

Ene situation that every golfer knows: a Monday tournament at your home club, two players teeing off. One is known, the other is a stranger.

the. His greeting makes me want to go round. "Hello, how nice, a new face. Well, we're going to have a lot of fun." It would have been nice. It was thanks to him that things didn't turn out the way they did. He was the one who had to tell us about the rules and

BY MARTINA GOY

The many questions on the subject of etiquette turned an entertaining Sunday into a tricky round with zero fun factor. My result was accordingly. Even letting the tournament be a tournament and abandoning the round was an option at times. After all, golf is supposed to be a leisure activity.

Marion Klimmer laughs when she hears this story. "It's good that such runs are not the rule. Otherwise this wonderful sport would have a membership problem at some point," she says. We have arranged to meet at her home course, the Ahrensburg Golf Club, so that I can learn to get a better grip on my emotions with the help of a mental coach. Because not acting out disappointment or anger, but continuing calmly and level-headedly is a must in this sport of concentration.

The long-suffering husband has something to say about this. Especially in the early years as a would-be golfer, I tried his patience quite a bit by throwing clubs, cursing, and yes, I confess, sometimes even pushing over the bag. But that's another story. Marion Klimmer, at any rate, is an expert. With her agency Klimmer Coaching & Training, she mainly prepares managers, but also amateur and professional golfers for their peak performance moments. And this also includes so-called emotion coaching.

We start our game on this sunny morning at hole eleven, the so-called "horror" hole in Ahrensburg. The small lake lies idyllically in front of behind us rises on a hill. The women have to cover a little more than 120 metres. My partner walks confidently to the green.

tee, every fibre of her body- pers signals: I can do that! One look over, one process, and her ball flies over in a perfect flight line and lands precisely half a metre next to the hole. Of course she is the better player, I knew that beforehand, but does it have to be such an impressive first shot?

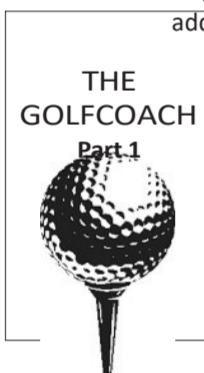
It comes as expected. My first shot disappears hopping into the nearby bank. Feelings of shame spread. "Stop," Klimmer says when I try to apologise. "Stop with the negative thoughts. Do the Wingwave exercise and you'll feel better." You can read about the usefulness of this method. "This is how the best coach themselves" is the name of the book Klimmer published by Redline Verlag. In addition to conversations with Xing founder Lars Hinrichs, Hamburg's former mayor Ole von Beust or ZDF sports presenter Katrin Müller-Hohenstein about personal peak performance and the sometimes rocky road to it, it offers help for self-help, a guide to self-coaching. Also or especially on the golf course.

So take a deep breath. Calm down. And then make quick movements with your eyes from left to right. This lowers the stress level, says Klimmer, and releases blockages. Then a second attempt, and lo and behold, my ball also lands nicely on the green. Immediately, I feel a little happiness spreading through me. I can only just stifle a satisfied grin. "Go ahead," Klimmer says when I confess my feelings. "Feel free to rejoice. Anything that feels good feels good." After all, the sport with the little white ball is considered a "mind game".

Although a golf swing is executed calmly, the list of potential disruptive factors is large: from one's own nervousness and tenseness to the feeling of being in a bad mood. "Violent fantasies" in the direction of unpleasant flight partners. "Wins start in the mind," says my coach for the month. "That's a truism. But I am always amazed at how unprepared most people are for such situations."

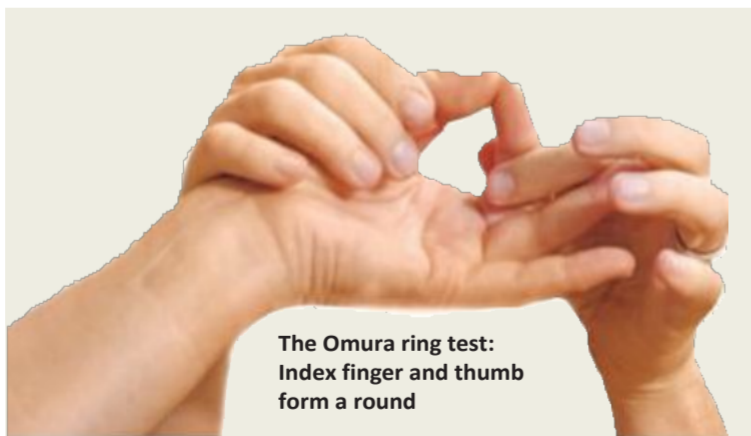
Marion Klimmer had actually wanted to become a teacher of religion and French. But already after her first state examination, she began to have doubts,

and so instead of going to the classroom, she ended up in the stress situations. She worked in the marketing departments of successful companies such as Beiersdorf, Vattenfall and Otto. In addition, she quickly discovered that



to help the people there cope with stress situations. She found that bringing out the best in people was exactly her thing. Ten years and various coaching trainings later, she became self-employed and turned her hobby into her profession. Today, in addition to corporate clients from all over Germany, she also has very special clients: Golfers of all categories. "Even my fa-

milieu sometimes calls on my help." Klimmer, a passionate skier and squash player, owes her love of golf to her parents. The discovered not discovered the new sport for themselves They only discovered the new sport when they retired, but they quickly became so enthusiastic about the game that they also gave their daughter and her husband a trial course. And that's when it happens: "I knew immediately that this was it," says Marion Klimmer.



The Omura ring test: Index finger and thumb form a round

In the meantime, she has improved her handicap to 10.5, a more than remarkable achievement for a working amateur. But it can only be achieved with a lot of practice. In her club in Ahrensburg, Marion Klimmer is a legend in this respect. "When the others went out for a round, I preferred to stay on the driving range and hone my shots," she says. That earned her a reputation as a nerd among some. "But I can live with that," she says, "I enjoy practising."

My golf philosophy is a little different. I find practice boring (except with Bruce, my favourite pro), and prefer to go for a round instead. The lack of practice, however, means that I am faced with almost unsolvable problems on the golf course from time to time. In the bunker, for example.

For a better handicap, golfers are prepared to go all

to try. In a new series we present different possibilities to this. Part 1: The

mental coach

But Marion Klimmer also knows here Council. She leads me to one of the sand caves I hate and tests me with the so-called Omura ring test.

Under my pronounced exercise aversion. I have to form my index finger and thumb into a round. She asks questions about my learning experiences, and tries to open the finger ring with each answer.

Theoretically, this method is based on the realisation that our hands occupy a large control area in the brain. If the conduction system in between is irritated, for example by childhood memories, "trauma

In the event of a "stress", illness or injury, muscular reactions occur within fractions of a second - as an expression of "stress".

"This allows the coaching approach to be found very quickly."

But this time the methods don't work. The riddle of my bad bunker shots cannot be solved quickly. Nevertheless, Klimmer says, admitting that you need not only the help of a pro to improve your technique but also human support is a step in the right direction. "For most recreational golfers, mental training is still a taboo subject. Everybody has problems, most of them want to get better, but accepting help is not that widespread. Surprisingly, this even applies to top managers, she says."

My next challenging shot on our small round is a shot with the five wood. For some time now, the number of perfect hits with this club has become manageable; every now and then I top the ball. My mental coach has a simple piece of advice: "Think of a successful shot. Sounds good, is worth a try, and indeed my ball suddenly flies high and far. Even further than my professional companion's shot! But the joy doesn't last long. When she reaches the green, she plays a very good approach and holes a putt. I need two more strokes. So much for chasing the long shot!"

Later, over coffee, we talk about the question of fees. An hour of mental coaching in golf with Marion Klimmer costs 150 euros. An hour with a coach is usually cheaper. Marion Klimmer smiles. "It's all a question of consideration and investment," she says. Business coaching is one price class more expensive. And then she tells the story of a teenager who was on her way to a plus-four handicap with her brilliant golf game. A

serious illness destroyed her. However, mentally, the game of golf was complete. A kind of muscle twitching when putting made the young woman despair. Then she accepted help. "We have spent four hours

worked together," says Klimmer. "After that, her excellent short game was back."

Of course, the following weekend I tried out my new insights into serenity. Eyes

rolling on the tee, deep breathing between and positive thoughts while moving from one hole to the next - it worked brilliantly for seven holes. Then flew over

quickly a tee shot into the water and That was it for inner peace and balance. Maybe I should invest in another "treatment" with Marion Klimmer and her coaching strategies.



Exercise in the bunker: The eyes of golfer Martina Goy (l.) follow the hand movement of coach Marion Klimmer. Negative thoughts are to be blinked away in this way

Simply wipe away the bad

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