

Ready...Set...Go!

When you watch golf on TV, one of the things you will see all players do on every shot is a “Pre-Shot Routine”. They have routines for their full shots, short game and putting. These routines are specifically tailored to the individual player. The main purpose for a Pre-Shot Routine is for the brain to tell the body what it needs to do once the swing is in motion.

The famed sports psychologist, Dr. Bob Rotella, calls it “See It, Feel It and Trust It”. What he is referring to is seeing the shot in your head, feeling it and trusting it once you are over the ball. At first, building a routine can be a little distracting while playing. But just as everything in golf, with practice it will become automatic. So here are the keys to building a Pre-Shot Routine that will fit your specific needs:

1. *Start Behind the Ball*

All thinking should be done behind the ball (A). This is where you want to assess the shot (yardage, slope, wind etc.). The most imperative step at this stage is to select a club that you can commit to 100%. Rotella says the only unacceptable shot in golf is an uncommitted one.

2. *The Rehearsal*

Once you have selected the club and shot you want to hit, this is the most important stage of the process. While still behind the ball, you need to rehearse the swing you want to execute when over the ball. This is also where the routine becomes individual. You will want to incorporate your main swing flaws. For my routine I am always monitoring the connection of my arms and the length of my backswing. I start by taking the club back imagining I had a rope tied around my arms (B) in order to take the club back on the proper path vs taking it to the outside. The second thing I will rehearse is making sure my backswing does not get too long. I accomplish this by exaggerating a short backswing. I try to feel the shaft standing straight up and down (C).

3. *Go Time!*

Now that you have committed to the shot and rehearsed the swing, it is time to go! This is the stage where the brain needs to shut off. Give yourself a second to get set, address the ball and just go.



A



B



C

Golf is a game of misses. Jack Nicklaus said that he only hit 2 perfect shots a round in his prime. But he followed that up by saying that he always made sure he was committed to every shot he attempted. For help with building a consistent, repeatable pre-shot routine or to book your next lesson please visit:

www.brianflugstad.com