



National  
Golf Academy.ca

**Lesson Outline for Adult Level 2 (Not for new golfers)**  
**4 x 1 hour Lesson Program**

**Lesson # 1**

- Introduction and outline of program
- Explanation of the golf swing motion. Circle theory.
- Proper grip – analysis of the goalie grip, long thumb, 10 finger, overlap and interlock
- Attaining correct posture – club behind back.
- 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
- Hit balls 9-3
- Add length as needed
- Emphasis on repetition to feel the movements.

**Lesson # 2**

- 10 to 15 minute review of theory, feet together, setup, hitchhiker and 9 to 3
- Explanation of ball flight laws. Importance of a flat wrist as it relates to the clubface. Examples of open and closed clubfaces and how to fix them.
- Strong and weak grips to control flight
- Full swings, balanced finish, retain posture with trail shoulder down. Feel the arch in the back as your head stays behind the ball
- Sequence of swing. Shoulder/Hip drill, Impact position drill.

### **Lesson # 3**

- Review lesson # 1 and lesson # 2
- Explain and demonstrate club selection
- Short clubs swing like a Ferris wheel, long clubs swing like a Mary-Go-Round. We swing the same way but the angle of the swing plane changes because of the length of the clubs
- Ball position, keep relatively consistent with irons (just forward of center) Move woods up to front heel. Make sure the head stays in the SAME spot even when moving the ball forward.
- Practice with different clubs.
- Practice the way you play

### **Lesson # 4**

- Review lesson 1, 2, and 3
- Introduction to putting. Prayer drill, Push drill, Clock drill
- Introduction to Chipping and Pitching.
- Open stance for both.
- Chipping is when we want to roll the ball on the green. Usually with a 7 or 8 iron. Weight and hands forward, ball back, no wrists, pendulum motion
- Pitching is when we want to fly the ball onto the green. Use a lofted club
- Hinge wrists 9 to 3 similar to the hitchhiker drill.
- Vary length to control distance in short game.
- Bad lies and trouble shots
- Final review

