

## Less time over the ball may earn a European Tour player an extra €189k



A majority of players are more likely to hit poor shots when they spend more than a second longer than their average time.

## Players perform better when they spend less time at address

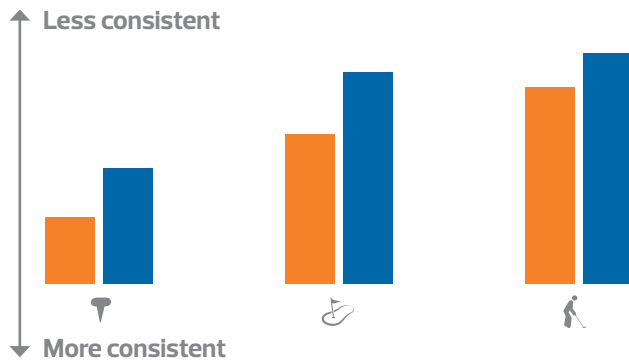
A quicker time over the ball...



## Consistency leads to making the cut for tour players

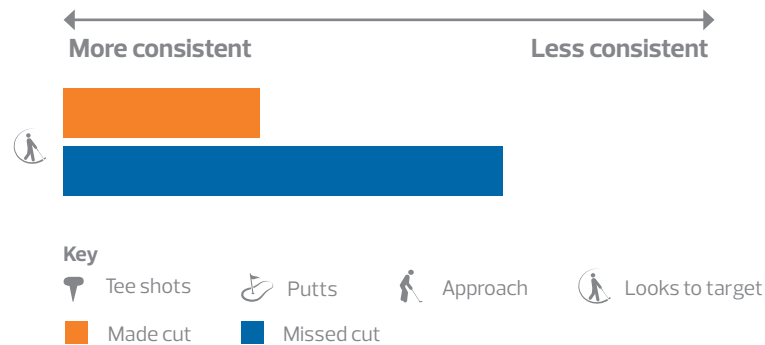
### Time over the ball consistency

Players who are more consistent in their time at address are more likely to make the cut.



### Pre-shot routine consistency

Players who are more consistent in their number of looks to target at address are more likely to make the cut.



Be committed to whatever you are trying to do. It's easy to address the ball and question your club choice or ask "is the wind off to the right, or is the wind into me?" Once you commit to the shot, stick with it and believe in your choice.

**Edoardo Molinari**

The longer I'm over the ball, the more thoughts I get in my head. So I tend to go quick...one look to make sure I've got my target, the next look to double check, and then swing.

**Stephen Gallacher**