

## Red Dots & Open Champions

Funny isn't it?...lots of people are doing something and nobody takes a blind bit of notice. Then someone achieves an exceptional and unexpected result and, all of a sudden, something that has been going on for ages becomes a huge discovery that everyone wants to study in infinite detail!

You'll now be aware of all the interest surrounding Louis Oosthuizen's victory in the British Open at St Andrews and the specific focus on the red dot on his golf glove. Having worked with Karl Morris, who worked with Louis on the mental side of his game, I am quite certain that the red dot is simply a visual "trigger" that Louis uses to start his shot routine.

One of the great challenges for all golfers is that a round of golf takes 4-5 hours, whereas the actual time spent by an individual golfer playing his 65-100 shots is less than one hour. This means that only around 20% of the time needs to be highly focused ("in the zone") the rest of the time can be much more relaxed. In order to do this each golfer, at every level, needs to develop a shot routine that has a clear start and end point and goes through the same process each time.

The start point or "trigger" can be all sorts of things – e.g. the moment you attach the velcro on your glove; the point at which you stand behind your ball and line it up; or the moment that you focus on the red dot on your glove! It is vital that this "trigger" point is more than just a moment in time, it also tunes the golfer into a clear, focused state of mind ready to deliver the shot in the way that you want to be e.g. focused, relaxed, confident.

So when Louis Oosthuizen looks at the red dot on his glove and smiles you know that he is entering a pre-planned state that will serve him well for the next 40 seconds. If Louis hadn't defied the odds of 200:1, I might not have written this piece so ...well done Louis and for everyone else – What is your shot routine and what is your "red dot", your "trigger", that starts your shot routine each time it is your turn to play?

Play well.

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