



**"Pre & Post Shot Routine"**  
by  
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### Student Profile

- Name: \_\_\_\_\_
- Learning Modality: \_\_\_\_\_
- Brain Dominance: \_\_\_\_\_
- Eye Dominance: \_\_\_\_\_

### Pre Shot Routine

- What is your Pre Shot routine?
- How long does it take?
- Do you approach the shots consistently the same way every time.
- Why is Pre Shot Routine so important

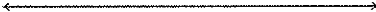
### Pre Shot Routine

- The **Think Box** versus **Play Box**
- Think Box is the utilizing the left brain. Play box is the engaging the right brain.
- Think box is the analytical left brain processing. Its where you think about yardage analyze the lie, make club selection.etc
- The **PLAY Box** is the sensory, creative place for your thinking. Its involves your intuition and imagery .Play box is about feel .its the JUST DO it Box...

### Pre Shot Routine

- **Think Box**- Calculate club selection , distance, wind, terrain, direction, etc.

Commitment & Trust Line



- **Play Box**- Manage emotions, Let the shot flow, Create the "Feel Good" Feeling, Just Do it Time 😊

### The Breath- The Key to Feeling Great



## Why - The Breath



## Breathing



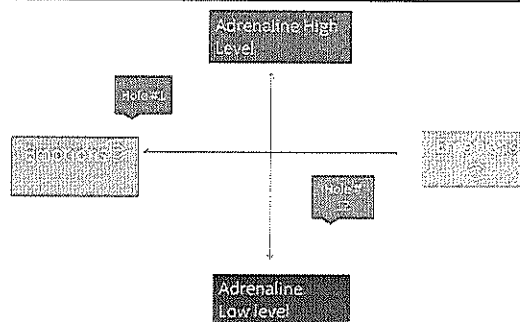
- The Breath is the Mirror to the Mind.
  - The Mind follows the breath and the body follows the Mind
- The breath oxygenates the cells and gives you a physiological relaxation state
- Breathing brings you back to the present.
- Breathing gives you energy during your round.
- Deep Breathing supports proper blood flow to the entire body relieving stress and tension in the muscles that inhibit movement
- Hardest part about golf is being into the present shot not the last shot or the next shot

## Breathing & Imagination



- Imagination component energizing good feelings
- The power of now is crucial to imagination. Be present with this shot not your last shot
- Balance the head and heart. Our souls know who we are and the ego tries to separate us from our essence
- The breath goes below thought and calms us down and engages our intuition the knowing feeling and awareness level

## Tracking Emotions



## Strategies for Success

- Act as if...
- Feel the mindset
- Imagine what you want..
- Feel as if...its what you think you deserve
- Tell yourself a different story this time
- "I AM Already AM THAT.....emotionalize and personalize it
- Surrender and allow things to flow and unfold...Trust in the here and now
- No need to know the how's and who's
- Detach from the outcome
- No judging before the shot Stay focus on the desire
- The past is gone and the future is not here yet..

## Post Shot Routines

- Is designed to proactively manage your emotions
- Acceptance
- Confidence
- Enjoyment/Fun
- Letting Go
- Commitment
- Appreciation

### Post Shot Routine

#### • ANCHORING & REFRAMING

- How do you currently anchor situations, feelings thoughts
  - I.e..Throwing clubs to negative self talk
- Are you taking action or are you reacting?
- What reactions are you having to your thoughts?
- Are you anchoring the negative thoughts or shots? Or the positive shots
- I.e.: Yelling at yourself ...stating "You stupid idiot...."

### Post Shot Routine

- Celebrate and anchor the good shots,
- Teach yourself positive affirmations
- Teach yourself "ACCEPTANCE"
- After each shot, state something positive about the shot and yourself
  - Great shots: Anchor it by stating out loud:...
    - "Now that is like Me" ☺
  - Bad shots: State out loud..."
    - Now that is not like me."
  - Release it and Bless it. Move on....
  - The past is gone and you can't do anything about the past except
    - Learn from it ☺

### ACCEPTANCE

- Golf is game of controlling the golf ball as well as our emotions around the golf course. Golf is shot to shot, day to day, course to course....How do you interact with all these elements will affect your performance...
- What can we control?
- What can't we control?
- What we cant' control do not bring it to focus or give it energy.
- What we focus on expands..both positive and negative situations..

### Reframe – "Change the channel"

- Teach yourself to reframe your thoughts by first catching yourself saying those things then reframe and if you don't believe it you won't anchor it in your subconscious
- Be nice to yourself by stating: "That's not like me and BELIEVE IT.
- Immediately stand at the same spot as the last shot and make a swing you like and see yourself performing the desired shot. This will take discipline but can be accomplished in a short time. Must be consistent on visualizing your desired outcome so you walk away FEELING GOOD.☺

### Reframing Strategies

- Visualization: See it... Love it... Act it
- Become Child like have fun again attitude. Children don't get scared. We have psychosis as we get older. Have fun again
- Attach emotion to great shots. The mind doesn't know any difference
- Love yourself again. Give yourself self appreciation. Celebrate the small successes.

### Positive Affirmations

- I'm a great putter
- I feel grateful today
- I love this shot
- I love this golf course
- Create your list



Lets Go "Play"



THINK & PLAY BOX EXERCISE