

NAME of Athlete

Wang Jie

## ISSUES

This driven athlete appears to have become frustrated at his poor performance with the putter which is possibly hindering his performance progress and ambitions. He is suffering from depression and fatigue, which is manifesting in outburst of anger even to his own Family.

TECHNIQUES to improve the negative aspects of his moods

Golf is a game of sound body & mind; of being well organised and prepared; of being patient; of being confident; of being faithful to your swing/putting stroke; of being in the moment and focused entirely on the shot in hand; of moving on from the previous shot/putt regardless of it's outcome - Mark Twain said "The inability to forget, is infinitely more devastating than the inability to remember."

Strengths/Opportunities :- 27 years old; Married with a Son; Well educated; Bilingual; Excellent Top 10 finishes - Ranked 11th; Has investments.

Weaknesses/Threats :- Mood issues; Depression; Anger; Sleep deprivation/fatigue; Erratic putting(long); Wayward drives.

Body - It is essential to be in excellent physical condition to be able to withstand the physical demands imposed by having to play 4 rounds of golf over 4 days, as well as cope with the relentless practicing needed to be able to compete with the best Golfers on your PGA Tour. Fitness and strength have become hall marks of top modern tour professional golfers. Wang Jie is already a powerful athlete and he should work diligently to maintain/increase his fitness and strength - this is one of the Controllables he must build into his regular routine.

Mind - Essential mental attributes include unwavering self-belief/self-confidence; inner calmness; total focus/concentration; decisiveness; skill of imagery; positive attitudes especially to learning from success & failure and from Others, and concerning winning; mental toughness; determination and commitment; resilience; high achievement-orientation.

Wang Jie will benefit from Yoga/Meditation & Breathing training, as well as goal-setting as taught in the Secrets of Asian Sports Psychology. Use of a Daily Journal will also enable him to track his moods, and the causes of the mood/changes in mood, as well as recording the efficacy of strategies to control the moods/mood swings; Wang Jie should also record his feelings of Self-Confidence as this aspect may be linked to the Mood Issues.

PSYCHOLOGICAL skills technique(s) that could help him improve his putting. A Holistic approach is needed as putting alone is not necessarily the cause of Wang Jie's problems.

One technique that will be beneficial is Concentration Training/Centering/ Responding to Errors using Parking & Editing skills. Another is Imagery (WYSIWYG).

COMMENT:-

I would like Wang Jie to use some of his non-golf time to learn the games of Darts and Snooker as these are similar activities to golf, but performed in very controlled environments. Both games require consistent mechanical movements, as well as intense focus on small targets, and to be successful the athlete needs to have full concentration whilst performing - this will give him ample practice with the techniques/skills/training suggested above in non-threatening environments. He can then more easily transfer these techniques/skills to his day-job.

