

FOCUS, FOCUS, FOCUS

It is virtually impossible to focus constantly for five hours on the golf course; however, it is possible to focus for short periods of time. Since golf is a target game, to play your best golf you need to be focused on your target rather than on your swing, as this will distract you from your main goal of getting the ball where you want it to go.



The ability to focus starts with your pre-shot routine, and the following should be applied in order to generate the necessary focus – when you need it.

1. Give consistency to your thought process.

ASSESS THE FOLLOWING:

- Wind direction
- Lie (good or bad)
- Shot selection
- Club selection

- Starting target
- Ending target

2. Give consistency to your practice swing.

- Make the practice swing the same as the type of shot you are going to play.
- 'Feel' the rhythm and timing of the particular shot.

3. Give consistency to the time spent going through the whole process.

- It is preferable to spend around 30 seconds going through the whole process, as too long a time or too short a time will result in you feeling uncomfortable over the shot.

One of the reasons why Tiger Woods is the best in the world is because he is able to switch off when he needs to, but then get back into his zone and focus on hitting the best possible shot. Trying these few steps will almost certainly help you to hit more consistent shots. ●



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