

## Targets to Go

*ClearKeyGolf®*

There is an oft repeated mantra among instructors and players: “Focus on the target.” No question that, at some point for every shot, that must be done, even if you are among those who are sightless, but still play the game.

Consider this. If documented psychological research has shown that anxiety is at its greatest in the future and the past, and unless someone can show otherwise, targets are, physically and psychologically, in the future, then we remove (at best) or reduce anxiety by not focusing on the target while executing a shot.

That raises the issue of “when” to focus on the target. The simplest and most effective answer is “Do that in pre-shot.” That’s an essential part of what pre-shot is for.

That, of course, brings up another matter. Alignment. Most players worry a lot about lining up correctly. That needs to become a habit and be part of one’s portfolio in every way just as much as the grip become habit. Fortunately, you can learn to walk into your alignment without having to check on it each time. It will take practice to do that, however, which is something that we have rarely seen players do (practice aligning themselves, unless they put a line or club down and think that will do it. It won’t. It forms a crutch that you cannot take with you to the course, unless you only use the aid while you are working manually. When you are using a clear key, remove the aid).

Working out an alignment habit is for some “picking a spot” in front of the ball. For others, it may be the expansive view of the entire shot when approaching the ball. In either case, that is an orientation, not a target, so it does not feed the anxiety wolf in the same way that a futuristic focus related to the green or the pin does.

Learn to focus on the target in pre-shot, and on your clear keys for execution.