

## **Find Your Own Shot Clock**

During my workshops around the country I evaluate my students on their performance. My goal is to develop a consistent approach to this game. I want my student to have a game he can rely on.

Often times our games breaks down when we rush a shot or take to long to deliver the stroke. We have never really paid attention to our personal rhythm. We have no program to help us develop good timing skills. I use a mantra in my workshops. "See the shot. Know the stroke. Shoot the shot". If you have an easy shot, you follow this mantra. If you are facing a hard shot, you follow this mantra. Therefore, you should use the same amount of time for an easy shot, as you would a difficult one. Timing is important. Our brain can only hold a thought for a specific amount of time. Once you pass that moment, our concentration skills break down. Or, if we shoot before the moment, we deliver less than what we are a capable of. We must find the right moment to shoot.

Discover your own shot clock. In my workshops, I use film, and I record the sound of your stroke so you can find the right tempo for your game. How many times have you delivered a lazy stroke and missed an easy shot? Or, how many times have you delivered a tentative stroke, and missed an easy shot? Missing easy shots is unacceptable. We must deal with our weakness and strengthen it. This is done through training. If you find your tempo you have taken as much as five years off your training. That is why we work so hard to help you with your pre shot routine and your timing around the table. Work on your tempo. Find your pre shot routine. Once you have it, take steps to perfect it. You will find that your performance falls off when you focus on your set up. That is okay. Don't be concerned in the beginning. Let it come to you and when it does, you will become the fine player you are destined to be. "A single thought will divert the arrow from its course."

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