

# Pre-Shot Routine



## 1. The Definition of a Pre-Shot Routine

<https://youtu.be/MEQcheK5KMg>

## 2. Dufner and Bradley's unique pre-shot routines

<https://youtu.be/n2812yvkVU0>

## 3. The Process of a Pre-Shot Routine

<https://youtu.be/EFCSEMfYPiA>

## 4. The Decision Making Box

[https://youtu.be/nfvyF\\_plqc8](https://youtu.be/nfvyF_plqc8)

## 5. Jason Day's visualization key to his game

<https://youtu.be/48layjMts1Y>

## 6. The Think Box

<https://youtu.be/1Q8mmlemFlE>

## 7. Jason Day's Routine

<https://youtu.be/xXsyB3vP0Tg>

## 8. The Commitment Line

<https://youtu.be/Z9rmweF5vSM>

## 9. The Pre-Shot Routine with Annika Sorenstam

[https://youtu.be/NOVG\\_ewByxY](https://youtu.be/NOVG_ewByxY)

## 10. The Play Box

<https://youtu.be/5y51vmffKaU>

## 11. Principles of a Polished, Practiced and Perfected Pre-Shot Routine and WHY one is so important.

<https://youtu.be/3xaK-SnXcBo>

1. Keep it simple
2. Keep it short (+/- 30sec)
3. Have your own routine – don't copy somebody else's.
4. Don't mix up focus points during different parts of the routine.
5. Use Imagery (all 5 senses), not just visualisation.
6. Practice with a 'Commitment Line' between 'Think Box' and 'Play Box'  
Use an alignment stick or club during practice, if necessary.
7. Any INTERRUPTIONS = Re-set.
8. When over the ball, focus on target, and then start to zone in on the ball.
9. Pre-Shot routine is the start of every shot – Start Well!
10. If you are not committed to the shot, DO NOT HIT THE SHOT!!!

## 12. Pre-Shot Routine Thoughts of a Tour Pro

<https://youtu.be/v7E6jdyqcy4>

## According to the Pros:

- The mind messes up more shots than the body – **Tommy Bolt**
- "When I close my eyes I see a picture of myself. I visualize my swing go back, and go through, and I see the ball land and how it goes, where it lands, and how it bounces – **Jason Day**
- I'm a different man when I emerge. I'm activated. I'm in "the now", as sports psychologists describe a state of alert concentration in which the body moves by pure instinct, like a fish in a current. Nothing else exists but the battle ahead." – **Rafael Nadal**

## Reference List:

**LPGA Learning Center: Think Box vs. Play Box**

<https://youtu.be/L2kZYcBZJCc>

**Tiger Woods Best Swing Stops**

<https://youtu.be/v29FNHRpywA>