

THINK BOX PRESHOT ROUTINE

1. *Assessment of shot conditions*

- Lie of ball
- Distance to target
- Conditions in target landing area
- Wind
- Danger/penalty possibilities
- Risk/reward percentages

2. *Imagine the desired shot, visualize the entire shot*

- Impact reaction/launch action
- Flight pattern and trajectory
- Landing, bounce, and roll characteristics
- Final resting point (probable spread)

3. *Imagine the swing will produce the desired shot*

- Visualize yourself swinging
- Feel the swing in your mind's eye

4. *Practice the desired swing as you imagine it, through grass similar to what you will encounter in the real shot's impact zone*

5. *Feel if the imaginary shot hit by your practice swing seems as if it will go the desired distance as you hold and focus on feel at the finish of your practice swing*

6. *If your practice swing didn't feel perfect, make another one that is longer or shorter, until you feel the perfect swing to hit the perfect shot.*