



NGA Winter Swing Program – Lesson #1 of 15

Welcome to the 2013/14 Winter Swing Program! The goal of this program is to teach and train proper fundamentals and to analyze and build the swing from the ground up throughout the off-season. We will start with swing theory and build your swing from the setup position right through to a full finish. This program will consist of golf specific movements and repetitive swing drills with and without the golf club.

The goal for Lesson #1 is to swing with proper body angle from start to a half finish with the proper sequence.

Class # 1 will consist of:

- Introduction.
- Explanation of the golf swing motion and the circle theory of the swing.
- Attaining correct posture – club behind back.
- Proper grip – analysis of the goalie grip, long thumb, 10 finger, overlap and interlock
- Setup position with emphasis on spine tilt and trail shoulder down
- Rotation drill - club across shoulders while in proper tilt, feet together
- Introduce the Hitchhiker Drill without club
- Hitchhiker Drill with club, feet together retaining posture, belt buckle to the target with trail heel up
- Emphasis on repetition to feel the movements.





NGA Winter Swing Program – Lesson #2 of 15

The goal for Lesson #1 was to develop the proper grip, stance and posture (setup) to allow us to retain the correct body angle as long as possible throughout the swing to a half-finish. Our next goal will be to focus on slowly building the swing with proper positioning from the setup to a 9 o'clock and 3 o'clock position.

Class # 2 will consist of:

- Review of last lesson. (Setup and rotation, hitchhiker)
- Explanation of a one-piece takeaway while turning on the same angle we learned in lesson # 1.
- Explanation of the body position, arm position, and wrist position, from a 9 o'clock to a 3 o'clock position.
- Locking of the left knee in follow through. For full finish, weight to get to the outside and heel of target foot with target knee straightening to help hip turn.
- The sequence. Shoulder/Hip drill

Drills:

- 9-3 Hitchhiker drill. Forearms almost touching. Back of trail hand and wrist are flat in back swing.
- One-piece takeaway-club in stomach.
- Target arm swings back to 9 o'clock.
- Trail arm swings through to 3 o'clock.
- Shoulder/Hip Drill to feel sequence. Shoulder leads back swing; pull the pocket to lead the down swing. (Review online and we will do it next lesson)



NGA Winter Swing Program – Lesson #3 of 15

In lesson # 2 we started to build the swing from 9 o'clock to 3 o'clock with the correct body angle and positioning. The goal for lesson # 3 is to retain the correct body angles and positioning with a focus on the correct plane and club positioning.

Class # 3 will consist of:

- Review of lesson 1 and 2. (Sequence)
- Skip rock explaining sequence.
- Explanation of the swing plane and how the club shaft should swing around our spine at 90 degrees
- Explanation of a one-piece takeaway while turning on the same angle we learned in lesson # 1
- Explanation of the clubface, what is open, what is closed and how it will effect your swing
- Explanation of the body position, arm position, and wrist position.
- Explanation of balance and weight shift through the sequence.
- Importance of arms being connected, extended, and elbows close.

Drills:

- Hitchhiker drill with feet apart. Knees are in, target foot out, trail knee always flexed, target knee locks (straightens) in finish position.
- Criss-cross drill.
- Swing plane drill from 9 to 3 with tee in end of grip.
- Swing plane drill from 9 to 3 with loop strap and tee in end of club.
- Drills performed with and without the strap to feel difference.



NGA Winter Swing Program – Lesson #4 of 15

Up to this point, we have analyzed proper grip, set up, body angles, and rotating on the correct axis. With lesson 3, we introduced the proper plane the club needs to swing on to match the body angles. The goal for lesson #4 will be to lengthen the swing with the body and club in the correct positions.

Class # 4 will consist of:

- Review of last lesson. (Swing plane / club position)
- Explanation of the body position, arm position, and wrist position with the $\frac{3}{4}$ swing.
- Explanation of balance and weight shift through the sequence.
- Importance of arms being connected, extended, and elbows close as the swing lengthens.

Drills:

- Swing plane drill from 9 to 3 with tee in end of grip.
- Swing plane drill from 9 to 3 with loop strap and tee in end of club.
- Thumbs to target in back swing, thumbs over target shoulder at finish.
- Drills performed with and without the strap to feel difference.
- Swing plane drill from 10 to 2 o'clock with tee and loop strap.
- Swing from 10 to full balanced finish retaining spine angle.
- Repeat with and without training aids.
- Clubface must be parallel to target side forearm at the top of the swing and target wrist must be flat.



NGA Winter Swing Program – Lesson #5 of 15

We have carefully built the swing from ground up with proper body angles, club positioning, and have attained a full finish retaining our angle. The goal for lesson #5 will be to analyze the size of the circle being created with the different lengths of clubs and understand the importance of swinging the club around your body correctly at the proper plane.

Class # 5 will consist of:

- Review of last lesson (getting to full finish with proper body angles, shaft position, club face position and wrist position).
- Short clubs swing like a Ferris wheel, longer clubs like a Merry-Go-Round.
- Get into same set-up routine with all your clubs.
- Ball position for irons and woods.

Drills:

- Swing plane drill (club in belly button) with 9 iron 5 iron and driver.
- Swing plane drill with club between feet with 9 iron 5 iron and driver.
- 9 to 3 drill with 9 iron 5 iron and driver.
- 10 to 2 with 9 iron 5 iron and driver.
- Swing from 10 o'clock to full balanced finish with 9 iron 5 iron and driver.
- Full swings with 9 iron 5 iron and driver with tee at end of club and loop strap on.

Lesson #6 will be a video lesson and Lesson#7 repeat of #5



NGA Winter Swing Program – Lesson #8 of 15

The foundation of the swing has been set and analyzed on video. We will keep focusing on the foundation of body angles and swing plane as we progress. With lesson #8, we will be adding to this foundation by introducing the **power move** in golf.

Class # 8 will consist of:

- Review of last lesson.
- Explanation of lag in the swing.
- Importance of connectivity as we accelerate the swing.
- Proper sequence in accelerating.
- Explanation of tempo in the swing with weight shift.

Drills:

- Pump Drill to feel power.
- Swoosh Drill to hear the power. Upright (baseball) and in golf posture.
- Step Drill to feel weight transfer (if needed)
- Pump drill with swoosh.
- Lag and release with Swing Fan.





NGA Winter Swing Program – Lesson #9 of 15

In last lesson, we saw the importance of keeping the proper body angles as we produce power in the swing. Lesson #9 will focus on acceleration and how the lower body plays an integral role on getting the club head back to the proper impact position.

Class # 9 will consist of:

- Review of last lesson.
- Explanation of lag and release in the swing.
- Difference between the lower body in the setup position and the impact position.
- Explain how the pump drill and impact drill work together.

Drills:

- Pump Drill to feel power.
- Pump drill then let go with trail hand
- Swoosh Drill to hear the power.
- Swoosh drill with left hand, and then swoosh using the right hand.
- Impact position drill (pre-set the hips drill)
- Use impact bag to feel position.

Lesson #10 will be a video lesson





NGA Winter Swing Program – Lesson #11 of 15

Lesson 9 focused on acceleration and how the lower body played an integral role on getting the club head back to the proper impact position. Working on “lag and release” and the pump drill is also a very important component for distance. The pump drill and the thought of pulling the handle analyzed in the last 2 lessons is a great transition into lesson #11 because we will focus on the importance of pulling the handle with pitch shots so that wrists do not break down at impact.

Class # 11 will consist of:

- Pitching vs. Chipping
- Open stance vs. square stance.
- Analyze where the weight is in our stance during setup and throughout the swing.
- If time permits finish with full swing help.

Drills:

Chipping

- Prayer Drill with forward press
- Extended club drill (2 clubs)
- Clock drill from 7-5

Pitching

- Clock drill from 7-5, 8-4, 9-3.
- Setup routine

Lesson #12 will be a repeat of #11





NGA Winter Swing Program – Lesson #13 of 15

We will continue our work on the short game by working on putting. Our main goal once we reach the green is to 2 putt or less....easier said than done!! Most tour players double the amount of practice time around the green compared to full swings on the range to become better scorers.

Class #13 will consist of:

- Regulation putting is two. Focus on two putting, visualize a garbage can or a hula-hoop over the hole.
- Cover different grips. Introduce cross-handed grip to keep wrists passive.
- Use Targa line training aid to line up eyes properly
- Reading greens and how to line up.
- Use of the putting arc for consistent putting stroke

Drills:

- Prayer Drill
- Push Drill
- Ladder Drill
- Clock Drill





NGA Winter Swing Program – Lesson #14 of 15

We have covered pitching, chipping, and putting with our talk on the short game. Specialty shots around the green such as sand, deep rough, uneven lies will be discussed tonight.

Class #14 will consist of:

- Use of the leading (digging) edge of the wedge vs the trailing (skidding) edge.
- Buried lies vs ball sitting up cleanly in the sand trap.
- Uphill vs downhill lies
- Early wrist hinge to promote cleaner entry into the sand AND to help with better contact out of the longer grass / rough.
- How to set up to uneven lies around the green. Shoulders matching the slope.
- Maintain the small “y” in the follow through...hinge and hold.
- End with full swings if time permits.

Drills:

- Island Drill
- Two Ball Drill

Lesson #15 will be a review and video class.

