

P - F - E SKILL



ROUTINE

PFE Stands for Picture, Feel and Execute. As part of this drill our goal is to quite simply complete all 3 of these in succession, or at least as many as we possibly can. This game can be done on the driving range, in a simulator or even on the golf course. The game will be made up of 20 shots in total, with 3 points available for each shot.

To begin the game you must first select a club, a target and what shot you would like to begin with. This can be any shot through the bag! The first point will be given if you clearly picture the shot before playing it. You can do this however you see fit. It can be with eyes open or closed, it can be a line that traces the flight or even imagining yourself and seeing the ball take off, the only objective is that you clearly see the shot before you begin the next step.

Our second point will be given for producing the feel that you need in order to execute the shot correctly. For example, if you have decided to hit a 5 iron with a draw, you may want to feel like the club is coming from the inside or the face is closing over through Impact. Again, the exact feel is completely up to you, as long as you go through some form of movement to feel the shot that you are about to play.

Remember, up to this point you have had full control of scoring these points. Hopefully you are 2/2, but if you notice that you have missed point one or point two regularly, then to fix this and collect all the points it is simply a case of having more awareness of what you are doing in the routine.

Our final point is the first one that is out of your control, and that is Execution. This point is given based on executing the shot correctly based on what shot you had previously decided and imagined. If the shot matches the vision, you receive the 3rd point.

Below is a sample chart, however you can change the shots and clubs to suit yourself and create your own.

While we are scoring this game, the objective is not necessarily all about the outcome. It is really about awareness of your routine and your ability to “set up” the shot correctly in your minds eye, and be diligent enough to include visualization and feel into your routine for every shot.

SCORING

SHOT & CLUB	PICTURE THE SHOT	FEEL THE SHOT	EXECUTE THE SHOT
Driver - Draw			
SW – Low flight			
7 iron - Fade			
5 Iron - High Flight			
8 Iron – Big Draw			
Hybrid - Straight			
4 Iron - Knockdown			
9 iron – Small Fade			
3 wood – High Draw			
6 Iron - Fade			
7 Iron – Big fade			
PW – 70% Speed			