



SUMMIT
GOLF TRAINING

Competitive Shot Routine

THE COMPLETE PLAYER'S GUIDE TO
EXECUTING EVERY SHOT



Competitive Shot Routine

The Competitive Shot Routine is a disciplined, repeatable process that helps golfers make smart decisions and more committed swings under pressure.

|| 6 QUESTIONS

1. What is my Target?
2. What is the distance to my target?
3. What is the elevation change (uphill, downhill, level)
4. Where is the wind coming from? (hurting or helping)
5. What type of lie do I have?
6. What ground reaction do I expect base on my chosen shot?

|| SELECT A SHOT THAT BEST SUITS YOUR SKILL LEVEL AND THE SITUATION

|| REHEARSE THE SHOT. USE VISUALIZATION AND FEEL TO REHEARSE THE DESIRED OUTCOME

|| PERFORM YOUR SETUP ROUTINE.

- Your walk into the shot
- Your setup procedure to ensure proper grip, stance, alignment, posture, ball position etc.
- Engage with the target
- Execute the shot with the subconscious mind utilizing a known reliable trigger

|| SHOT RESPONSE

- Grade the shot. Was it great, good miss or needing improvement?
- Accept the shot outcome
- Mentally correct the shot. Always be looking for a solution for the future

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EXAMPLE

The player is in the fairway at 150 yards out. The green is elevated, and the wind is blowing into the player (hurting). Our goal in this process is to determine what the actual number is (absolute distance to the flag, using a range finder, yardage book, or GPS) and then discovering a playing number. The playing number more times than not is not the same as the actual (hole) because we are strategically aiming in smarter spots. The playing number is the number we are committing to for the shot dependent on our answers to the 6 questions listed above.

EXAMPLE KEY

Player location: 

Actual #: 150 yds

Distance to selected target: 155 yds 

Elevation: +4 (uphill)

Aim Point:

Wind: Into 6mph (hurting)

Lie: Fairway, even lie

Actual #: 150 yds

Playing #: 165 yds

