

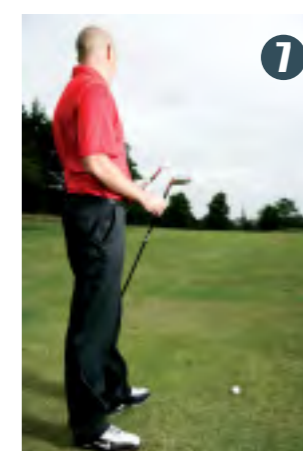
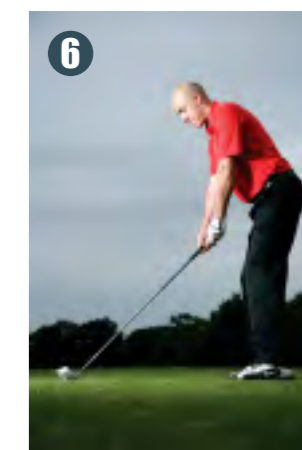
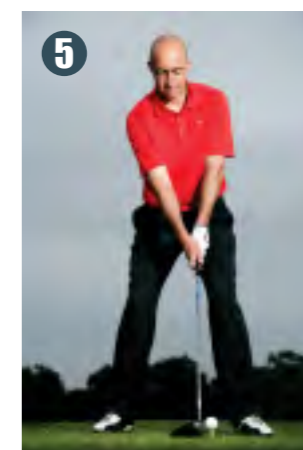
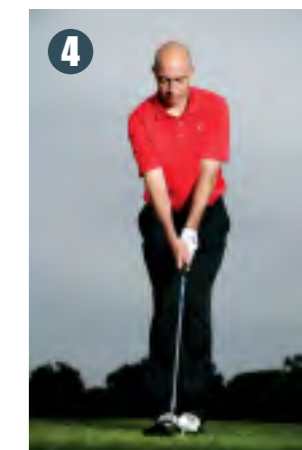
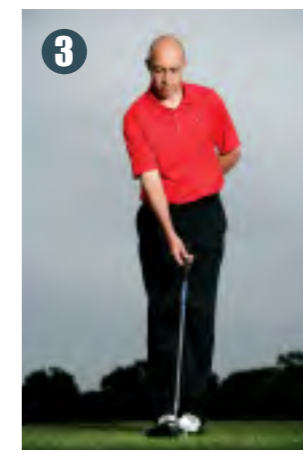
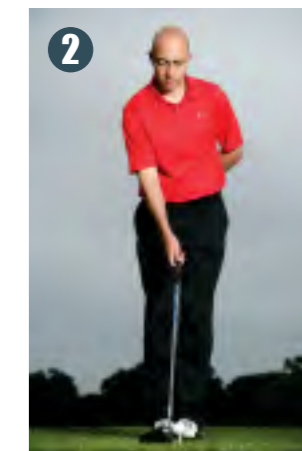
Force of habit

A pre-shot routine gets you in the right mindset before you play your ball and can lead to more consistency. Here's how to perfect yours



CHRIS ASHTON'S SEVEN STEPS TO THE PERFECT PRE-SHOT ROUTINE

- 1** Identify your target line by holding a club up behind the ball and picking out the best place to land your drive. Keep one eye closed for accuracy
- 2** Line your body up to the target line by putting your feet together opposite the ball
- 3** Angle the club to your left pocket to get your hands in front of the ball and the club in position
- 4** Take your grip. Hold the club lightly – tight enough to control it but not too tight that you tense up all of your upper body
- 5** Take your stance (for woods, take a little step with your left foot and a big one with your right. For irons and wedges, take steps of equal length)
- 6** Keep your back straight at an angle of 45° to get the perfect posture. Put the weight on the balls of your feet, keep your chin up and let your arms hang. Now you're ready to hit it
- 7** Acceptance. No matter what the outcome of the shot is, accept it and make sure you repeat the routine with every shot. A good tip is to follow Tiger Woods' technique of feeling frustrated only until you pass a line 10 yards away from you. Once you've crossed that, focus on the next shot and carry on



Factfile
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