

Published based on [Strategy To Decrease Your Golf Handicap](#)

Strategy To Decrease Your Golf Handicap

Be early, appear in the golf course at least thirty minutes before the game

The usual golf player that are known for arriving just in time ahead of the game starts are the amateur players. One helpful tip is to never hurry in visiting the course, take a time off before arriving. When you get there you can go over your preferred [golf swing tips](#). One tip is to relax your mind and listen to your favorite songs, advisable music are the ones that are soothing and calming. Relaxing will assist the player's mind concentrating on his aim and improve his game.

Get Changed After Booking In

Check in first at the pro shop before preparing yourself and changing. Checking in first will allow you more time to prepare physically and psychologically ahead of the game, in that way, you will exclusively think only to the sport and won't be bothered anymore in the waiting line. This will provide you lots of time to picture the golf swing basics and get yourself together ready for the game ahead.

Sort Out and Arrange The Material Inside Your Golf Bag.

Organizing your gears is very important to ensure that everything you need is very accessible and can be readily given so that you can focus solely on your shot at tee time.

Spend ten minutes warming up on the range.

Warm up is really important to every sport, this helps loosening and relaxing the muscles, so commence with gentle wedges and then gradually increase the pace. Do not tamper with your technique.

Establish Your Rhythm within Five Minutes.

Just as the range is not the time to rebuild your swing, the putting green is not the time to work on the mechanics of your stroke. The ball should be able to roll smoothly and correctly when putting. Hit several long-range putts and finish by holing several two-footers.

Tips On Curbing First-Tee Nerves

Professional golfers have plenty of experiences that helps them throughout their course, and one of these is the first tee, first tee is important and it can set the whole game. Every player often fears or feel nervous throughout the first tee shot, but they must keep in mind that there are different ways to better the game, just stay focus on the aim and never think on anything else.

Even the most famous golf players such as Tiger Woods and Nick Faldo experience some anxiety throughout the game, and it is quite normal for everybody. Use your negative feelings in a good way that will help you aim properly to your goal. Here is a checklist to assist you to overcome the first-tee jitters:

- Being nervous would wreck your whole system, making you unable to aim well, therefore, relax and slow down a bit in your routine.
- Never change your pre-shot routine. You will feel at ease and comfortable with the identical strokes that you are using, it will save you from anxiety while putting.
- A good player ought to be able to properly do the warm ups, this will help her or him calm the nerve muscles and concentrate on the first-tee.
- Use your time in the tee count, utilize it to anticipate what you should do.

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