

## SwitchToNaturalGolf.com

### Natural Golf Preshot Routine

Consistency comes from doing the same actions over and over. In Natural Golf, a preshot routine is essential. Here's one that works well for me:

Stand behind the ball and pick out a target and target line.

Align feet, hips and shoulders **SQUARE** to the target.

Take two practice swings: First is 1/2 backswing to shoulder, check hands and club shaft position; strong right leg and hip. Second practice swing is full: focus on full shoulder turn, straight left arm, and **SMOOTH** motion.

Approach the ball from the left side. Align the club head; feet and shoulders with the target line.

Breathe ... take a long breath; exhale; and think **SMOOTH**; Strong, Straight, Still

After the shot: Hold your position and pose for two seconds. Keep a quiet mind. Reflect but **DO NOT REACT**. Think about the shot.