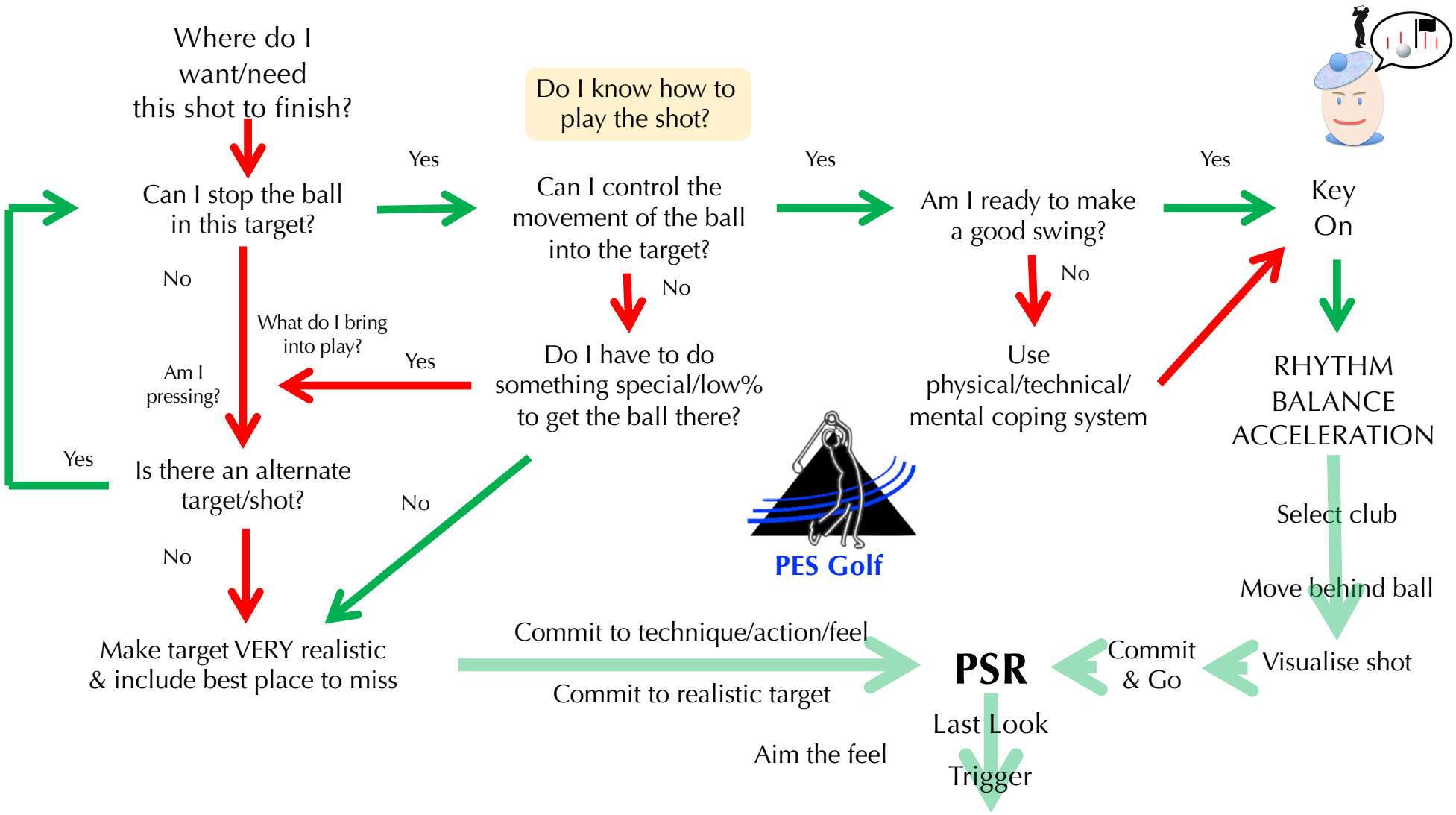
Where do I want/need this shot to finish?
Can I stop the ball in this target?
Yes
No
Do I know how to play the shot?
Can I control the movement of the ball into the target?
Yes
No
Do I have to do something special/low% to get the ball there?
Yes
What do I bring into play?
Am I pressing?
Is there an alternate target/shot?
Yes
No
No
Make target VERY realistic & include best place to miss
Am I ready to make a good swing?
Yes
No
Use physical/technical/ mental coping system
Key On
RHYTHM
BALANCE
ACCELERATION
Select club
Move behind ball
Visualise shot
Commit & Go
PSR
Commit to technique/action/feel
Commit to realistic target
Aim the feel
Last Look
Trigger
PES Golf