

IMAGEN GOLF | THIS IS GOLF AS YOU'VE ALWAYS IMAGINED

Preshot Routine 101, The most Important Golf Fundamental You Probably Forget

Do you have a Pre-Shot Routine? Do you know it? Do you do it each and every time you strike a golf ball, even during practice? So many golfers have a Pre-Shot Routine for “some” or “most” of their golf shots but don't even know what their actual routine is when I ask them in a lesson.

A preshot routing is essential if we want to be consistent on the course. We don't want to be the golfer who makes a swing, hits a great shot, it finally feels right and we have no record of what we just did? Unfortunately, without a good Pre-Shot Routine it may never feel right, opening the door for tension and anxiety to creep into our game, and as we all know, tension and anxiety are the killers of both your Golf game and life itself.

While a preshot routing can't keep you from that occasional chunk, duff or thin shot it can reduce the likelihood of hitting another poor shot by almost 50%. For that reason alone the average golfer should employ a solid preshot routine!

Now, let's find a Pre-Shot Routine that we like, understand and rely on when it is time to make the swing. Understanding your Pre-Shot Routine will really help to keep the tension and anxiety levels way down and bring a constancy to your game. Watch the professionals on TV and you will see that they ALL have a solid Pre-Shot Routine.

At Imagen Golf we have videos of Tiger Woods going through his Pre-Shot Routine in 1997, 2001, 2006 & 2016 and today and in all the swings he made his Pre-Shot Routine never changed. It continues to be simple and consistent.

Some will tell you that Pre-Shot Routine involves selection of a club, checking the wind etc....and that is not wrong at all. For me though, it is after those other decisions have been made, and now it is time to execute the shot.

Here is My Pre-Shot Routine:

It starts about 10 ft. behind the ball behind the ball, looking down the line of play to get a visual for the shot I'm going to make. I'm standing perpendicular to the line of play, facing the shot line, I make 1 good practice swing, if it's a poor practice swing I'll take another as I'm looking to feel the swing that I want to make for that shot.

I step into the ball from the left, (I'm right handed) now I am behind the ball, with arms hanging low and trying to get as loose and relaxed as possible. I line the clubface up with my line or target with my bottom hand, my feet start together ball right in the middle of them, and I then take my stance from there, feet are about shoulder width apart. I take my grip, a waggle of the club and I'm set.

I now look back down the course to bring my line of play in, and pick a spot 3-5 ft. in front of me on that line. I am now staring at the spot. Now that I am in a good set-up position, confident and set all I have to do is make my swing. All of this happens in less than 2 minutes.

Balanced Finish:

Because my body & mind are set with this routine, tension and anxiety are kept as low a level as possible giving me the opportunity to execute the best possible swing.

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Study the professionals; watch for their Pre-Shot Routine and re-evaluate yours. Find a style that fits your game and practice it on the range. Remember, it is important to know and execute your Pre-Shot Routine every shot so that you will be prepared to make the best possible swing for the shot at hand.

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