

Have a better game with these 3 keys to a pre-round warm-up

By Tyler Pringle

A solid pre-round warm up can often be the small difference between a good round and a great round. By warming up your muscles and your swing, it gives you a chance to gain some confidence before your round and find out right away what kind of swing you have going into the day. Follow our 3 easy steps to create your own pre-round routine to help

you shoot lower scores more consistently.

Start your warm-up off with the club you'll use the most in your upcoming round- your putter. Rolling a few putts before you head to the range will give you a sense for how the greens are rolling and

help you build some confidence seeing the ball go in the hole. Start from about 20-30 feet to get your swing nice and free, and finish with a few tough 4 footers. Always end on a good putt that goes into the hole.

After you finish putting, hit a few chips, pitches, and flops around the pitching green. Pay attention to how the ball reacts from certain lies, how the ball is biting on the green, and how far it's rolling out after landing. Most of your scoring will take place around the greens, so make sure to focus on that area of your game to start your warm-up.

Pressed for time? You're better off rolling a few putts and making some practice swings on the tee box than heading to the range without rolling a few on the green. Your putter will always save you several more strokes a round than your driver will.

On the range, don't just jump into a full swing right off the bat. Hit a few

half shots, a few 3/4 shots and get some good rotation in your hips and shoulders. Get a good feel of where the club is at in your swing and control it throughout the strike. No need to open it up fully yet.

Once you are warmed a bit, after 10 or so balls, go ahead and start making some full swings starting with your pitching wedge. Move to a couple mid iron shots, followed by your long irons, hybrids, metal woods, and finally your driver. Pay particular attention to the flight pattern, either fading or hooking. You don't have time for corrections, just understand how you're hitting the ball and get ready to run with it once you get out on the course.

After you feel good and loose and you like the way you're hitting the ball, make sure you finish your warm-up with whatever club you'll be hitting off the first tee.

Visualize yourself on the first tee box hitting the shot you want and producing the result you're looking for. As soon as you hit a good one, stop. You're done. Take that positive feeling with you to the first tee and simply replicate what you've already done in your warmup routine.

