



LESSON TEE

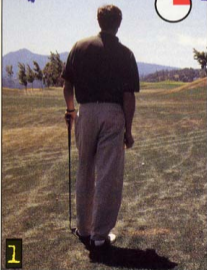


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The 15-Second Routine

Many junior golfers I watch on the golf course do not have a routine before they hit the ball. A routine before each shot you take on the golf course is extremely important. It helps you focus your mind and put you in a good rhythm, which really helps when you are under pressure.

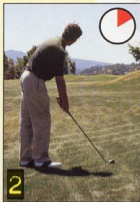
The following is a routine that takes 15 seconds. Your routine does not have to be exactly like the the one shown however, your routine should take about 15 seconds and be exactly the same every time — down to the second.



1

Stand behind the ball and visualize your shot to start your routine.

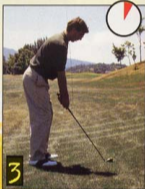
0.15



2

Walk to the ball, put the club behind the ball and line up the club face at the target.

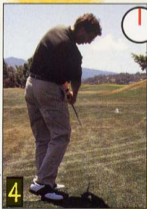
0.10



3

Put your feet in position. Look at the target and take a couple of waggles.

0.05



4

Swing away.

0.00

Photos by Tom Carter



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