



Focus Pocus!

*Manage Your Game
Better from the
Inside-Out with the
Right Routine*



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What's a Pre-Shot Routine?

Prior to a golf shot, routines contain
physical, mental and emotional components...

PHYSICAL (visible) components may include:

- Rehearsal Swing/s
- Grip Process
- Aiming Techniques
- How one walks into the shot

Other Sports...

- Basketball (bounce ball, spin ball)
- Tennis (bounce ball, touch ball to racquet)

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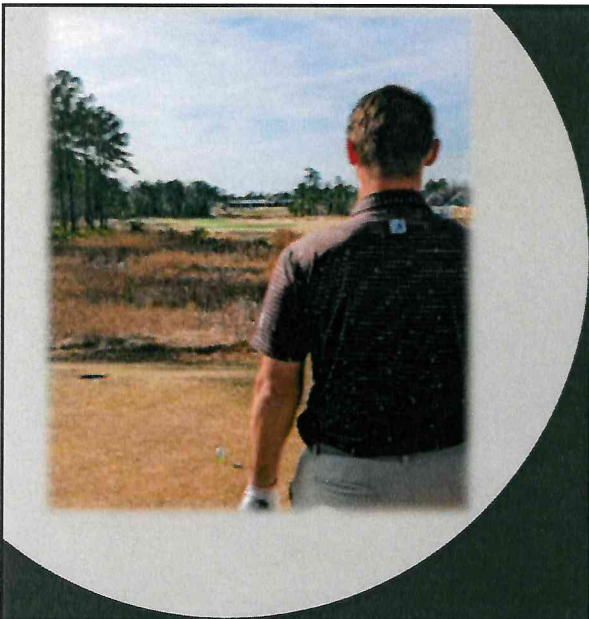
What's a Pre-Shot Routine?

MENTAL (invisible) components...

- Planning the Shot
(Wind, elevation, today's shot quality, lie, trouble, match status...)
- 100% Committing to the Decided Shot
- Plan but don't worry!



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What is a Pre-Shot Routine?

EMOTIONAL (in/visible) components...

High Vibrating Energy

Allows the body to positively move in powerful states of flow and ease.

Low Vibrating Energy

Locks up the body in states of tension, resistance and dis-ease.

Are you emotionally Ready... or Not??

Imagine the body language of someone who's walking hesitantly into a shot or putt vs. someone who strides up into the shot like they own it, can't wait to Go!

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Emotional Energy Scale

Skills and Drills - Tim Kremer ©2014 Spirit of Golf



Front Loading

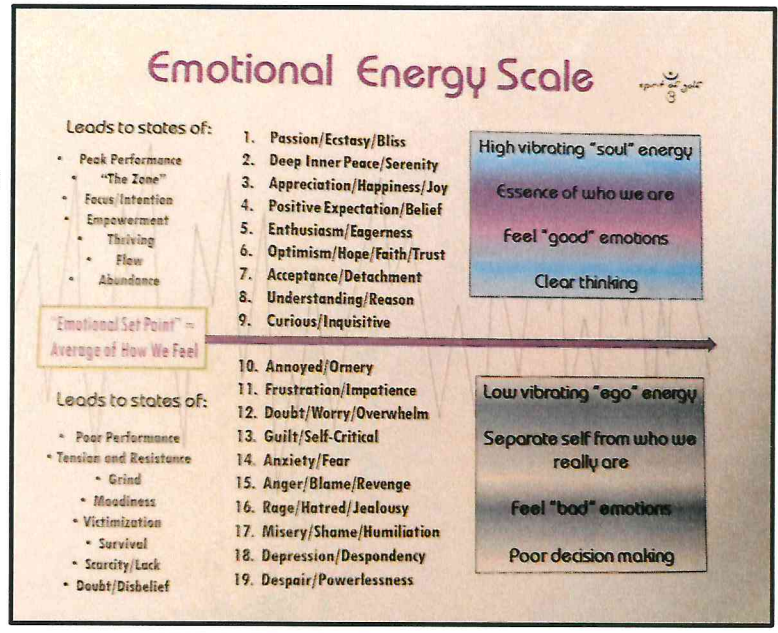
The most compelling step of a Pre-Shot Routine!

Deliberately FRONTLOAD positive emotions into every shot *before the shot*.

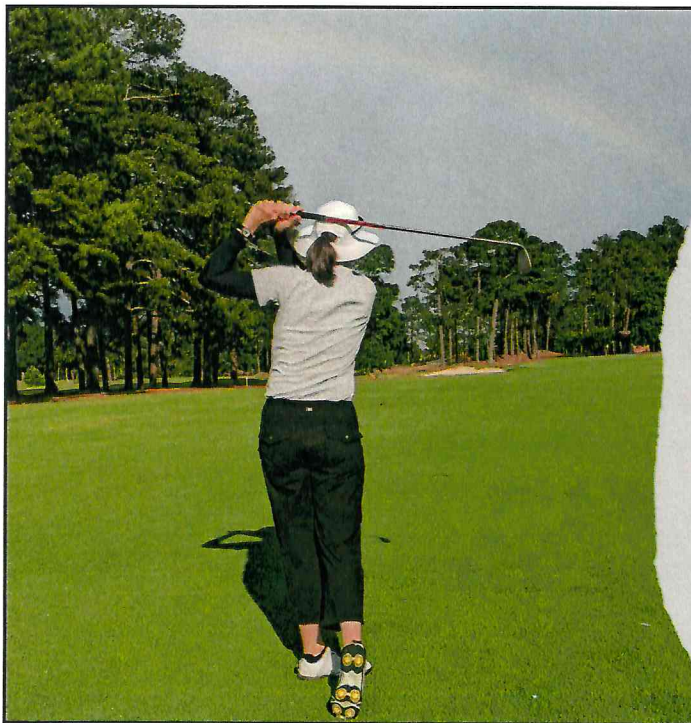
Own your emotions, don't let them own you!

I want / deserve to feel...

Flowing	Confident	Easy
Trusting	Accepting	Curious
Content	Passionate	Engaged
Detached	Appreciative	Calm
Allowing	Intentional	Eager
	FREE	



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Fun Fact Numbers

10-20 Seconds

Average time from one's turn to initiation of swing*

*USGA recommends one make a stroke in not more than a total of 40 seconds when one's turn.

1-3 Seconds

Ideal time to swing once club grounded... it's Go Time!

Less than 1 Second

The pre-shot routine time difference of Tour players winning that week... consistency, flow, rhythm.

More than 5 Seconds

Tour players not winning that week can have routines that vary by more than 5 seconds from shot to shot.

85% / 15%

Many amateurs can spend 15% of time planning and 85% hovering / thinking over the ball

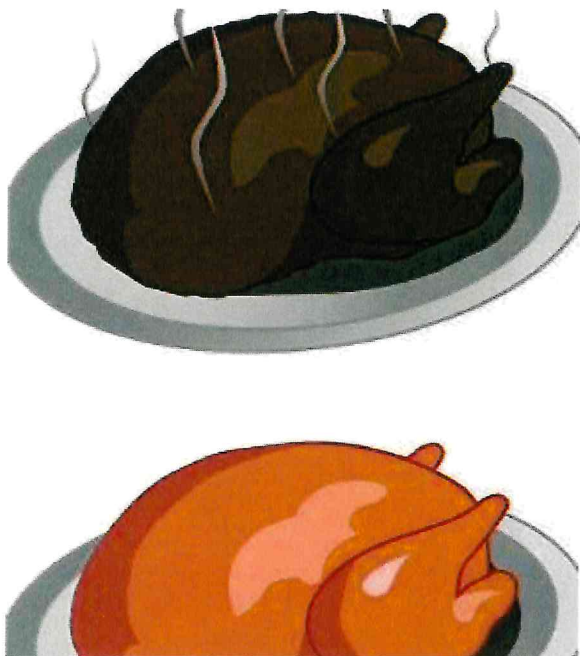
Most high-caliber golfers spend 85% of time planning and 15% or even less over the ball.

2.5 - 7 Minutes

The time it takes to actually play golf.

2 seconds x 70/80/90/100 shots or + 1 rehearsal swing.

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Tips to an Effective Pre-Shot Routine

At Best

At best, what will the next shoot look, feel or sound like? *Choose your desired image!*

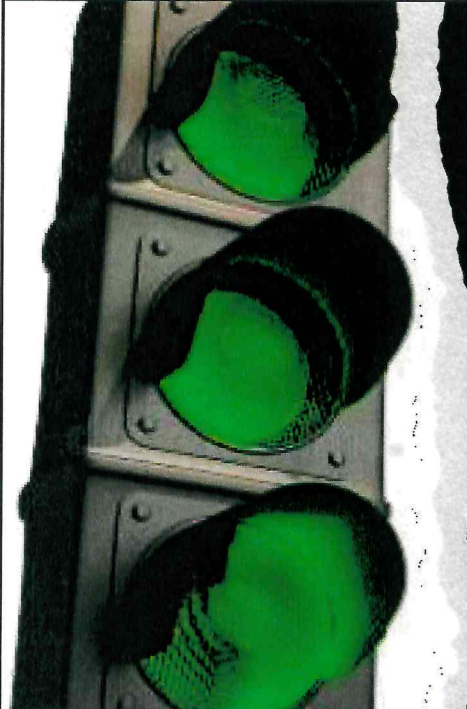
- Burnt or Perfect Thanksgiving Turkey image?
- Successful or Unsuccessful Golf Shot image?

In / Out of Our Control

Thinking we can control any of these conditions is futile, frustrating and a severe emotional leak!

- Weather or Shot outcome
- Swing / precise, consistent body movement
- Others' opinions
- Cart / playing partners
- Score / Performance

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Tips to an Effective Pre-Shot Routine

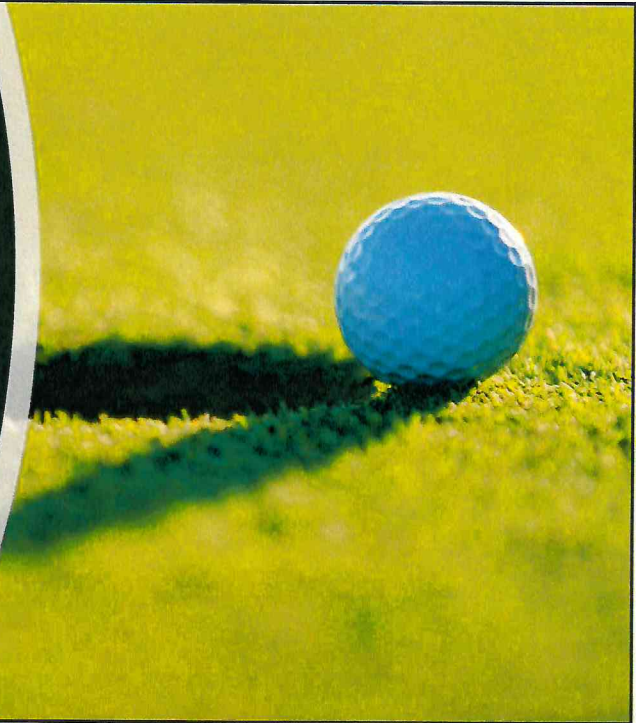
- Routines vary based on the type of shot
- 3 Green Lights (head, heart, gut)
- Remove the words *try*, *hope* and *possibly* from your commitment plan. Strong words and strong body language, sell yourself on your plan and believe it.
- Be a Do-er, not a Don't-er. Grocery list of Don't?
- Closed Skill vs. Open Skill Sport. More Flow, Less Think.

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What is a Post-Shot Routine?

Again...physical, mental and emotional patterns immediately following a golf shot.

- PHYSICAL aspects are visible:
 - Viewable acts of negative anger or disgust
 - Viewable acts of positive celebration
- MENTAL aspects are invisible:
 - Evaluation / assessment of planned vs. what happened
- EMOTIONAL aspects are in/visible:
 - The chemical reactions occurring within us
(E-motion is energy in motion through hormones)



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Dr. Jill Bolte Taylor's Experience

Emotional Reaction 90-Second Hormone Wash

The 90-second rule gives you true power. By knowing how the brain works, and how it triggers you to feel anxious, you can not only reduce anxiety in the moment but also reprogram your brain at a cellular level to experience less anxiety overall.
-Dr. Jill Bolte Taylor, *My Stroke of Insight*

Neuroanatomist, author, inspirational speaker who, while studying brain function in a Harvard lab at age 37, experienced her own stroke, watched her own functions shut down... recovered / put those lessons to good use for others.

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When an emotion is triggered, chemicals from the brain are released into the bloodstream and surge through the body, causing body sensations.

Much like a wave washing through us, the initial sensation is a rush of the chemicals that flood our tissues, followed by a flush as they leave. The rush can occur as blushing, heat, heaviness, tingling, is over within **90 seconds** after which the chemicals have completely been flushed out of the bloodstream.

After that, it's on **you and your choices of reaction...** emotionally, mentally and physically.



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Keys to a Great Post-Shot Routine

- Backpack story from Dr. Rick Jensen
- Have a 'Let Go' Sign
(Positive Coaching Alliance Mistake Ritual)
- Effective Shot Storage Choices
 - ✓ Positive Reaction
 - ✓ Neutral Reaction



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Mistake Ritual

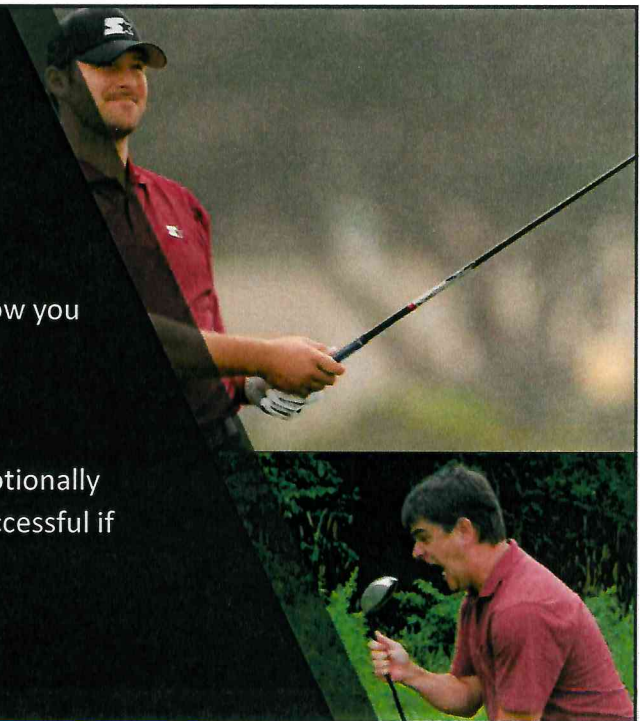


A MISTAKE RITUAL IN ACTION

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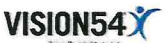
Remember, after a shot...

- You can't control what happens to you but how you react to what happens to you.
- How you choose to store your memories emotionally will dictate the remainder of your round... successful if managed well or unsuccessful if unmanaged.

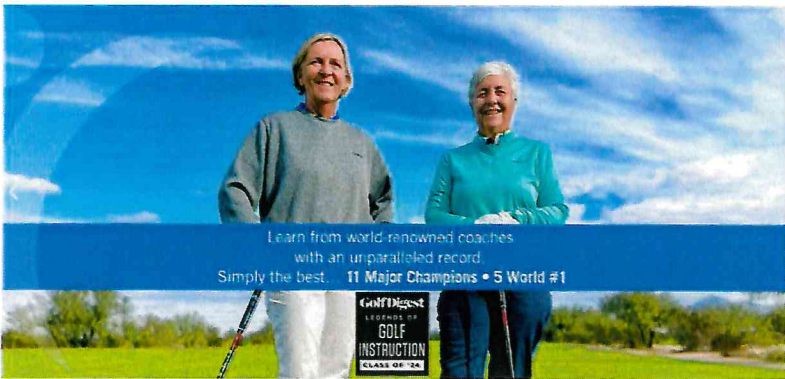


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Pia Nilsson



Lynn Marriott





THINK BOX

BE Decisive! COMMIT - PLAY



PLAY BOX

BE Present!



MEMORY BOX

BE Confident!





© VISION54

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THINK BOX: Make decisions & fully commit to them.

- All decisions are made here before crossing the Decision Line
- It's more important to be 100% committed than correct - keep it simple.

PLAY BOX: The special area surrounding your ball in which you... Play!

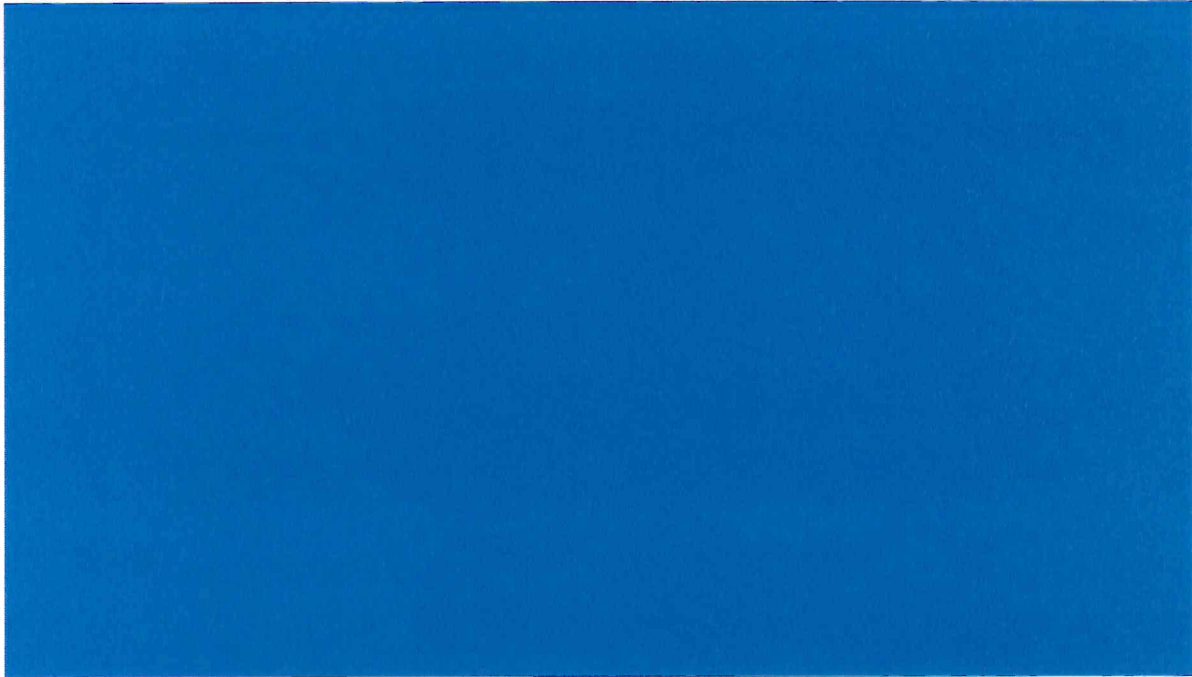
- Be present through your **senses** to your swing & target (SEE & FEEL)
- 3-9 seconds to Not Think (*if you think you stink*). React, Execute.
- Connect your Play Box to the target, not positions
- DON'T POLLUTE the Play Box with the Think Box!

Memory Box: Manage shot reactions, learn from mistakes and store good shots and processes.

- You can control how you react but not what happens to you
- The brain stores negative easier than positive
- REFRAME. Store 3 times as many positives/neutrals than negatives.



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Donna's Routine: Fun Facts

- 1 Rehearsal Swing
- 7 Steps from Think Box into Play Box
- 3 Target Glances in Play Box
(2 with a relaxing Waggle)
- 22 Seconds overall Pre-Shot Routine
- 4-5 Seconds Post-Shot Routine Assessment

6 LPGA Career Wins
1 Major Win – 1994 Nabisco Dinah Shore
77 Top 10's
158 Top 25's

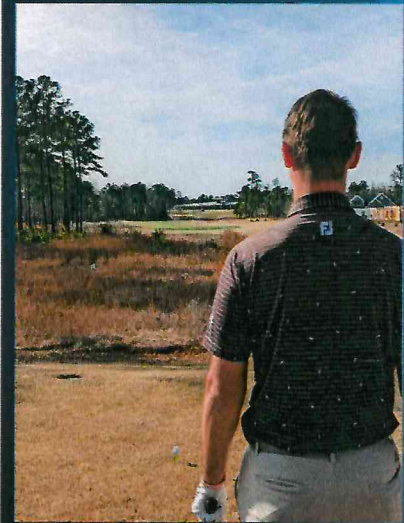
Consistency begins with a Consistent Pre-Shot Routine!

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Vision54: Pace of Play Training Guide

“Players have a tendency to take more and more time to prepare with the expansion of data options available before a shot... it’s like over-packing (a suitcase).”

- We have seen the **Think Box** space getting larger and taking more time for so many players... players are obsessing and wanting to be sure not to miss anything... we feel it’s getting totally out of hand and makes players over-prepare and underperform, as well as making the game way too slow.
- Create optimal **Think Box** and **Play Box** routines that stay at 30 seconds or less.



VISION54
Using Possibility to Lead

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Did you know?

Within 15 minutes

of waking up
we consume as much information on our phones
as we did
in one week 50 years ago.

Source: Dr. David Rabin, MD, PhD, neuroscientist, board-certified psychiatrist

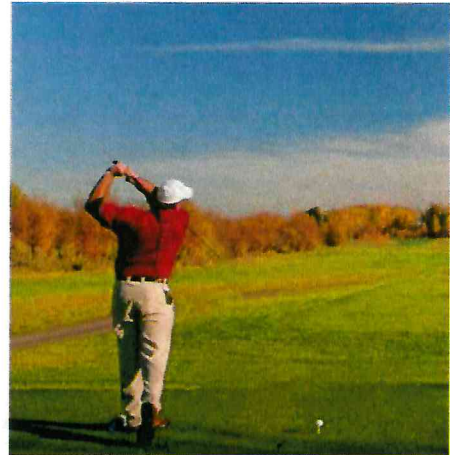
Data Overload!

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Vision54: Pace of Play Training Guide

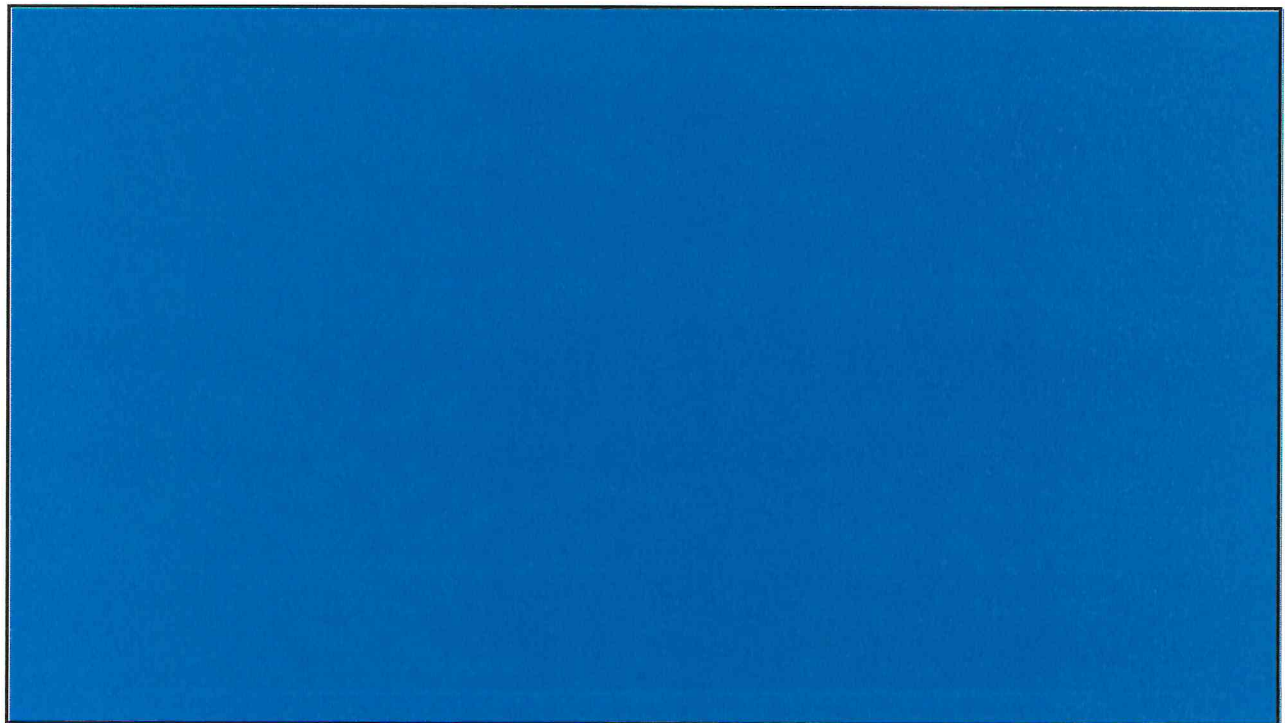
Practice Swings

- Practice swings and strokes make sense when there is a useful *intention* for doing them. If you don't have a specific purpose or it might make you less confident, take them away!
- Playing on the golf course expecting 'perfect' practice swings will make it very difficult to trust your shots.
- Can you be creative and accomplish your intention in one practice swing?



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Bringing Possibility to Life

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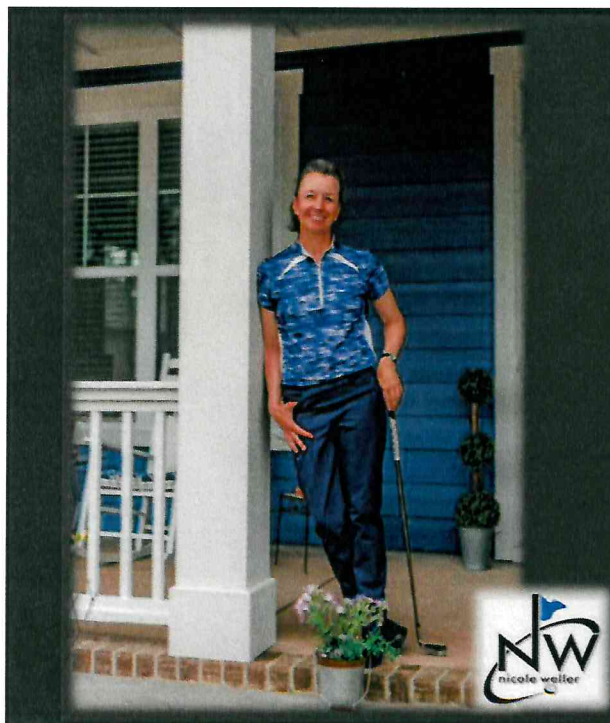
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Quote from a four-year old student after seeing how many balls out of 5 chances she could chip into a big circle around the hole...

I just got four and trusted my brain!



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Thank you!

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Vision54: Pace of Play Training Guide

Vision54: Every Shot Must Have a Purpose Book

Tim Kremer: Skills & Drills



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