
Tip of the Week: Pre-shot routine

July 7, 2025

A good pre-shot routine is important to executing consistent shots. This routine should only take about 20 seconds. A single practice swing can be useful to loosen up as you start your routine.

1. **Take aim** - Stand directly behind the ball looking down the line toward your target. Pick out a spot on the ground and try to hit your ball directly over it. This will help you get the ball started on line more consistently and make your aim that much better.
2. **Step in** - Step toward the ball for your setup. Keep looking at your intermediate target on the ground. Make sure the leading edge of the club is perpendicular to this spot
3. **Grip the club** - Your hands are the lone connection point between you and the club, so it's crucial you nail this step. Allow your arms to dangle freely in front of you after you bend forward from the hips.
4. **Set your feet** - Make sure your feet are aligned properly aiming at the target and shuffle them around if you need to. Make sure you've got the ball position in the correct spot for the shot you want to hit.
5. **One last look** - With all of the above steps taken care of, it's time to take one last look at the target and lock in for the shot. This can be a great trigger to start your swing to tell your brain it's go-time.

Once you establish a consistent and repeatable 20 second pre-shot routine, you can swing the club confidently knowing you're in position to execute a high-level shot.