

**LOWEST  
SCORE  
WINS**

**LOWEST SCORE WINS/FIRST  
TEE OF WESTERN NEW YORK**

**Project 10**  
**PRESHOT ROUTINE HANDOUT**



Here we explain the “3-2-1 Countdown” for planning and execution of a good LSW GamePlanning strategy. Proper execution of this countdown requires reasonable knowledge of your own abilities and a good understanding of what’s probable and/or possible.

### **3: Early Preparation**

*When:* Ongoing throughout the round, but specifically after you hit the previous shot.

*What:* Take in the conditions affecting your next shot. Is it uphill or downhill? Which direction is the wind blowing, how hard, and is the next shot open to the wind or sheltered by trees? How are you playing that day? Where is the hole located? If your ball’s in the trees, what angles might you have to punch out down the fairway that avoid dark shades? Form some early, rough expectations on what kind of shot you’re going to face and what you’re going to be able to do with it. Do your best to maintain your personal pace - walking, breathing - and ignore distractions.

### **2: Truths and Expectations**

*When:* You arrive at your ball and see the specific lie, angles, distance, etc. for your next shot.

*What:* Assess the lie and other inputs that affect the size of the shots available to you and the sizes and shapes of the related Shot Zones.

Choose the shot that presents, as always, the lightest colored “egg” and takes into account all of the variables. Use this - and the chart below - to set your expectations properly.

	Tour Pro	70s Golfer	80s Golfer	90s Golfer
<b>8I GIR</b>	65%	55%	45%	20%
<b>SW GIR</b>	75%	64%	55%	36%
<b>Up and Down</b>	66%	35%	26%	18%
<b>20' Putts</b>	15%	14%	10%	6%
<b>8' Putts</b>	50%	40%	34%	27%

## 1: Pre-Shot Routine and Execution

*When:* When it's your turn to play (shot chosen, club pulled).

*What:* Spend 12-30 seconds (following the guidelines below)

preparing to hit a shot to the target you've chosen that will match your expectations. This will be the easiest *or* toughest phase depending on how well you've done the first two phases. Remove all doubt, and be completely confident. You are better prepared than most everyone else.

### Pre-Shot Routine Guidelines:

- 12-30 seconds total. Should always take the same amount of time.
- Behind the ball, “sight the target” with the club shaft to find your intermediate target.
- Walk in wide from the side of the ball with a purpose/conviction.
- Set and align the clubface first, then take your stance.
- Stay in (small) motion (waggles, weight shifts, target checks, etc.) before starting the backswing.
- Find a final trigger move to start the swing and go!