

Pre shot routine - from the night before a game

The Night Before:

Keep hydrated - lots of water, avoid over eating/any new foods.

Try to relax - no heavy exercise

Check equipment/clothes/accessory's - maybe have a list

Make sure you know how to get to the course/how long it will take to get there

Get to bed early!

In The Morning:

Get up with plenty of time to get everything ready

Eat a good breakfast - for energy - oats etc

Make sure you leave at least an hour for food to digest

Shower - get dressed

Final check

Pack snacks such as fruit

At The Course:

Pre game routine:

Visualisation of the course/first hole especially

Practice shots - using the clubs/amount of balls you will use for first tea

Practice clubs through the bag

Long game/Short game/ Putting

Go to the loo

During The Game:

Drink lots (2L)

Have snacks such as fruit

Play well - Good Luck !!!