

Feedback loop

Engaging with Your Coach: The Feedback Loop

One of the most powerful aspects of practice is the rich opportunity for feedback it creates between you and your coach. As you embark on this structured practice journey, I encourage you to maintain an open, ongoing dialogue with your coach.

Here's how you can make the most of this relationship:

1. **Share Your Scores:** After each practice session, share your scores with your coach. Don't just focus on the numbers; discuss what you felt went well and what challenges you encountered.
2. **Seek Feedback:** Your coach can provide insights that might not be apparent to you. Discuss your skill level, consistency, and the reality of your first shot. Be open to constructive criticism and use it as a stepping stone for improvement.
3. **Set Goals Together:** Based on your scores and feedback, work with your coach to set realistic, achievable goals for your next sessions. This collaborative goal-setting can be incredibly motivating and can help tailor your practice to your specific needs.
4. **Reflect and Adjust:** After implementing your coach's feedback, reflect on any changes in your scores and how you felt during the session. Continuous reflection and adjustment are key to evolving your skill set and moving closer to your golfing goals.

Remember, this practice method is not just about hitting balls; it's about developing a deeper understanding of your game and forging a stronger, more productive coach-player relationship. So, share openly, listen intently, and let every piece of feedback guide you to your next breakthrough.