

## Overcoming the Challenge of Trusting Your Swing and Choosing Confidence

For Henrik Jentsch – 12 August 2025

Building confidence in golf is not a matter of luck — it is a deliberate decision and a skill developed through consistent training. The best players choose their thoughts with intention, focus on clear and specific targets, and trust the swings they have already built through practice.

When you overthink mechanics during play, you interfere with your body's natural ability to execute. To perform at your best, you must:

1. **Choose a confident thought** before every shot — short, positive, and actionable.
2. **Picture your target clearly**, using your eyes to “play” the shot before it happens.
3. **Commit fully** to that image and let your swing respond without interference.

Confidence grows when you repeat this process until it becomes instinctive, allowing you to play freely, accept results without judgment, and move to the next shot with focus intact.

### 1. Why this matters

Confidence in golf is not a mysterious feeling that appears by chance — it is a deliberate choice and a trained habit. Players who maintain confidence under pressure have learned to direct their thoughts toward what helps them play well: clear targets, positive images, and trust in skills already built through practice. Overthinking mechanics during play interferes with the body's ability to execute freely.

### 2. How to apply it in the moment

- **Step 1: Choose your thought**  
Before every shot, pick one clear, confident thought — for example, “*smooth to the target*” or “*trust the swing*”. This replaces doubt with a cue you can control.
- **Step 2: Picture the target vividly**  
Use your eyes to “play” the shot before you swing — see the ball's flight, its landing spot, and how it will roll. Keep the picture simple and specific.
- **Step 3: Commit and swing**  
Once you've pictured the shot, stop thinking about swing mechanics. Focus entirely on the target picture or your chosen cue word. Let your body respond naturally.

### 3. Practice routine to ingrain it

- On the range, hit 10–15 balls using full pre-shot routine:
  1. Pick a target.
  2. Visualize ball flight for 2–3 seconds.
  3. Say your cue word out loud.
  4. Swing with full trust.
- Rate your commitment (1–5) after each shot — not the quality of the shot, but how fully you trusted your swing.
- Aim for consistency in your commitment rating, not perfection in ball flight.

### 4. How to know you're doing it right

- Your mind feels quieter over the ball.

- You recall the target picture more clearly than any swing thought.
- Even if the shot misses, you can accept it without frustration because you know you committed fully.

## 5. Common mistakes and quick fixes

- **Mistake:** Slipping back into mechanical thinking mid-swing.  
**Fix:** Shorten your pre-shot routine to keep your mind from wandering.
- **Mistake:** Visualizing too much detail, leading to tension.  
**Fix:** Keep the image simple — one flight shape, one landing spot.

## 6. Long-term confidence building

- Keep a “confidence journal”: after each round, write down three shots you committed to and executed well, regardless of the result.
- Review these before your next practice or round to reinforce the belief that you *can* trust your swing.