

The routine

No matter what you aim for in life, if you prepare yourself properly the success rate is bound to be a lot higher.

For the golfer, it is this belief that strengthens his routine.

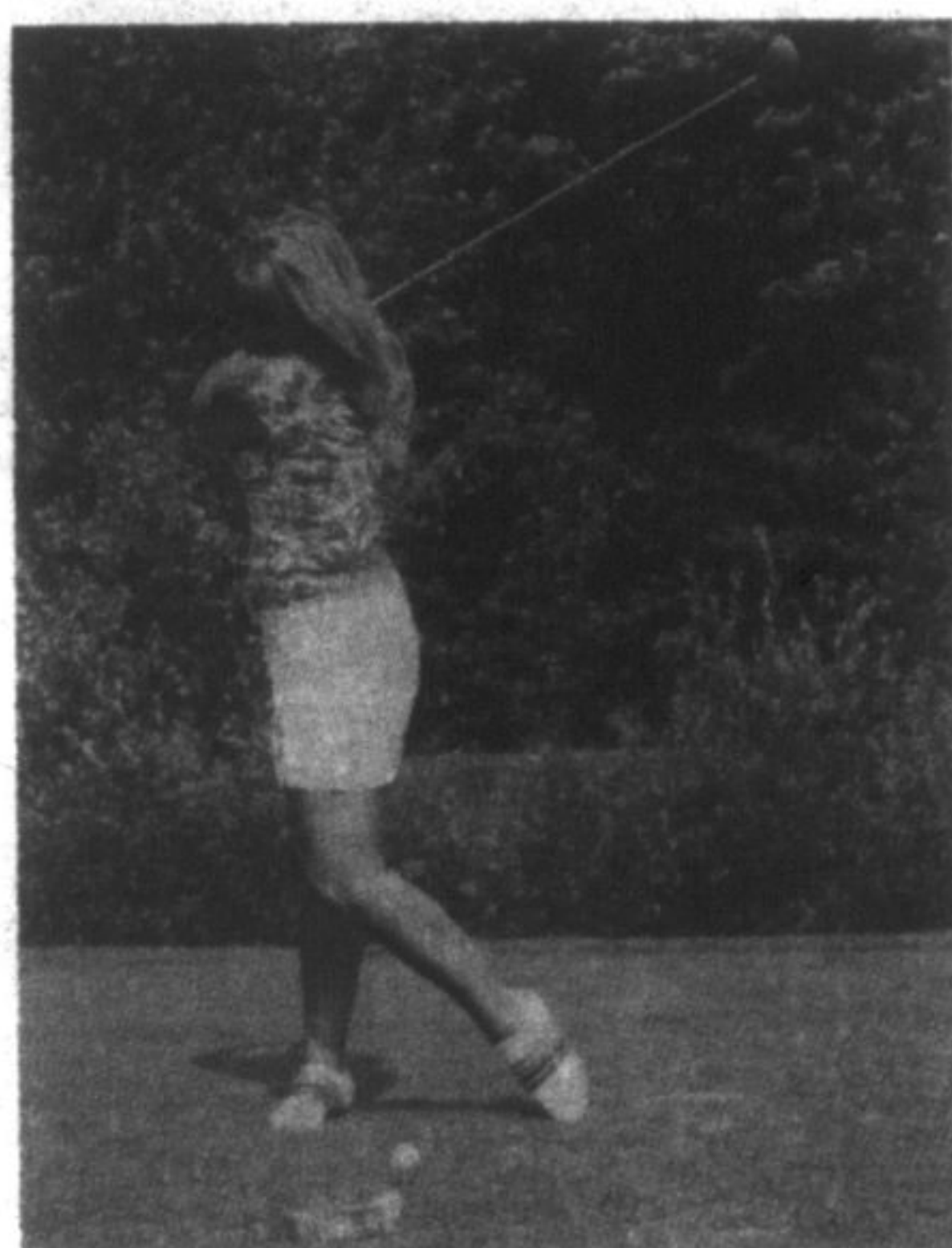
A routine is simple. It is a moment (15-30 seconds) before the swing that permits the golfer to empty his mind and to focus on the immediate objective. You will often see professional players joking and laughing among themselves before playing and then silence...total silence, before hitting the ball. We could say that they're in their bubble. I would say that they are in their routine.

Every routine is different and you can personalize it according to the needs of the moment. It could be to revise a technique or simply to empty the mind and relax. It's your moment alone. Make the most of it so it bears fruit. Here, though, is what it should include.

- Analyze playing conditions: wind, altitude, weather, position of the ball, etc.
- Select the stroke: choose a stroke with which you have the most control according to your analysis of the conditions (always play the best bet).

- Visualizing the shot: seeing your shot unfolding in your mind before executing it, helps to create a positive approach.
- Before swinging, make a final technical verification (alignment, position of the ball, grip, etc.).
- Take a deep breath and relax.
- Hit the ball!

A routine doesn't guarantee success every time. However, if you already find this game difficult, put every chance on your side.



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The "fundamentals" of golf!

No matter what you want to build in life, it's vital to have a solid base to support the completed creation. If the foundations crumble, the rest will follow. The same principal applies to golf. If your basics are solid, the rest of your game will go well. I want to talk here about the "fundamentals".

They can be divided into four areas: the grip, the posture, the alignment and the swing. If one of these fundamentals is flawed, the trajectory of your ball will probably not be the one you had planned.

These four elements should be the primary reference points for the golfer when he arrives on the practice range. It is possible to have a weakness or a flaw and succeed in playing an adequate game.

Several professional players have imperfections in their swing but succeed in compensating for this by reinforcing one of the other basic elements.

It would be unthinkable to create a swing which would suit every golfer. We are all built differently, and all have different physical limitations. Besides, the role of the coach is to improve each element to the maximum and, at the same time, respect the limitations of each student.

It's important to understand that nearly 99% of errors made by an intermediate or beginner golfer are due to a flaw in one of the basic "fundamentals". Golf is a sport of cause and effect and there is always a logical answer to every outcome. This is what makes this sport so amazing.

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