

Pre-Shot Routine Playbook: Elevate Your Golf Performance

Mindset for the Moment

This is all about routine, routine, routine. A strong pre-shot routine provides structure and consistency you can rely on, especially under pressure. It's your personal process – unique to you – that helps you stay composed, focused, so you can perform at your best.

While the framework below provides guidance, the key is to make it yours. Experiment, adapt, and refine so that it feels natural and works for you. Once you've honed it, trust it completely.

Your routine is your foundation for achieving clarity, intensity, and precision – what we call a "Blue Head." You'll use tools like a "good shot" memory bank – recalling a great past shot with the same club in a similar scenario – to reinforce confidence and focus.

Key Principles

Time Discipline

In general, studies suggest that an effective pre-shot routine should take eight seconds or less from the time you're in your stance to hitting the golf ball. This timing helps maintain focus and reduces the likelihood of overthinking. For instance, Tiger Woods, during his peak performance years, maintained a pre-shot routine lasting between 7.5 to 8.5 seconds from the moment he addressed the ball to execution. This consistency contributed to his exceptional performance.

Feel the Blue Head

Anchor to feelings of comfort, commitment, and calm – your foundation for peak performance.

Personalize It

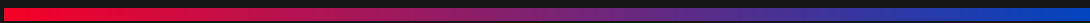
Every golfer is different. Your routine must reflect what works best for you. Use these steps as a guide, but it's the routine you trust that matters most.

Elements that can be included

0  100

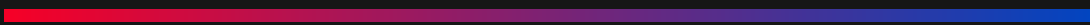
1. Ritual Physical Action

- Breathe: Take one deep belly breath – inhale for 4 seconds, exhale for 6 – to release tension and centre yourself.
 - Movement: Use subtle foot movements to create balance, ground yourself, and establish rhythm.
 - Scoring: Rate your relaxation on a 0–100 scale before stepping into the shot.
 - Coach's Tip: As you exhale, imagine releasing any negative or distracting thoughts.
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2. Visualize the Shot

- Action: See the shot in your mind. Whether you imagine a vivid ball tracer showing trajectory, speed, and spin, or have a simpler picture, go with what works best for you.
 - Scoring: Rate the clarity of your visualization on a 1–10 scale.
 - Coach's Tip: Use a keyword like "Smooth" to set a positive intention and reinforce your focus.
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3. Align and Commit

- Action: Approach the ball and align with purpose. Commit fully to your club and target.
 - Timing: This is your key to controlling the shot's execution.
 - Scoring: Assess your commitment on a 0–100 scale.
 - Coach's Tip: If there's any hesitation, reset and start again. Your routine is built around commitment.
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4. Practice Swing with Purpose

- Action: Make one purposeful practice swing, capturing the intended feel and tempo of the shot. For a challenging shot, like a delicate chip over a bunker, take more practice swings if needed.
 - Scoring: Rate your connection to the swing motion on a 0–100 scale.
 - Coach's Tip: Focus on tempo and feel. This is about finding your rhythm and committing to it.
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5. Execute with Intent

- Action: Step into your stance, settle into your routine, and execute the shot with complete trust.
 - Timing: Allow yourself up to 15 seconds to execute.
 - Scoring: Reflect on how composed and focused you stayed during execution, using a 0–100 scale.
 - Coach's Tip: Let go of outcomes and focus on the process. The routine is your anchor.
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Why Routine Matters

Routine isn't just about structure – it's about freedom. When you have a process you trust, you free your mind from distractions and second-guessing. You've prepared, you've practiced, and now you perform.

- But remember: your routine must be personal. These steps are a guide, but the best routine is the one you own – one that feels natural, supports your focus, and works for you. Once it's in place, lean on it. Routine, routine, routine – that's the key to performing under pressure and maintaining your Blue Head.
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