

The Power of The Present

"I just stay in the moment. I never think one hole ahead. I'm not thinking about tomorrow. I'm not thinking about the next shot. I'm just thinking about what I need to do right now. It's very simple." – Brooks Koepka

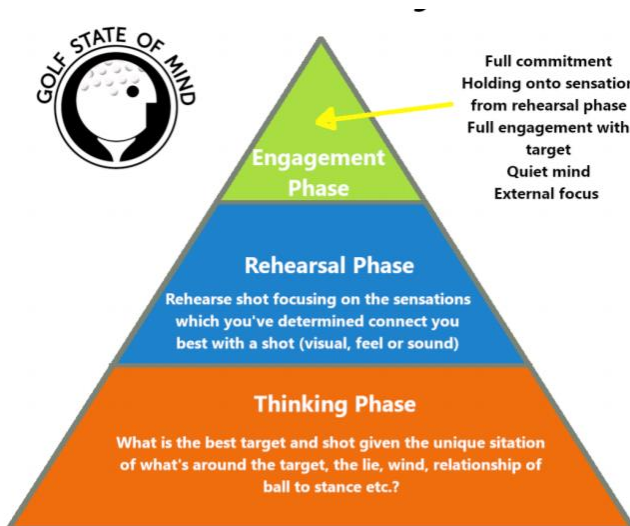
When you are "in your process" on the golf course, you are in the present - the two go hand in hand.

In golf, when you are thinking about the past, it's usually to think about missed opportunities or mistakes. When you're thinking about the future, it's usually to speculate about the consequences of different outcomes. Being in either the past or future can cause distraction from the task, performance anxiety and stress.

Being more present starts with awareness – you need to be aware of when you are no longer in the present and drifting away with your thoughts. What you focus on and how you feel before every shot, will influence the outcome.

The Phases of The Shot Routine

1. **Analytical/Thinking Phase** (Pre-Shot Routine) This part of the Pre-Shot Routine is about picking the best shot to hit, considering the unique demands of it.



2. **Rehearsal/Creative Phase** (Pre-Shot Routine) Once you've decided on the shot that is best for you and the situation, you'll need to turn your intention into sensations. What will the shot look, feel and sound like?

3. **Engagement/Athletic Phase** (Pre-Shot Routine) How will you walk into the ball and what will you focus on before starting your swing to ensure that you access your best athletic movement?

4. **The Shot** What will you focus on during your swing?

5. **Post Shot/Acceptance Phase** (Post Shot Routine) How will you accept and process the outcome of the shot?

THINKING PHASE

The better your relaxation in between shots, the better your concentration during shots. For this reason, every shot

should have a beginning and an end.

Making "good" misses "This is a game of misses. The guy who misses the best is going to win." - Ben Hogan

Adopt a "conservative-aggressive strategy", meaning swing aggressively at conservative targets. This allows for the inevitable dispersion in your shots.

If you're over a shot and you feel comfortable with your shot selection, your mind will be quieter and your swing more relaxed, leading to better shots. Simply put, if you don't have your "A game" take the pressure off by choosing easier shots.

Visualization "I never hit a shot, not even in practice, without having a very sharp, in focus picture of it in my head. It's like a color movie."

REHEARSAL PHASE

Use your rehearsal swings to create the feel of the swing you will need to make to execute the shot you intend and imagine what impact will feel like.

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Find an intermediary target to align to, that's closer to the ball. To find this target, we have to be looking down the ball to target line, not from over the ball.

The Engagement/Athletic Phase

Breathe! A deep breath before you start your walk into the ball is a good way to pause, center yourself in the present moment and get oxygen into your lungs.

Once you get over the ball, it's time to be "athletic".

Using Tension: Focus on reproducing your optimal tension level when you're over the ball. Focusing on the feel of your grip pressure is another way to keep your focus away from your thoughts on something external which will help you play better shots.

Using Feel: knowing what the shot will feel like. Feel of the whole swing or the impact position you want to get to. What is it that you want to feel in the swing?

The Shot

"Swing thoughts" should really be thought of as where your attention is during your swing or as "swing cues".

It keeps your mind focused on one simple thing instead of it wandering and over-thinking.

<u>Internal</u>	<u>External</u>
<ul style="list-style-type: none"> • "high finish" • "full shoulder turn" • "Starting the downswing when the shoulder gets beneath the chin" • "wide takeaway" • "turn in place" • "keep your posture" • "turn onto your left side" • "three quarter swing" 	<ul style="list-style-type: none"> • where on the ball you will hit • where the club will connect with the ground after impact (divot) • your connection with the ground (feet) • "Swinging to first base" (swing target right of actual target) • Swing to a spot on the grass (Wide finish with Driver) • Take club back to invisible catcher (wide take away)

A consistent tempo is a good measure of a consistent swing.

The Post Shot Routine

Accepting bad shots: you will hit some bad shots - You have to be comfortable with the outcome (whatever it may be), before you hit the shot. "No expectations", Tiger Woods has a "ten pace rule" (Count to 10)

If you miss a short putt or hit your drive OB, you can expect to feel disappointed or frustrated. This is perfectly normal. The key is to notice it and accept how you feel. Once you do that, you get the control to decide what to do next.

Anchoring good Shots: After a good shot, it's important that we anchor it and hold onto that feeling of the swing and the emotion for as long as possible. Fist Pump or Smile.

Take a positive from every shot: "What did I do well and what was good about that shot?"

Use a Post Shot Trigger Do something that ends the shot and puts it behind you such as the action of putting the club back in the bag.

Evaluate the shot :The first thing to ask yourself when reviewing a shot is: "did I achieve my process goals?"