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GOLF SCHOOLS**

# PRE-SHOT PERFECTION



**I HAVE ALWAYS** felt that the pre-shot preparation you do before hitting the ball is as important as actually hitting the ball. By pre-shot preparation I mean everything you do from the time you get to your ball on the tee, fairway or green, until you hit the ball. This can be broken down into two processes:

The first is the evaluation of the shot: How is the ball lying (lie, slope, etc)? How far do I need to hit it? What are the conditions (wind, temperature, etc)? What type of shot do I want to play: aggressive or conservative? The other major factors that come into play are the human ones, ie how do I feel, am I swinging well and feeling relaxed and confident? The shot evaluation should not take too long and once all the information has been digested and the club and shot selection has been made, you are ready for the second part of the process.

Most good players begin this part from behind the ball as this is the best vantage point to visualise the shot and feel the swing you intend to make. It is also easier from behind the ball to pick an intermediate target (a blade of grass or twig) a few feet in front of the ball on the intended targetline to help with alignment. Once over the ball, have a practice swing or two to free up and a couple of waggles to feel the swing path, relax the hands, look at the target once more, and away she goes.

Now all of this might seem overdone, but there has never been a great player who did not have a consistent and repeatable pre-shot routine. The power of the subconscious mind is so strong that if you can make your pre-shot routine a habit, your golf swing will perform and repeat under pressure. Your routine may be a different one for full swings, chips and putts, but ingrain it in practice and I promise you your game will improve. ●