Jane Blalock demonstrates her pre-shot routine at a PGA Women's Clinic.

The Pre-Shot Routine with Jane Blalock

27-time LPGA Tour champion Jane Blalock's pre-shot routine has changed a bit over the course of her 30+ year career, but the point of it has remained the same. "Everyone is nervous," says Blalock, CEO of the PGA Women's Clinics. **"Having a pre-shot routine keeps you focused on the target."**

While Blalock's routine is sometimes influenced by what she might be working on at the time, **her standard approach to every shot** looks like this:

1.) I stand behind the ball and study the shot. I picture the trajectory, the shape - whether it's a cut or draw, the angle. I envision the exact shot I want to hit.

2.) I pick a spot 12" in front of the ball that lines up with my vision for the shot and move into position over the ball. I put my clubhead down behind the ball aligned with that spot.

3.) My hands are on the club freely as I take my stance. I raise my heels to make sure my legs are "alive" - feel the mobility in my knees.

4.) I take a soft pressure grip, both hands now on the club light but firm. I look at the intended target one more time and think "smooth take away," and then I start my swing.

A pre-shot routine can prevent you from moving around too much over the ball or getting distracted by outside factors beyond your control. Blalock also points out that golf is unlike other sports in that you are attacking a ball from a static position. Having a pre-shot routine **gives you a sense of rhythm and a little bit of movement** before you set up to and execute each shot. (Watch "Why Waggle?" with Jane Blalock Now >)

"Ultimately, the familiarity and rhythm of a pre-shot routine helps you create your own comfort zone," says Blalock. "Starting it takes your mind off everything else and going through it helps you get to the ball prepared to strike it perfectly every time."

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