

LEARN TO PLAY SIMPLY GREAT GOLF!

Chapter 6: The Pre-Swing Routine for Great Golf Shots

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This chapter of Learn to Play Simply Great Golf teaches you to play your best golf by following the Routine Pre-Swing Steps used by the best golfers. Watch the best golfers on television and you will see a very methodical and consistent pre-swing approach to making their golf shots. They have learned the importance of the step by step approach.

Step 1 – A Positive Attitude

My old English psychology professor liked to use the sayings “what ye think about, ye bring about” and “nothing great was ever achieved without enthusiasm for meeting the challenge”.

He also said that if you had an initial negative thought involving the use of your motor skills, you have about a 75% chance of failure and if you put positive thoughts on top of the initial negative thoughts, you could increase your chance of success to 50%. I believe he has it right from my own past experiences and after seeing these results with my students during on-course playing lessons.

Mental stress is a killer and especially when it comes to playing good golf. I believe being relaxed and having a positive attitude are the top 2 key elements for playing your best golf. You will improve your golf game by developing a more positive attitude which in turn will make you more relaxed. Positive “self-talk” is the best approach you can use.

Step 2 – Club Selection

There are several factors to determine proper club selection for the shot at hand. Usually, the most important aspect for full swing approach shots to the putting green is to determine the proper distance.

First, determine the initial yardage from your ball to the middle of the green. Then, you will need to factor in added or subtracted yardage for wind, terrain elevation change (uphill or downhill), the levelness of your stance and the lie of your ball.

You also need to know how far your ball flies in the air with each of your clubs to make the proper club selection. Modern technology measuring devices for golf are especially helpful and I strongly suggest making this worthwhile investment in playing your best golf.

Step 3 – G.A.S.P. Fundamentals

The best golfers are very consistent in their approach to orienting themselves to their club, ball and target. They understand the influence their Grip, Aim, Stance and Posture can have on the quality of their golf swing and golf shot.

Begin every golf shot standing ten feet behind your ball on your extended target line to give you the best perspective for proper aim and alignment. Approach your ball and check-off your points for proper Grip, Aim, Stance and Posture.

The best golfers also understand the importance of rhythm and tempo as a key point for consistency so they run through this check-off at the same pace as their golf swing for a continuous flow from “set-up” to swing.

Step 4 – Swing Triggers

These are general keywords that you say to yourself (as you are working through your G.A.S.P. checklist) so that your subconscious mind will relay to your body the key points for making your best golf swing.

Keyword #1 is “soft”. Soft promotes the most important swing key of beginning with and maintaining the proper light tension level of your hands and arms.

(The proper tension level of your hands and arms is to bring the club head up from the ground with the hands by hinging your wrists and holding the club with just enough tension to hold the shaft at horizontal. Primary control of the club is with your hands and secondary control is with your arms.)

Keyword #2 is “rhythmic”. Rhythmic relates to the smooth flow of the two basic swing parts – your arms-club swing and body/torso rotation.

Keywords #3 are “swing and turn, turn and swing”. The arms-club swing (the “swing”) and your body/torso rotation (the “turn”) are a simultaneous movement. These keywords influence you to make the proper coordinated movement of your arms-club swing and body/torso rotation.

“Swing and turn” promotes your arms-club swing as the proper leader of your body rotation in the “back-swing”.

“Turn and swing” promotes your body rotation as the proper leader of your arms-club swing in the down and through motion.

Say these swing trigger keywords to yourself prior to swinging and you will make better golf swings:

“Soft, rhythmic- swing and turn, turn and swing”.

Chapter 7 of Learn to Play Simply Great Golf will detail The Best G.A.S.P. – Grip, Aim, Stance and Posture.

Mike Passmore has achieved a ranking of 2006 Top 6 PGA Instructor in the U.S. and he is a 3-Time PGA Section Teacher of the Year