




Sue Wieger
 Golf Academy
A Learning & Performance Institute

“Pre & Post Shot Routine”
by
Sue Wieger, LPGA, M.Ed

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



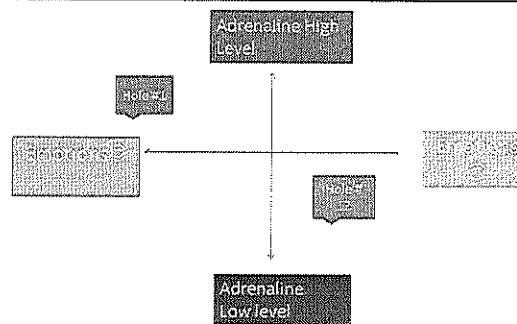
- The Breath is the Mirror to the Mind.
 - The Mind follows the breath and the body follows the Mind
- The breath oxygenates the cells and gives you a physiological relaxation state
- Breathing brings you back to the present.
- Breathing gives you energy during your round.
- Deep Breathing supports proper 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