But before you can start improving your game, you need to find out, exactly, what needs to be improved. The Action Steps in this first episode of the 20th Hole podcast deal with identifying what's wrong before setting it right in the following installments of the HeadProCoaching series.

## 2. Action Steps

Every golfer has clubs that he or she favours and, by the same token, many have clubs they wouldn't touch unless they were literally forced to. Some golfers love the three wood, others hate it. But what if you could learn to love all your clubs? Wouldn't that be great? Well, with the action steps in this and the following episode, we're going to do just that.

**Step One:** Download the free Baseline Evaluation Scorecard from [www.headprocoaching.com](http://www.headprocoaching.com), print it and then head for the driving range ... taking your new Baseline Evaluation Scorecard with you, of course.

**Step Two:** On the driving range, choose two clubs from your bag: The club you play best with, and one you hate and would normally never touch. (Hint: It could be the one with that hideous, oversized, tiger headcover.)

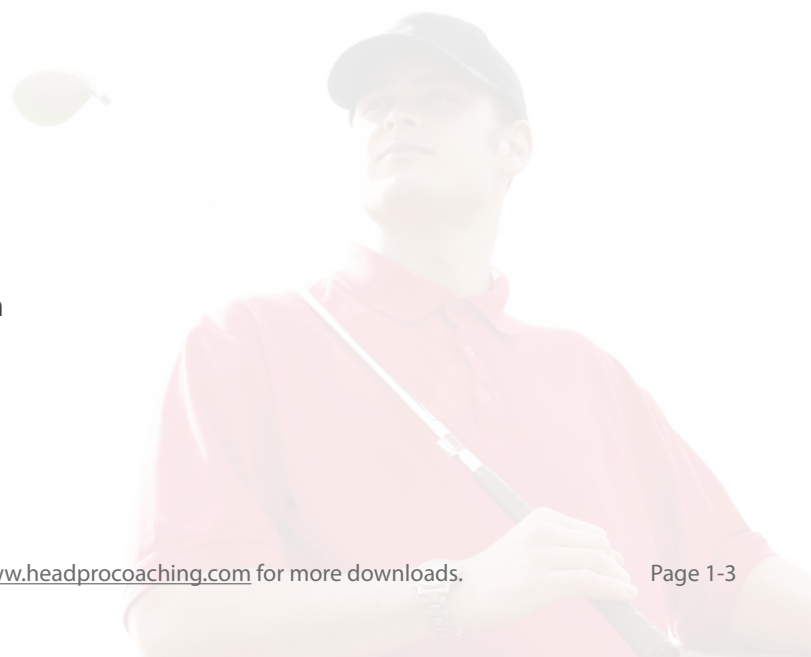
**Step Three:** Choose a target down the driving range. One of the flags or a sand bunker will do nicely.

**Step Four:** Using your favoured club, hit six balls towards the target. As you do so, notice exactly the “feel” of each swing. And, after each shot, write down two things - first, whether you hit or missed your target, and second, your subjective judgement of the quality of each shot, on a scale of zero to ten, zero being “ouch, terrible!” and ten being “oh, perfect!”

**Step Five:** Now, hit six more balls at the same target, using that club that you hate so much – the one you'd normally have to be forced to use at gunpoint. And again, notice the “feel” of the swing and write down, after each shot, how accurate you were, as well as your subjective judgement of the quality of each shot, on that scale of zero to ten.

**Step Six:** It's now time for a little head work - sit down, relax, and remember exactly how you felt with those two clubs. Make a note of anything that comes to mind. How did you feel? Which parts of your body were relaxed, which were tense? Did any thoughts cross your mind as you took those swings? What about your breathing patterns? Do you even remember what they were, or what they felt like?

**Step Seven:** Repeat the previous three steps twice, that's six strokes with the good club, then six with that club you hate, make notes of the points you were asked to be aware of ... then repeat the process one last time. And, when you're finished, keep your results until the next episode of this podcast when the real work starts on improving your mental game!



# The 20<sup>th</sup> Hole at Five p.m.


The Mental Coaching Podcast for the Best Game of Your Life

## 3. Cheat Sheet

This is a handy ready-to-print cheat sheet for your golf bag. Print it and take it with you on the driving range, putting green, golf course, or front lawn to improve your game.

### HeadProCoaching Podcast Cheat Sheet

for season 1, episode 1, "What's Between Your Ears"

 This is a two-part exercise which will be continued in season 1, episode 2.

#### *Suitable Context(s) for this Exercise*

Driving Range  Putting Green  Golf Course  Front Lawn  Living Room

#### *Synopsis*

Using the HeadProCoaching Baseline Evaluation Scorecard (BESC), assess your driving range performance and establish a baseline from which to work during the next exercise. You need two clubs and 36 balls.

#### *Action Steps*

1. Choose your "best" and "worst" club from your bag. Write them down\* on the BESC.
2. Choose a target on the driving range. Write it down on the BESC.
3. Hit 36 balls towards the target and fill out the BESC. Take your time. For each shot, perceive the left/right and front/back aberration from the desired target and note the "feel" of the swing and shot.
4. Keep your filled-in BESC until episode 2, where you will learn how to improve the handling of your "worst" club by means of mental coaching.

\* Writing down the information is vital. In a personal coaching session, your coach takes care of remembering those minutiae. However, at times when you are your own coach, you can assist yourself by taking as much information as possible out of your head and onto some paper.

HeadProCoaching Podcast Cheat Sheet for Season 1 Episode 1, "What's Between Your Ears?"  
Copyright © 2007 Mathias Maul M.A., [www.headprocoaching.com](http://www.headprocoaching.com). All Rights Reserved.

cut here 

# The 20<sup>th</sup> Hole at Five p.m.

The Mental Coaching Podcast for the Best Game of Your Life

## 4. Baseline Evaluation Scorecard

With the Baseline Evaluation Scorecard (BESC/1) on this page, it's easy to quickly assess part of your gameplay on the driving range. The BESC is the basis for many HeadProCoaching techniques.

### How to Use the BESC

First, determine your two "best" (most favoured) and "worst" (least favoured) clubs. Hit 18 balls at a pre-determined target on the driving range, alternating the clubs with each set of six shots.

For each shot, enter the following data into the columns of the BESC:

**Columns 1 and 2:** Did you accurately hit the target? Write down the precision in columns 1 and 2: For example, if the ball veers off to the left, make a tick mark at "left" in column 1, if it hits the ground behind the target, tick "back" in column 2. A perfect hit is recorded as tick in the "center" fields of both column 1 and 2. Shots with your "best" club are marked in **green**, shots with the "worst" club are marked in **red**.

**Column 3:** Assess the subjective quality of your shot (SSQ) on a scale from 0 to 10, where 0 means "absolutely awful" and 10 means "great shot!" Take your time at evaluating the SSQ but don't think too much. Learn to effortlessly perceive your "gut feeling".

In the example below, shot no. 6 (with the "good" club) was a near-perfect hit with an SSQ of 9, and shot #7 (with the "bad" club") veered off to the left and went behind the goal, with an SSQ of 4:

6		X			X		9
7	X					X	4

*ps. Keep your old BESC's! You will be surprised about your improvements when you look at them after following the HeadProCoaching podcast for some months.*

### HeadProCoaching Baseline Evaluation Scorecard

My **best** club: \_\_\_\_\_ My **worst** club: \_\_\_\_\_ Target: \_\_\_\_\_

Date: \_\_\_\_\_ Location: \_\_\_\_\_

#	Target Accuracy						Subjective Shot Quality 0=☹ ... 10=☺
	left	centre	right	front	centre	back	
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							
32							
33							
34							
35							
36							

HeadProCoaching Baseline Evaluation Scorecard  
Copyright © 2007 Mathias Maul M.A., www.headprocoaching.com. All Rights Reserved.



# The 20<sup>th</sup> Hole at Five p.m.

The Mental Coaching Podcast for the Best Game of Your Life

## 5. Additional Resources

This section contains additional information about the topics covered in each podcast episode. As episode 1 is mostly concerned with a first assessment of your gameplay, there are no specific resources to be recommended for this episode.

However, there are three books that, in my opinion, are essential reading for anyone who plans to improve his or her game of golf. Those books are listed below.

If you have more recommendations, or any feedback to the HeadProCoaching podcast or e-books, drop me an email at [matt@headprocoaching.com](mailto:matt@headprocoaching.com).

All media mentioned below can be ordered via the HeadProCoaching shop at this address:

[www.headprocoaching.com/shop](http://www.headprocoaching.com/shop)

### **Eugen Herrigel: *Zen in the Art of Archery.***

A timeless classic that summarizes highly practical teachings about the core techniques of any meditative sport like no other. Any golfer will find striking and useful parallels between classical Japanese archery and golf.

### **John Maeda: *The Laws of Simplicity.***

A small and authoritative book about what's most important (and, sadly, most often absent) in golf: Simplicity.

### **Rick Reilly: *Who's Your Caddy?***

Hilariously funny—A look behind the scenes of professional golf by *Sports Illustrated* author Rick Reilly. Also available as audiobook.

