

Pre-Shot Routine Playbook for Golfers

Objective Mindset for the Moment: Develop a repeatable, timed pre-shot routine to enhance performance, manage pressure, and maintain a Blue head. This pre-shot routine emphasizes structure, focus, and control of attention, empowering golfers to approach each shot with Blue Head (Clarity, Intensity and Accuracy)

Key Components

1. **Time Limit:** 25–30 seconds (from start to finish).
 2. **Key Blue Head Feelings:** e.g Comfortable, Committed, Calm.
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The 3- 5 Actions



1. Ritual Physical Action

Breathe Action: Take one deep belly breath (inhale for 4 seconds, exhale for 6 seconds) to reduce tension and bring your focus to the present.

Feet movement: To create balance, grounding for focus of attention and rhythm

- **Timing:** 10 seconds.
 - **Scoring:** Rate your relaxation on a performance scale of 0–100 before stepping into the shot.
 - **Tip:** Imagine exhaling any negative or distracting thoughts.
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2. Visualize the Shot

- **Action:** Picture the shot in detail, from the setup to the ball's flight and landing. Include trajectory, speed, and spin.
 - **Timing:** 5–8 seconds.
 - **Scoring:** Rate how clear and vivid your visualization is (1–10).
 - **Tip:** Use a keyword like "Smooth" to reinforce a positive intention.
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3. Align and Commit

- **Action:** Approach the ball and align to your target with purpose. Commit fully to your club and shot choice.
 - **Timing:** 3–5 seconds.
 - **Scoring:** Rate your level of commitment to the shot on scale 0-100
 - **Tip:** If not committed, reset before proceeding.
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4. Practice Swing with Purpose

- **Action:** Perform one purposeful practice swing with the intended feel and tempo of the shot.
 - **Timing:** 3 seconds.
 - **Scoring:** Rate how connected you feel to the swing motion on performance scale 0_100
 - **Tip:** Focus on tempo and the specific feel of the shot.
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5. Execute with Intent

- **Action:** Step up to the ball, settle into your stance, and execute the shot with full trust in your routine.
 - **Timing:** 5 seconds.
 - **Scoring:** Rate your ability to stay focused and composed during the execution 0-100.
 - **Tip:** Let go of outcomes and focus on the process.
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