

## PODCAST: GOLF LESSONS

### EPISODE 1: DEVELOPING CONFIDENCE WHEN PLAYING GOLF

**Listen to the podcast and choose the right options.**

1. Confidence is more important in golf than in other sports because
  - a) you only depend on yourself.
  - b) it tests your emotional intelligence.
  - c) it isn't a contact sport.
2. Your game will improve if
  - a) you take along your clubs and other accessories.
  - b) you're able to control your thinking.
  - c) You remember there will be no physical harm in the green.
3. A common mistake is to
  - a) Think about your next shot before finding why you failed the previous one.
  - b) Forget the basics.
  - c) Think about what others think when you fail a shot.
4. Try to play with people who
  - a) Strive for perfection.
  - b) Enjoy the game.
  - c) Are always silent when playing.

5. An effective technique to reduce fear on the golf course is to

- a) Focus only on your game.
- b) Take your best friends with you.
- c) Ignore the other golfers.

6. You should smile before every swing because

- a) You will look better in the pictures.
- b) It will distract you from your stress.
- c) It helps to relax your face and makes you feel better.

