

HOW TO

Get Your Mojo Back

After bad rounds, send five balls sailing

The Situation

You just walked off the course after shooting 10 strokes above your index. You struggled to find the fairway and your approaches often missed by several yards. Worse yet, you tried everything to get back on track but nothing worked.

The Solution

High-tail it to the practice area, tee up five balls as shown, and without allowing a single swing thought or mechanical idea to creep into your head, take a few quick practice swings and then start blasting away. Hold your finish briefly, then step to the next ball and start your swing without hesitating or stalling. Don't worry about where the ball goes, and don't make any adjustments from one ball to the next. The only thing you should focus on is ending each swing in balance. This drill instills the feeling of a free-flowing motion, something that can and will come and go over the course of a season. Repeat this drill a few times. By the tenth ball or so, you'll recognize the old feel of your good swing.

**TOP 100 TEACHER**

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ASK THE TOP 100

Q What is the best way to keep my full swing on track when I can't play or practice due to bad weather? There are no indoor ranges in my area.
Steven, Jacksonville, Ill.

A I'm not crazy about hitting indoors off mats, anyway—too many bad vibes. Instead, use a full-length mirror and some sequenced photographs of a Tour player who has the same build as you do. For me, that's Camilo Villegas! Study the photos and pose at each step, matching everything you can see (hands, feet, elbows, shoulders). Then make slow-motion swings and stop at each position to make sure you match the photos. It helps to alternate doing this with your eyes shut. Then make normal swings with a weighted club.

Brain research explains why this works. If you fully imagine doing something—and by "fully" I mean by using all of your senses (sight, hearing, touch)—your central nervous system can't tell the difference between a real experience and a perfectly imagined one. Practice all winter like this and you'll have "been there, done that" without really having been there or done that.

—Dr. T.J. Tomasi

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Ask the Top 100

Need a quick fix? Visit golf.com/top100 and ask the Top 100 Teachers about that one thing that's been holding you back. They'll answer as many as they can and post them on Wednesday, just in time for your weekend match.