EAST LANE GOLF

# Pre-Shot Routine Card

*The same routine, every shot*

The same routine on every shot builds a swing that holds up under pressure. Keep it under twenty seconds.

1. **Decide** — behind the ball, pick the exact target and shot shape. Commit.
2. **Rehearse** — one feel-only practice swing, eyes on the target.
3. **Align** — set the clubface to the target first, then build your stance.
4. **Go** — one look, then swing within three seconds. No second-guessing.

*A doubt creeping in? Step off and start again from step 1.*

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Print on A4 at 100% (“Actual size”). Cut down the centre, then trim the borders — two cards.