



Find Your Golf DNA Video Collection

Considerations Regarding Attention Focus

Run time 15 minutes

This instructional video covers:

- Questions such as; where should a golfer place their attention to perform optimally
- An interview with professionals regarding where they place their attention
- A lesson from concert pianists
- What are the 'yips'
- An academic look at attention and focus
- The dangers of over control of the movement system
- Neural plasticity and adaptation
- Is there a different way, a better way

