Transition Training Journal

Transition game	**Goal**		**Visualization**			**Potential Process goal**
	Target	Score	See	Hear	Feel	
Speed Golf	Level par, 6 minutes, 2 holes	+1 and total time of 6.32	Target focus		Heart rate reducing, soft hands on walk to ball.	Soft hands on practice swing. Look at target on walk to the ball.
Reverse Golf	Level par for 4 holes	Level par	flight tracer line	Swoosh of the club		Always refer to my yardage book