

The Playing Zone

Minds Eye

What is the playing zone?

You appear to have more time
The ball appears larger
The gaps appear bigger
You get into a flow

Where is the playing zone?

A Room that Resides in the mind

How do you enter the zone?

Relaxed Concentration
Stilling of the Mind

How do you make the zone work?

Disciplined Simplicity
Focus on the keys

Results of being in the zone

Effortless Effort
Stillness in Motion

Playing Zone



To obtain more information on coaching visit,
www.beawinningcoach.com