



## **Developing a Pre-Shot Routine Can Transform Your Game**

So what exactly is a pre-shot routine and why do we need one? A pre-shot routine is the time you spend preparing to hit the golf ball just seconds prior to hitting the shot. It's important to know that according to the Royal and Ancient (R&A) the time allotment to hit a shot is 40 seconds with slightly more allowed under special circumstances.

The main essentials in a pre-shot routine would be:

- picking a target,
- relaxing your body
- clearing your mind
- visualizing the correct shot

How many of you respond to a bad shot that disappears into the water by saying, "I just knew I was going to do that!" Or if your approach shot strays into a greenside bunker, "I thought that was going to happen." They are both examples of how powerful your mind and pre-shot actions are because you achieved what you told your ball to do! Good players would see the ball nestling against the pin, or they would feel that center face contact with the clubface. Now that we know you must pick a target, have your body relaxed and your mind clear so you can visualize a good shot, we will to create a "routine" to incorporate these key essentials. This will give you the best chance to hit your intended shot.