

THE 5 GEARS OF PERFORMANCE

1st Gear: Learning Gear

- Modes of learning: See, Feel, and Hear

2nd Gear: Application Gear

- Practice, Experiment, Record Results

3rd Gear: Playing Gear

- Preparation, Use of learned method in competitive environment. Record Results.

4th Gear: Performance Gear

- Competence: Understanding: I KNOW "How" and "What" makes it work.
- Confidence: Belief, Based on Gears 1, 2, and 3.
- Trust: Total Commitment to PROCESS.

5th Gear: Separation Gear

- Elite Performance
- Outperforming the field by mastering all 4 gears in sequence.
- **"Good players practice until they get it right, GREAT players practice until they get it wrong."**