

Structuring of the Pre-Shot Routine

What can the golfer learn from the latest discoveries in brain research? The planning of a hand eye coordinated movement is a extremely complex process. One of the leading brain researchers in Europe, Dr. Gerhard Roth mentioned recently, that it will take another 20 – 30 years to fully understand how our brains makes decisions.

But in spite of above facts, today's technology can make some parts of this process visible. The method of Real-life Neurofeedback is delivering good data's about the golfers brain during this vital planning process.

I had the opportunity to measure with the method of Real-life Neurofeedback various professional players, in order to study their brain activities during their swing routines. Is there a great variation in swing routines? What do they have in common? Or even more interesting, what could be the reasons if they not performing up to the standard which they are able to play. What are the phases in the swing planning process:

Phase 1: Walking to the ball position, first impression about the situation

Phase 2: Shot shaping, final decision, effective Pre Shot Routine

Phase 3: Standing over the ball and swing initiation

In phase 1 and 2 we can see a lot of variation depending on methods learned, type of mental training etc.. In phase 3 you can see the ability of the player getting into the "zone". Here we can see, if the player reaches this "positive non thinking" status before he starts to swing. Players which fighting with problems and not reaching their indented performance, have almost in all the cases which I measured difficulties in reaching a optimum brain status. Of course there are many factors responsible for the golfers performance. My personal study shows statically very significant, that golfers with a well structured "Pre Shot Routine" getting into the zone easily and producing more fine shots. It seems to be one of the main factors playing a more stable high performance golf. What are the main reasons which I investigated for a lack of performance:

- too many swing thoughts
- getting to fast
- unfinished decision process
- lack of mind rhythm during the routine
- changing unconsciously routine in tournament situations

Is there a good chance to correct above points? Yes, we can. As soon as the player can see his own brainwaves, he will learn to influence them. It is a very natural way to change behaviors on a deeper level and getting into his own peak performance zone. The results are extremely promising. I am very confident that this method will deliver a great contribution to golfers world in order to see even more excellent golf.

Zurich in March 09, Rolf Boesch

Literature:

Brain Evolution and Cognition by Gerhard Roth

Golf performance enhancement by means of real-life neurofeedback training based on personalized event-locked EEG profiles by Martijn Arns, Michiel Kleinnijenhuis , Rien Breteler & John Rijpma