

*Homework*

Close your eyes and image what your pre-shot routine looks like. Picture as many small details as you can, such as when you grip the club with each hand and how many times you shuffle your feet.

Write down your pre-shot routine—from the time you get behind the ball to the time you make contact—in the box below.

PRE-SHOT ROUTINE

Use the video camera on your smartphone to record your pre-shot routine. How close was it to what you wrote in the box? Now revise what you wrote in the box to reflect what's on the video.

Visit this box intermittently, write down your pre-