

Pre-Shot Routine

[by Bob Menzies, PGA Professional](#)

One of the most under-rated elements of playing good golf is that of a good pre-shot routine. Of all the lessons I give yearly, rarely do I see a student set up to their shots with any form of a pre-shot routine. A precise pre-shot routine could certainly be the difference between a couple of shots lost/missed during a round. Having a good routine will help you in the following areas: it will properly align you towards your intended target, it will help to relieve tension prior to swinging, and it will enhance your focus to each and every shot that you play.

By watching the golf on TV, you'll notice that the Tour players ALWAYS have some sort of pre-shot routine. Some players' routines include that of standing behind their ball (looking down their intended target line) and picking out a spot on the ground about 1 foot in front of their ball -- straight down their target line. From there, they will then align their clubface squarely at their intermediate target (spot on the ground) - now knowing that they are aiming perfectly! Other players incorporate alignment along with additional characteristics, by beginning their pre-shot routine by pulling on a shirtsleeve or collar, for example. Something like that will initiate their pre-shot routine -- time and time again - making their routine as consistent as possible! Wanting your mind to have only positive thoughts is a big "must" in any good pre-shot routine. Moreover, an excellent pre-shot routine frees the body of tension -- and gets it ready to execute the next shot.

Whatever your pre-shot routine consists of, the key is to making sure that it is extremely repeatable. Consistency is the key here!