

Post shot routine?

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN

Often you hear at the press conference at the end of a tournament the winner attributing his or her success to being able to 'stay in the present and focus on one shot at a time, and to stick to my preshot routine on every shot'.

The preshot routine, first popularized by Jack Nicklaus in the 1960s and then by David Graham in the 1970s, is basically a concentration technique, to help the player from being distracted by unwanted negative thoughts. By keeping the conscious mind occupied by focusing on the actual physical steps of the routine, it helps the player focus on tasks that are relevant to execution.

The preshot routine is a great mental 'tool' a player can take to the course, and is widely taught and even most Junior players are aware of the need to have a good routine. But the title of this newsletter is 'Post Shot Routine', which is something **completely different** from the preshot routine.

In Pia Nilsson and Lynn Marriott's book "Every shot must have a purpose" they even say that it's **more important** than the preshot routine. *So what exactly is a post shot routine?*

It's basically a series of **thinking steps** you take to process the result of the shot you have just played. It's what you do after the shot. But alas, I hear you say, "What does it matter what I think after I've hit the ball? The ball has already gone and there is nothing more that I can do about it". Let's look at this in a little more detail.

"Tournament tough players manage their concentration and confidence state, inexperienced players let their state manage them" Jon Wallett

How you react to an imperfect shot will have a major influence on your confidence and concentration state for the next shot, and then this shot will have a major influence on your confidence and concentration state on the shot after, and so forth. So it become like a domino effect. And that's why these coaches, Pia and Lynn, place such an importance on the post shot routine.

So how should I react to a good shot, and how should I react to a bad shot?

Of course it's natural to experience some feelings of disappointment or frustration after a bad shot—everyone is human. But the critical point is the next stage after this—and the question every golfer has to ask themselves—do I use this to undermine my confidence for the next shot, or **do I process it in a way which gives me the best chance to play the next shot well?** Most players indulge in self criticism, self instruction and self analysis after a poor shot—**all critical mental mistakes.**

See it as though you have a bouncer, or a doorman at the entrance of your mind, and it's your choice if you let negative thoughts in or not. A good shot is a welcome customer, and he's allowed to come in and 'party' - a bad shot is an 'unwantable' and you refuse him entry at the door.

Here are examples of one of our students post shot routine for both a good and a bad shot;

Good shot—

1. enjoy watching the shot and imagine a grandstand of spectators clapping and applauding
2. Touch my visor to acknowledge the imaginary applause

Bad shot-

1. Imagine I did not hit the shot, but it was one of my playing partners and say silently in a neutral tone 'look its gone left'
2. 3 deep breaths focusing on my mind being calm as a lake
3. Repeat to myself 3 times, "Tournament golf is about managing imperfect shots"

Through our tournament analysis software we use at our Academy, we can instantly identify if our players' are managing their 'state' or if their state is managing them, and then apply coaching strategies to help players develop this skill.

Interested in developing a stronger mental game? Send us an email and we will email you back with information on our different programs like the "Distance Learning Program" which is an internet based mental training program, with a free no obligation GMAP (Golfers' mental profile assessment) which will give you free of charge a current assessment of your mental game.



Australia Winter Elite Program 2008/9



Our Australia Program begins on Monday 1st December, and runs through until the end of March. We train 5 days a week, from 8am until 5pm in all aspects of the game—technical, mental, management and physical conditioning.

“The best training grounds for the pro game for young players in their late teens are the sports institutes of Australia”
HANK HANEY (Coach of Tiger Woods)

It's a great opportunity for young players to develop their games in a structured, competitive environment.

2007/8 Student Oliver Gilmartin (H'cap 0), from Orlando in Florida says, “I gained great experience from playing in the tournaments on the Australian Amateur circuit. I loved the competitive element in the training”



KEY BENEFITS of 2008/9 ELITE PROGRAM

- **Specialist Golf Physio program “X factor”, led by physiotherapist Josh Meyer**
- **KVest 3D biomechanics training system and SAM Putt Lab**
- **EmWave software to learn to control your physiological and mental state**
- **Train competitively and in a structured way**
- **Develop your character skills and learn to have a success mentality**
- **Fantastic life experience**
- **Top level tournaments on great courses**
- **Build your game for the 2009 season, at a time when many of your competitors cannot play**
- **Start the road to achieving your goals and dreams**



2005/6 Student Adam Lambe (Pro) from England says, “Even though I have played golf for many years, and spent many hours practising, I learnt in Australia for the first time what quality and effective practise is”.

ECGA Director Jonathan Wallett says, “Many players have a strong desire to have success in tournaments, but the foundation to this success is building a better golf game in training. It's like Formula One—each winter the teams build better and faster cars for the forthcoming season. I see a lot of players who are very motivated to practise, but the key is practising the right things in the right way”

2007/8 Student Viva Schlasberg says (Pro), from Sweden says, “I'm enjoying my best season so far and the foundation for this success was the work I did on my game in Australia last winter”

Two time winner on SAS masters Tour and Australia 2006/7 Student Jokke Altonen (Pro), from Finland says, “I gained a lot of understanding of my own golf swing, and my ball striking improved a lot. I really enjoyed the mental training, and now I know how I can practice this area of the game when I'm back in Finland. I reached all of my goals that I'd set myself. Outside the golf part of the program I really found the people interesting, and the beaches and trying surfing was absolutely great”

Interested in our program? Send us an email and we will email you an information pack, together with an application form. We will even give you proven ways of finding the sponsorship to help you pay the costs of the Program!