

Choose the correct club
to hit the shot you visualized.

2



Visualize the shot
you are going to play,
imagine the ball flying
in the air, landing on the green, and
rolling the correct amount to
the hole. Make sure you are
picturing specifically the best
shot you can play. Take into
account how high you want
the ball to fly and how much
you want the ball to roll once
it hits the green.



Rehearse your swing. Take at
least one practice swing to
rehearse the shot you are about
to play. You will be much more
successful hitting the ball close to
the hole if you practice the shot
in your mind and body before
you hit the actual shot.

4



5



**Hit the shot you pictured in
your mind.** Make the swing you just
rehearsed. Learn from the shot. Was
it the correct shot to play? Was the
shot executed well? Did you use the
correct club? After you learn from
the shot you will be able to constantly
improve with every shot you practice
or play.

Make sure to practice your short game
if you want to improve your scores!
Practice all the shots you might have
on the course and practice like you are
on the course by going through the
proper routine. If you spend time
practicing like you play I am sure you
will lower your scores.

Have a great time practicing and always
remember to work on your short
game!!!!!!



1-800-NIKECAMP (800-654-3226)
USSportsCamps.com