



Full Swing Pre-Shot Routine

The pre-shot routine is a series of thoughts that will trigger the subconscious mind to perform the appropriate golf swing motion. By following a repeatable, consistent pre-shot routine you can help to bring more consistency into your golf game.

Think Box Phase – helps determine the best strategy to get the desired outcome

1. Assess the lie of the golf ball
2. Determine the yardage
3. Analyze the conditions of the shot ie: elevation, wind, pin placement, obstacles

Commitment to Swing–

Practice Swings - a positive feel provides an imprint of the upcoming swing.

Focus - focus on the shot about to be executed that involves a swing thought.

Feel - feel the rhythm and tempo of the shot about to be executed.

The Mental Program

Final Point of Preparation –

1. look at the target while approaching the ball.
2. align your clubface to the target.
3. first look at the intermediate target to confirm clubface alignment.
4. set your feet to the clubface.
5. take your second look at the target.
6. eyes back to the ball
7. say "your" word or number then start your swing.

Point of Focus –

- this is the most critical of the steps in the Mental Program that starts with the last few seconds before the player starts the swing.
- it is a word, number or thought that occupies your conscious mind.
- it must be simple, duplicable, thought is player specific
- word examples are fluid, flow, smooth, rhythm, warm, loose, light, silky.
- repeat the word to yourself the entirety of the swing. This will help you occupy your prefrontal cortex This helps calm the thoughts that invade our swing motion.

Always focus on the process not the result