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

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.

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

Players perform better when they spend less time at address

A quicker time over the ball...

... resulted in
16% more good putts

... on par 5 approach shots was associated with a
20% more greens hit

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

Less consistent

More consistent

Less consistent

More consistent

Key

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<th>Tee shots</th>
<th>Putts</th>
<th>Approach</th>
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<td>Made cut</td>
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