



WHAT THE PRO'S DO EVERY SHOT

PROCESSES TRAINING GUIDE

Assess, Don't Guess



What do Tour Golf Professionals do so well, that Amateur Golfers fail to do so often? Of course, the Pro's hit it miles, bend golf balls around trees and demonstrate amazing touch around the greens. There are however, many ways you can improve the processes and choices you make, to emulate the Pro's.



The first thing Golf Pro's do better than Amateurs is to Assess, Don't Guess. Pro's assess just about everything about the shot, including: the lie, grasses, distance, pin placement, wind, temperature, moisture and how the swing feels on the day.

Assess, Don't Guess



Typically, amateur golfers don't assess the shot in front of them very well at all! Consequently, poor choices are often made, such as playing the wrong club, not predicting how the ball will react on the green and underestimating the wind.



It takes practice to make assessments quickly. However, being aware of the elements involved, assists with decision making, develops confidence in shot making and ultimately improves performance.

Visualize Each Shot



You've been told to do this before but do you actually know how to visualize a golf shot? Imagery is a powerful tool, which when used properly, prepares your mind and body for the next challenge presented to you on the golf course.



Justin Rose is going through his normal pre-shot routine, visualizing the flight of the golf ball, how it will react on the green and where it will come to rest on the green. This preparation doesn't necessarily have to be visual.

Visualize Each Shot



If you're not a very 'visual' person, you might prefer to imagine the sound of the golf club flushing the ball perfectly. Some golfers work with feels, such as the feel of the club in their hands, the feel of the swing or the feel of a well struck shot.



Another option, which Glen prefers, is to tell himself what to do with the golf ball. He talks about the trajectory, the flight of the shot and how the ball will roll on the green. You'll hear caddies and players talk about these aspects at Pro tournaments and it is an extremely effective way of 'visualizing' a golf shot.

Commit, Don't Quit



What does it mean to 'Commit' to a golf shot? Imagine how you would hit the shot on the driving range - You're relaxed and swinging freely. There are no hazards to worry about, it's just you, the ball and the target.



Ideally, you should swing the same way on the golf course and in competition. Unfortunately, most golfers allow negative thoughts to creep in, especially when there are hazards in play, such as water, bunkers and out of bounds fences.

Commit, Don't Quit



If you can make the same, unhurried, relaxed, confident and free-flowing swing on the golf course, as you do in practice, you're committing to the shot. If you're 'steering' or quitting on the shot, all sorts of problems can arise.



Of course, even if your processes are spot on, like the professionals, there are no guarantees of success. Even the best players get it wrong regularly. Shots are mis-judged or just not executed very well. The important thing is to learn from your mistakes and keep striving for improvement.

THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

If you love our content, have a question,
or just want to say 'G'day'

please go to our [YouTube channel](#) to comment.

