

STOP S.L.O.W. GO: A NEW PRE-SHOT ROUTINE MODEL FOR GOLF.

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Introduction

A significant amount of research has been conducted to date on the potential performance benefits golfers may experience when utilizing pre-shot routines in golf. Over the past 40 years, researchers and practitioners in the field have been researching the pre-shot routine processes of golfers of all ability levels, which has led to a better understanding of the necessary elements that should be included in a golfer's pre-shot routine. Recently, Cotterill, Collins, and Sanders (2014) found that no individual pre-shot routine model had been developed to date that had been universally adhered to and suggested the need to develop a template "working at the psychological level" that underpins the routines in golf and allows golfers to naturally develop their own pre-shot routines within these psychological constructs. Based upon this suggestion for future research and in an attempt to develop a universally accepted pre-shot routine model for golf; the researchers of this study set out to develop a new pre-shot routine model that was informed by the research that had been conducted to date and allowed golfers to naturally develop their own pre-shot routines within the psychological constructs that have been found to benefit golf performance.

Methods

The STOP S.L.O.W. GO Pre-Shot Routine Model for Golf featured in Table 1 was developed to present a new pre-shot routine template that could be utilized by both researchers and practitioners in the field. In an attempt to validate the STOP S.L.O.W. Go Pre-Shot Routine Model for Golf, a two-round delphi study was conducted to gather expert feedback via approval from the Institutional Review Board (IRB) of North Dakota State University. In total, 514 collegiate-level golf coaches working at the NCAA Division I level were identified in this sampling frame as potential participants for the study. Surveys were distributed in which a 70% agreement level was required in order to generate expert consensus.

Results and Discussion

Based upon the results of the Delphi study, the usefulness of the STOP S.L.O.W. GO Pre-Shot Routine Model for Golf was validated amongst college golf coaches working at the NCAA Division I level by having achieved a 72.73% consensus agreement level. When removing participants who "Neither agreed nor Disagreed" as to the usefulness of the model, a 100% consensus agreement rate was achieved. Additionally, all six steps of the model achieved a 100% consensus agreement rate as to their usefulness outside of Step 4, which received a 90% usefulness agreement rate. Based upon these results, it can be determined with a high level of consensus that the STOP S.L.O.W. GO Pre-Shot Routine Model for Golf is a useful tool that college golf coaches in the United States can utilize in their instruction of college golfers. Based upon the results of the findings, it is suggested that future practitioners and researchers further examine the efficacy and future adoption rates of the STOP S.L.O.W. GO Pre-Shot Routine Model for Golf amongst golfers of all ability levels.

Significance

The results of this study are significant in that the STOP S.L.O.W. GO Pre-Shot Routine Model for Golf has been validated by experts in the field as to its overall usefulness, with all six steps being deemed as useful when conducting pre-shot routines in golf. Furthermore, the results of the research answer the call by Cotterill et al. (2014) to develop a template at the psychological level that underpins the routines in golf and allows golfers to naturally develop their own pre-shot routines within these psychological constructs. To date, this study marks the first pre-shot routine model that has been validated as to its usefulness amongst college golf coaches working at the NCAA Division I level.

References

Cotterill, S., Collins, D., & Sanders, R. (2014). Developing effective pre-performance routines for golf: Implications for the coach. *Athletic Insight*, 6, 53-64.

Table 1

Step	Name	Details
1	Stop	Stop and focus on your next golf shot.
2	Strategy	Plan out the shot you want to hit and select an intended target.
3	Look	Visualize your golf shot.
4	Outline	Outline the swing path you will use for the golf shot you have visualized.
5	Waggle	Position your body into proper alignment.
6	Go	Swing along the path you have outlined to hit the golf shot you desire.