



National Golf Academy

Student Manual



(403) 605-GOLF (4653)
www.nationalgolfacademy.ca

CANADIAN PROFESSIONAL
GOLFERS' ASSOCIATION



ASSOCIATION CANADIENNE
DES GOLFEURS PROFESSIONNELS

April 19, 2005

Mr. Terry Carter

Dear Terry:

It gives me great pleasure to congratulate you on being named to the National Post's top 50-list of Canada's finest teachers in the game of golf.

You are among an elite group of golf instructors who consistently receive high praise and recommendation from your peers, players and industry members.

The Canadian PGA, our nine zone offices and the entire membership are extremely proud of your contributions to the sport. Congratulations to you for achieving this honour!

Please find enclosed a personal copy of the *National Post Golf 2005 Review* magazine as a memento.

Sincerely,

A handwritten signature in black ink, appearing to read "Stephen Carroll".

Stephen Carroll
Executive Director

Enclosure

August 1, 2006

Terry Carter

Re: GOLF Magazine's Top 100 Teachers 2007-2008

Dear Terry :

It is my sincere privilege to inform you that your local PGA Section has nominated you for *GOLF Magazine's* Top 100 Teachers list for 2007-2008.

Now entering its second decade, the Top 100 list is recognized as the definitive source of teaching excellence in the Americas. It is the cornerstone of *GOLF Magazine's* editorial and key to its success.

Your nomination materials are enclosed. Please answer all questions thoroughly—only completed forms will undergo appropriate consideration. Fair and accurate analysis of your nomination materials is guaranteed.

If you have further questions, please contact David DeNunzio or Gary Perkins at *GOLF Magazine*. They can be reached via david.denunzio@time4.com and gary.perkins@time4.com, respectively.

Nominations are due in the *GOLF Magazine* offices by September 1st, 2006. You will be notified of the Top 100 Selection Committee's decision by November 1st, 2006.

Again, congratulations. We look forward to receiving your materials.

Sincerely,



David M. Clarke
Editor

Table of Contents

National Golf Academy

The Big Picture	1
Golf Course Guide	3
Layout of a Golf Hole	7
Golf Scoring	8
Equipment	9

Ball Striking

The Grip	13
The importance of the Grip	13
Learning to Grip the Club Naturally	14
Positioning the Target Hand	14
Positioning the Trail hand	15
Overlap, Interlock Grip	16
Ten Finger Grip	17
Grip pressure	18
The Address Position	19
Foot Placement	20
Ball Position	21
Upper Body Connection	21
Posture	22

Tilt/Head Behind the Ball	23
Aim and Alignment	24
Athletic Stance	24
The Swing	25
Rotation	26
Balance	27
Lag and release	27
Extension	28
Retaining Posture	29
The Finish Position	30
The Short Game	
Putting	31
Chipping	33
Pitching	35
Sand Play	36
Course Management	37
Mental Conditioning	38
Golf Terms	41
Golf Etiquette	43
Golf Rules	45
Picture Rules	49
Swing Drills	61

National Golf Academy

The National Golf Academy is the Golf Academy for the City of Calgary Golf Course Operations operating out of Shaganappi, McCall Lake, Confederation Park and Lakeview. The National Golf Academy also owns and operates the NGA Golf Dome (formerly the McCowans Golf Dome) located one block east of Macleod Trail on 50th Avenue (Address 50 - 50 Avenue SW). The NGA offers golf instructions, golf schools, club fitting and equipment sales and is the premier Golf Academy in the City of Calgary.

The National Golf Academy staff have over 100 years combined teaching experience. The NGA utilizes the proven techniques of Terry Carter (Top 100 Golf Instructor in North America nominee, Top 50 Golf Instructor in Canada and 2004 PGA of Alberta Teacher of the Year) Grant Cook (2007 PGA of Alberta Teacher of the Year nominee), Darryl James (2007 PGA of Alberta Champion and 2007 PGA of Alberta Player of the Year) Clive Grant (2003 PGA of Alberta and Canadian Club Pro of the Year), Jerry Noga, Jim Williams, Shannon Mantrop and others.

For the beginning golfer, the thought of taking golf lessons can be a scary and intimidating proposition. Let the experienced professionals of the National Golf Academy put you at ease and allow you - learn and play golf so you can have fun, be more consistent and enjoy this great game for a lifetime.

Check our website at www.nationalgolfacademy.ca for Bio's on our instructors as well as all of our golf programs.

The Big Picture

TO REACH ONE'S FULL POTENTIAL

WE MUST UNDERSTAND

WHAT WE ARE ATTEMPTING

Golf is a dynamic game. When a person becomes interested in golf and desires to learn how to play, the complexity of the sport is often overlooked. There is no magic in golf, becoming a good player requires an equal amount of recognition in these four areas.

- 1. Ball Striking**
- 2. Short Game**
- 3. Course Management**
- 4. Mental Conditioning**



In order to be a successful player it is important to be skilled in all four areas. Being aware of your strengths and weaknesses is very important when developing as a golfer. Most of us are faced with a limited amount of time to play and practice due to work and other activities, it is important that you work more on your weaknesses than your strengths.

When learning the four areas of golf, the following are necessary in order for you to improve:

- 1. Knowledge**
- 2. Concentration**
- 3. Time Spent Practicing**

Our instruction and the material in this manual will give you the knowledge required to play to your potential. During and after your lessons it will be your responsibility to practice what you have learned and concentrate on what you are trying to achieve.

Keep your expectations realistic; learning a motor skill such as the golf swing takes time. Your golf swing should be continuously monitored, much like going to the Doctor for a regular check up. Be patient and have fun as you improve.



Golf Courses

Generally there are three different types of golf courses:

1. Public courses
2. Semi Private courses
3. Private courses

Public courses are available to any golfer, whether a novice or professional. Public courses require you to pay a green fee and generally consist of 9 or 18 holes. Dress codes at Public courses are fairly lenient but to save yourself from disappointment be sure to ask for dress policy when you book your tee time. Prices to play Public courses are usually quite reasonable.

Semi Private courses have specific times during the day that the public is welcome. Such courses have a membership base and are the reason why times are restricted. Dress codes on these courses are stricter than Public courses, so be sure you are dressed properly when visiting a Semi Private course. Green fees on Semi Private courses are higher than Public courses but the quality is much better.

Private courses are not available for the public to play unless invited by a member. These courses are generally expensive to join (as much as \$100.000.00). However, you pay for what you get and are always well groomed and manicured often with beautiful flowers and sites. These courses can be very expensive to play and codes are always in effect.

As well as there being three different types of golf courses, there also exist four different styles of courses:

1. Par 3 courses (short courses with Par 3 holes)
2. Executive courses (short courses with Par 3 and Par 4 holes)
3. Regulation courses (usually par 70 to par 72, varying in length)
4. Championship courses (usually par 70 to par 72, with lengthy holes)

Golfers who are just learning the game are recommended to start playing on a Par 3 golf course. These courses are generally 9 holes with a par of 27. As you become proficient on these courses then move to a more difficult course. Many beginners jump into the deep end and start golfing on a course that is far too difficult for their ability. This can be a very frustrating experience and may make your first experience a negative one. Following is a list of courses in the area that show the type of course, length, par, phone number, and address. Remember play the course that suits your ability.

PUBLIC AND SEMI-PRIVATE COURSES IN AND AROUND CALGARY

Name of Course	Holes	Yards	Par	Phone	Address
Acme	9	3,037	36	546-4020	Acme
Akokiniskway	9			677-2250	Rosebud
Beaver Dam	18	5,744	72	946-5200	Madden (Symons Valley Rd.)
Buffalo Run	9	3,200	33	238-8682	37th St. & Anderson Rd. S.W.
Canal at Delacour	18	7,200		590-4515	East on Country Hills Blvd.
Carstairs	18	6,530	72	337-3382	North of Carstairs on Hwy 1A
Claresholm	9			625-3500	Claresholm
Cochrane	9	3,115	35	932-5103	240 River View Dr., Cochrane
Collicutt Siding	9	3,376	36	946-2343	Southern edge of Crossfield
Country Hills	36	6,907	72	226-7777	1334 Country Hills Boulevard
Crystal Ridge	9	3,125		995-5563	Okotoks
D'Arcy Ranch	18	6,919	72	938-4455	South of Calgary on Hwy 2A
Didsbury	9	2,816	35	335-3635	Didsbury
Dinosaur Trail	18	6,392	72	823-5622	Drumheller
Douglasdale	18	4,500	60	279-7913	7 Douglas Woods Dr. S.E.
Elbow Springs	27	3,510	72	246-2800	West of Calgary on Hwy 8
Elks Lodge	18	6,810	72	543-2892	2502 - 6th St. N.E.
Forest Heights	18	6,065	71	556-4010	Sundre
Fox Hollow	18	6,494	71	277-4653	1025 - 32 Ave. N.E.
Harvest Hills	9	3,185	36	226-1051	10820 - 6th St. N.E.
Heather Glen	27	6,055	72	236-4653	100th St. & Glenmore Tr. S.E.
Heritage Pointe	27	3,538	36	256-2002	Dunbow Road
Hidden Valley	9			734-3965	Cluny
Highland	9	2,100	31	277-4929	4304 - 3rd St. N.W.
Highwood	27	3,131		652-2402	N of High River on Hwy. 2A
Inglewood	18	6,431	71	272-4363	34th Ave. & Barlow Tr. S.E.
Innisfail	18	6,132	72	227-3444	Innisfail
Lakewood	9			887-2477	Sylvan Lake
Lakeside Greens	18	6,794	71	569-9155	Chestermere
Links of Glen Eagles	18	7,019	72	932-1100	Cochrane
Lynx Ridge	18	6,850	71	547-5969	3 km S on 12-Mile Coulee Rd.
McKenzie Meadows	18	6,508	72	257-2255	West of McKenzie Lake Blvd.
Nanton	18	6,146	71	646-2050	40 min. S of Calgary on Hwy 2
Olds	18	6,662	72	556-8008	Olds
Oxbow Country	9	3,321	36	934-3693	30 min. E of Calgary
Pheasantback	18			742-4653	Stettler
Priddis Greens	27	6,109	71	931-3316	Priddis
RCGA Golf Centre	9			640-1661	7100 - 15 St. S.E.
Redwood Meadows	18	6,992	72	949-3663	West of Calgary on Hwy 22
Rio Vista	9	1,927	33	652-1443	High River
River Spirit	27	7,200		246-4776	West of Calgary on Hwy. 8

River's Edge	9	3,009	35	938-4200	Okotoks
Rosebud	9			677-2250	Rosebud
Sirocco	18	7,185	72	201-5505	South of 22X
Shaw-Nee Slopes	18	6,478	72	256-1444	820 James McKevitt Rd. S.W.
Silver Willow	9	3,172	36	337-2490	West on Highway 580
Speargrass	18	6,671	72	901-1134	Carseland
Springbank Links	18	6,777	72	202-2000	5 km N on Old Coach Rd.
Strathmore	18	6,678	72	934-2299	Strathmore
Sundre	18	6,534	72	565-0525	Sundre
Sylvan Lake	18			887-2811	Sylvan Lake
Three Hills	9	3,001	35	443-5065	Three Hills
Tooth of the Dogpound Crk.	9	3,352	36	337-4880	West on Hwy. 580
Top O' The Hill	9			887-2766	Sylvan Lake
Turner Valley	18	6,473	71	933-4721	Black Diamond
Valley Ridge	27	7,026	72	288-9457	11618 Valley Ridge Park N.W.
Vulcan	9			485-2553	Vulcan
Water Valley	18		72	637-2388	West of Cremona
Whispering Pines	18	6,222	72	886-5151	Pine Lake
Wintergreen	18	6,695	72	949-3333	Bragg Creek
Woodside	18	6,200	70	948-7224	Airdrie

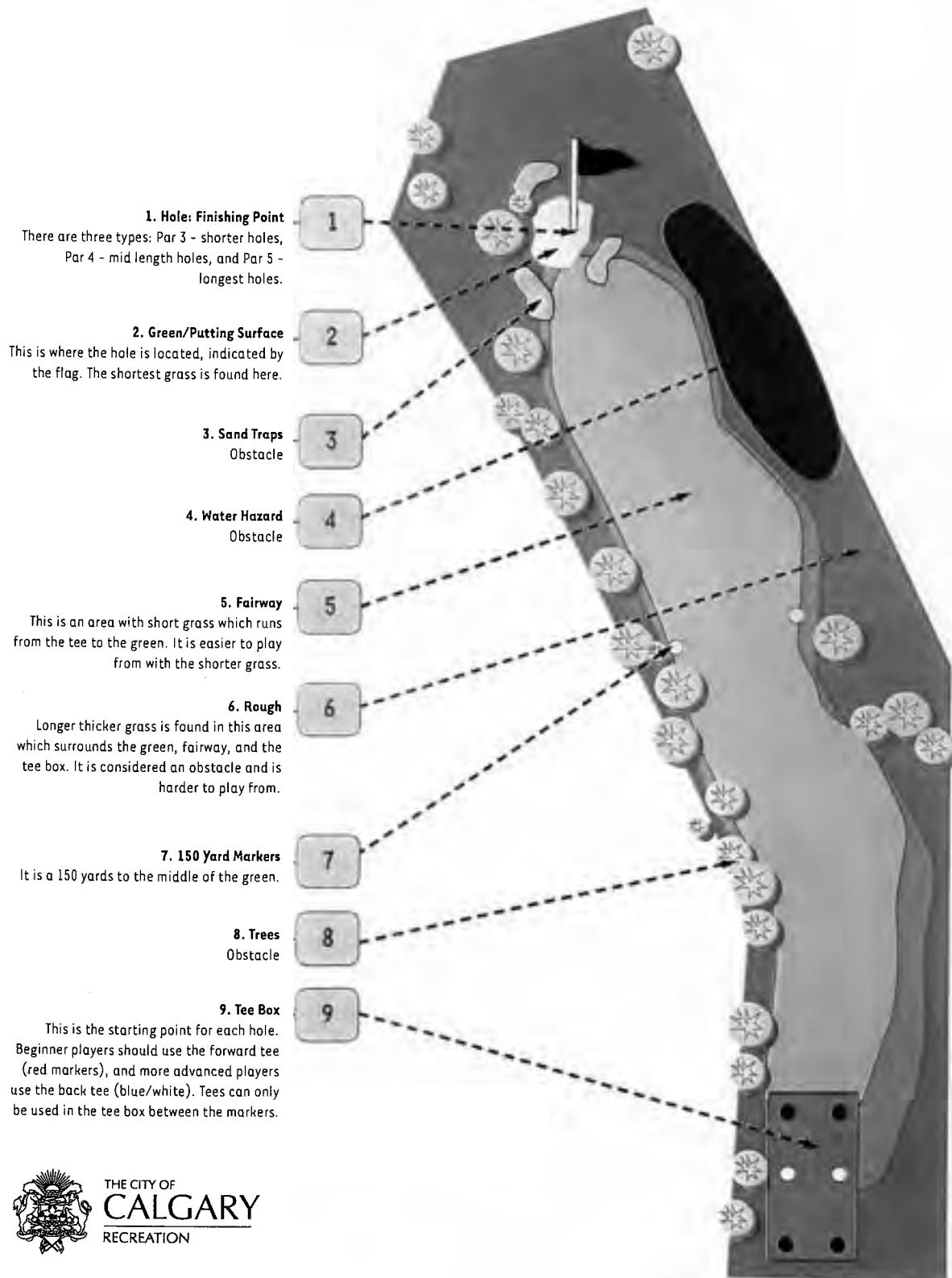
Municipal Courses

Confederation Park	9	3,221	36	221-3510	3204 Collingwood Dr. N.W.
Lakeview	9	1,612	30	221-3510	5840 - 19 St. S.W.
Maple Ridge	18	6,570	71	221-3510	1240 Mapleglade Dr. S.E.
McCall Lake	18	6,788	71	221-3510	1600 - 32 Ave. N.E.
McCall Lake Par 3	9		27	221-3510	1600 - 32 Ave. N.E.
Richmond Green	9	1,214	27	221-3510	2539 - 33 Ave. S.W.
Shaganappi Point	18			221-3510	1200 - 26 St. S.W.
Shaganappi Valley	9	2,221	33	221-3510	1200 - 26 St. S.W.

Resort Courses

Banff Springs	27	71	762-6801	Banff
Canmore	18	72	678-4784	Canmore
Eagle Ranch	18		1-877-877-3889	Invermere
Grey Wolf	18		1-800-663-2929	Panorama Mtn. Village
Kananaskis	36	72	1-877-591-2525	West of Calgary on Hwy 40
Kananskis Ranch	9		673-2700	West of Calgary on Hwy 1
Paradise Canyon	18	72	381-7500	Lethbridge
Radium Resort/Springs	18		1-800-667-6444	Radium Hot Springs
Silver Tip	18	72	1-877-877-5444	Canmore
Stewart Creek	18	72	1-877-993-4653	Canmore
Wolf Creek	27		783-6050	North on Hwy 2
Waterton Lakes	18		859-2114	Waterton Lakes National Park

Layout of a Golf Hole



Golf Scoring

HOW TO KEEP SCORE OF YOUR GAME

- Put the ball on the tee at the tee box.
 - Hit the ball until the ball is in the hole.
 - The number of shots it takes you to get the ball in the hole is your score for that hole.
 - Every attempt to advance the ball counts as 1 shot. The distance the ball travels is irrelevant ie: a shot of 2 feet = 1 stroke, a shot of 200 yards = 1 stroke.
- Note: If you are a beginner and have taken 10 shots on a hole and the ball is not in yet. Mark 10 in your card, pick up the ball and move to the next hole.

SCORING TERMINOLOGY

- **Par:** When your score is equal to the par of the hole ie: a score of 4 on a par 4 hole.
- **Eagle:** When your score is two shots less than the par for the hole (ie: a score of 3 on a par 5 hole).
- **Birdie:** When your score is one shot less than the par for the hole (ie: a score of 3 on a par 4 hole).
- **Bogie:** When your shot is one shot more than the par for the hole (ie: a score of 4 on a par 3 hole).
- **Double Bogie:** When your score is 2 shots more than the par for the hole.
- **Triple Bogie:** When your score is 3 shots more than the par for the hole.

Enjoy your golf season!

Equipment



Basically there are four different types of Golf Clubs:

1. Putter
2. Irons
3. Woods
4. Hybrid

The putter is the club that you use when you are on or very near the Green. Putters are designed to roll the ball. Putters come in many different shapes and sizes. The Putter you choose should look and feel good to you. The most important element when finding a suitable putter is that it fits you properly. A properly fit putter should be the proper length, lie, and grip size as determined by your set up position.

Woods and Irons can also come in many shapes and forms. Basically, woods are designed to hit the ball as far as possible. Irons are designed to control the

ball flight and distance. Each Wood and Iron has specific loft and lengths for each club. The loft of the club will dictate the initial trajectory the ball travels as it leaves the club-face. The length of the club will dictate the club head speed created, thus producing different distances. Matching the correct amount of loft with the correct club head speed gives us our optimum golf shot!!

The Hybrid is the latest in game improvement ideas that is designed to get the ball up in the air, but with some authority The Hybrid actually takes the place of your long irons (3 and 4 iron) since they are often so hard to hit for many golfers. The head design is a cross between an iron and a wood. This combination allows you to swing like an iron, but get the distance of woods . . .

You may ask how many clubs are needed to play this great game? For the beginner or novice golfer, a "half set" will be sufficient. This includes a 3 and 5 or 7 woods, 5, 7, 9 irons, a sand wedge and a putter. As you improve and notice a greater distance

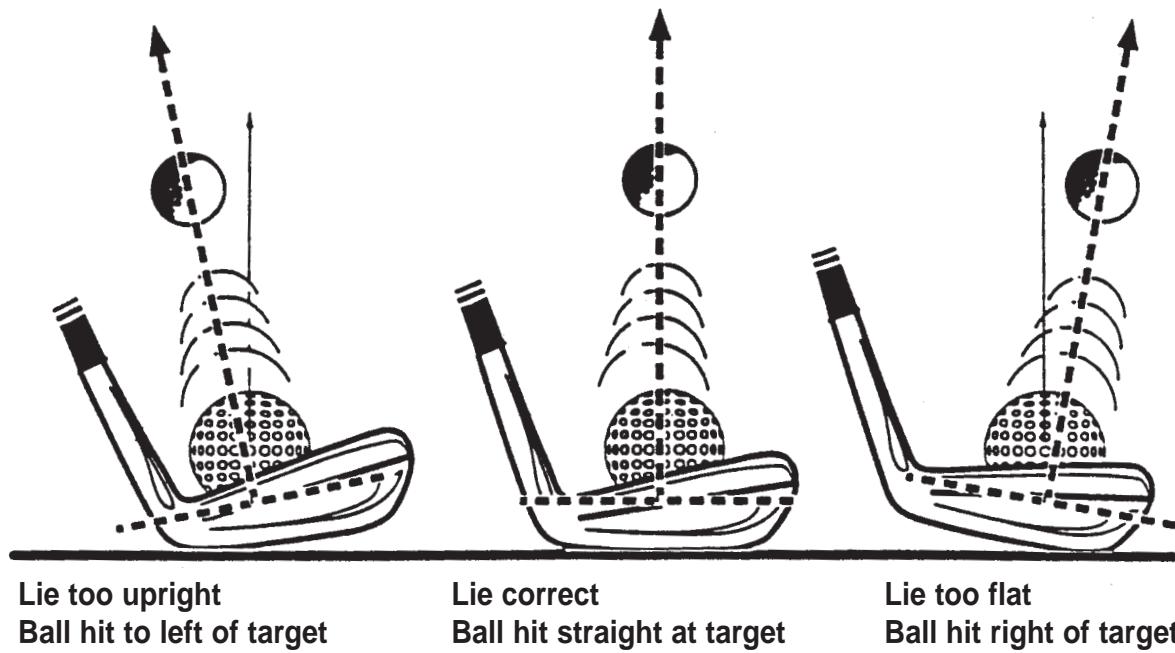
between clubs, a pitching wedge, 8, 6, and 4 irons should be added. The intermediate to experienced golfer can have up to 14 clubs in their golf bag. These clubs can also include various other woods and wedges.

Many golfers become frustrated when attempting to hit the Driver. The Driver (or 1 wood) is the most difficult club to hit in your golf bag due to its long length and lack of loft. (43 to 45 inches long and only 7 to 10 degrees of loft) Remember it takes time to develop a golf swing efficient enough to use a low lofted club such as the Driver. Learn to use the other woods before you attempt the driver.

When purchasing golf equipment, talk to one of our C.P.G.A. golf professionals to be sure you are buying clubs that are suited to your ability. It is very important to have a proper club fitting done before you purchase your clubs.

The club head design, lie and loft angle, shaft flex, grip type and size should be carefully selected. There are several factors to consider when selecting your irons. Although your irons should be visually appealing, they should also help you achieve a proper golf swing and not hinder your performance. Oversized, perimeter weighted heads are the norm for club head design. Such technology is available to help the novice golfer hit better straighter shots when the ball is not hit perfectly.

The following is an example of how poorly fitted irons can effect ball flight.



"If you are still not convinced, read the following quotes from yesterdays famous teachers and players.

" Good golf begins with a good grip."

Ben Hogan

" If I could stand the strain, I would devote at least a couple of weeks to the grip in golf instruction."

" The basic factor in all good golf is the grip. Get it right, and all other progress follows."

Tommy Armour

" I have to rate a faulty grip as the most common cause of bad golf. "

Tommy Bolt

" It is impossible to play good golf without a proper grip."

Sam Snead

" The grip is the crucial junction point from which all the body's strength and rhythm are transmitted to the club."

Arnold Palmer

" A correct grip is a fundamental necessity in the golf swing."

Bobby Jones

" Without a proper grip no player can expect to hit accurate shots with even a fair degree of consistency."

Gary Player

Ball Striking

The material in this manual will not use left and right as a reference to hands, feet, etc. We will however use target and trail terminology. For example, the target hand for Right Handed players refers to the left hand or glove hand. It is called the target hand because it is the hand that is closest to the target. The right hand is the trail hand. It is the hand that is furthest from the target. The same terminology applies for feet, knees, hips, and shoulders. The opposite is for lefties!

Ball striking is what originally captures a person's interest in the game of golf. It is most intriguing to make solid contact with the ball and send it soaring through the air. It provides a sensation that cannot be compared to any other. Ball striking is fun to practice, and is the area that most golfers devote all their practice time to.

Warming Up

Warming up properly before playing or practicing only takes a short time, however, if neglected, an improper warm up can cost days, even months in recovery time. The golf swing requires many different muscles. Before you actually start to hit balls make sure you go through an effective stretching routine.

The Grip

The Importance of the Grip

Why is the grip so important? Simply stated, it is what connects you to the golf club. This is the first area a good player thinks about and the last place a poor player will look. Having a proper grip will affect many things including distance, direction, and trajectory. Modern instruction encourages as little hand activity in the swing as possible; a poor grip puts too much emphasis on your hands. Even though there is a natural position in which the hands should hang, the correct grip does not seem to come naturally, as a result it must be learned. A new grip may take a while to feel comfortable if you have not been holding on the right way to begin with. It is however one of the true keys to becoming a consistent ball striker, therefore it is essential to learn and remember the proper way to hold onto the Club. You must have a good grip if you ever want to play to your potential. With all that said, I believe it is well worth the effort to learn the proper grip when starting golf.

Learning to Grip the Club Naturally

As mentioned earlier there is a natural position in which the arms hang. Let your hands hang naturally at your sides tension free. Notice the palms of your hands basically face each other or are slightly turned inward. Now bend from your hips so that your hands are in front of your body. Swing your arms and hands back and fourth in a pendulum fashion and notice how they return to the same position in front of your body every time. This same motion will happen as we swing the club. The Arms and Hands must be "tension free" when we hold on to the Golf Club. The result will be consistent centre hits, the key to good ball striking.

Positioning the Target Hand (The Goalie Grip)

As you begin the process of gripping the golf club it is important you use a routine that allows you to grip the club correctly and consistently every time. The style of routine is not so important, however the end result is. In gripping the golf club the following routine is recommended.

With your setup position, line the clubhead along your trail foot with the clubhead square to your target line. Place your target hand on the club with your knuckles lined up parallel with the golf shaft. This position will ensure of a finger grip, thus will extend your left arm when you place the golf club behind the ball. Work this procedure into your routine to ensure of a proper grip and starting position.



Another Grip Check

You should feel the club is being supported under the fleshy portion of your hand at the base of your hand. To check this, extend your bottom three fingers away from club. If the club is still being supported, it is in the correct position, if it slips, it is likely in the palm of your hand. Be sure that the pad of your hand does not protrude over the end of the shaft. Leave at least half an inch of visible shaft.



Final observations would include your thumb being placed pretty much on top of the shaft or slightly favouring the trailside. The "V" created between the first knuckle on the index finger and thumb should point to your trail shoulder. You should also be able to see the two top knuckles on the back of your hand. A slight angle should also be created at the back of your wrist.

Positioning the Trail Hand

There are three options to choose from when positioning the trail hand on the club; the Overlap, the Interlock, or the Ten-finger grip. These grips look and feel similar with the exception of the positioning of the little finger on the trail hand.

The Overlap Grip

The overlap grip or Vardon grip is the grip used by the majority of top players. It was named after the great Harry Vardon, who won the British Open six times. This grip is recommended if you have medium to long fingers. Basically, the little finger of the trail hand overlaps between the index finger and the second finger of the target hand.



The Interlock Grip

The interlock grip is very popular among women and men with small hands. Although most of the top players use the overlap grip, the world's greatest golfer Tiger Woods and the 2nd Greatest Jack Nicklaus (in my opinion) used this method. This hold requires the little finger of the trail hand and index finger of the target hand to interlock with each other.



The Ten Finger Grip

The Ten-finger grip or Baseball grip allows all fingers to be on the golf club. This grip is natural for new players and is recommended for juniors and beginners. This grip is similar to that of holding a baseball bat, except that a baseball bat is held in the palms of the hands where as the golf club is held more in the fingers.



Figure out which grip best suits your finger size, strength, and level of experience. Experiment with each until you find which grip best suits you. Once you have decided which grip you would like to use, wrap your trail hand over your target thumb. Your target thumb will fit in the lifeline of your trail hand. Your trail thumb will be off the centre of the shaft and the "V" formed with the thumb and index finger of your trail hand will be parallel to the "V" formation of your target hand. Just as there is a slight cup formed by your target wrist, the same degree of cup will exist in your trail wrist. The backs of your hands are now parallel and will be able to work together as they swing with the golf club.

Grip Pressure

Now that you have the basics down for developing a good grip, how tight should you grip it? Grip pressure should be light enough to encourage club head speed without losing directional control; it should be firm enough to keep the club from turning in the hands on contact, yet not so firm that it destroys feel or speed. A good analogy is to picture holding on to the club as if it were a baby bird. Wrap your hands around the bird so that first it cannot get away, but not so tight that you may harm it.

The Completed Grip



The Address Position

The address position is the most important element in the golf swing. The problem with most beginners or high handicap players is that they take this for granted and assume there is some magical move that will make their golf swings repeatable. There are many variables to consider when setting up properly... head and upper body position, posture, foot placement, weight distribution, muscular readiness or tension, ball position, aim, and alignment. Developing a sound base to swing from involves, proper knowledge of these variables, and placing the various components of your body in a balanced state with the club, prior to setting them in motion. A good set up starts the motion of the swing in balance and allows you to remain in balance as you swing the club. It has been mentioned it is important to go through a routine when gripping the golf club; the same applies for the set up. Follow the steps recommended in order to build a solid and consistent set up.



Foot Placement

The feet are the base on which the golf swing is built. If they are not positioned correctly, faults such as poor balance, a poor weight shift, over swinging and a weak turn result. The trail foot should be somewhere between 12 and 1 o'clock depending on the flexibility of the golfer. The incorrect positioning of the trail foot can lead to many serious errors including dipping and swaying.

The target foot should be turned out to 11 o'clock. This may also vary depending on the flexibility of the golfer. The less flexible the golfer the more the foot is turned out.

Generally the feet should be shoulder width apart. The width of the stance does slightly change as we progress through each club, getting narrower for the shorter irons and wider for the long irons and woods.

Right Handed Stance



Left Handed Stance



Ball Position

On all normal shots the ball should be played in the same position relative to the target foot. This position should remain constant as the stance changes to accommodate clubs of varying lengths. Ball position will vary from individual to individual, depending on the area that is the lowest point in the swing. In order to achieve consistent hits we must make solid contact with the ball first and then the ground.



Upper Body Connection

Upper body connection refers to the joining of the arms to the chest when setting up to the ball. When our arms swing independently from our bodies the club has the opportunity to stray off the proper swing path. Swinging the golf club properly requires our body parts to flow together with a certain amount of connection. A loss in connection will cause a loss of balance and create problems with the tempo and proper timing of our swing. Off centred hits will result leading to poor ball contact and inconsistent flight patterns.

After going through the proper grip routine and establishing your foot position extend your arms out in front of your body so that they are parallel to the ground and the club face is perpendicular to the ground. Slowly lower your arms and club (keeping your arms extended) until you feel your arms meet your body. For some of us this may happen sooner than others!!! You will know if your arms are properly connected if you feel the tension being relieved that existed when your arms were extended and parallel to the ground.

Posture

The next step in ensuring a proper set up is having the necessary tilt or posture over the golf ball. Having the correct posture will ensure the club swings around the body on the proper path. Too much tilt will cause an upright swing; too little tilt will create a flat swing. In order to achieve the desired tilt, we bend forward from the pelvis or hips, not the waist or slouch from the shoulders. Tilting from the hips allows the spine to remain in a straight line all the way from the tailbone to the top of the head. This position in our set up creates an axis for the body to turn around.

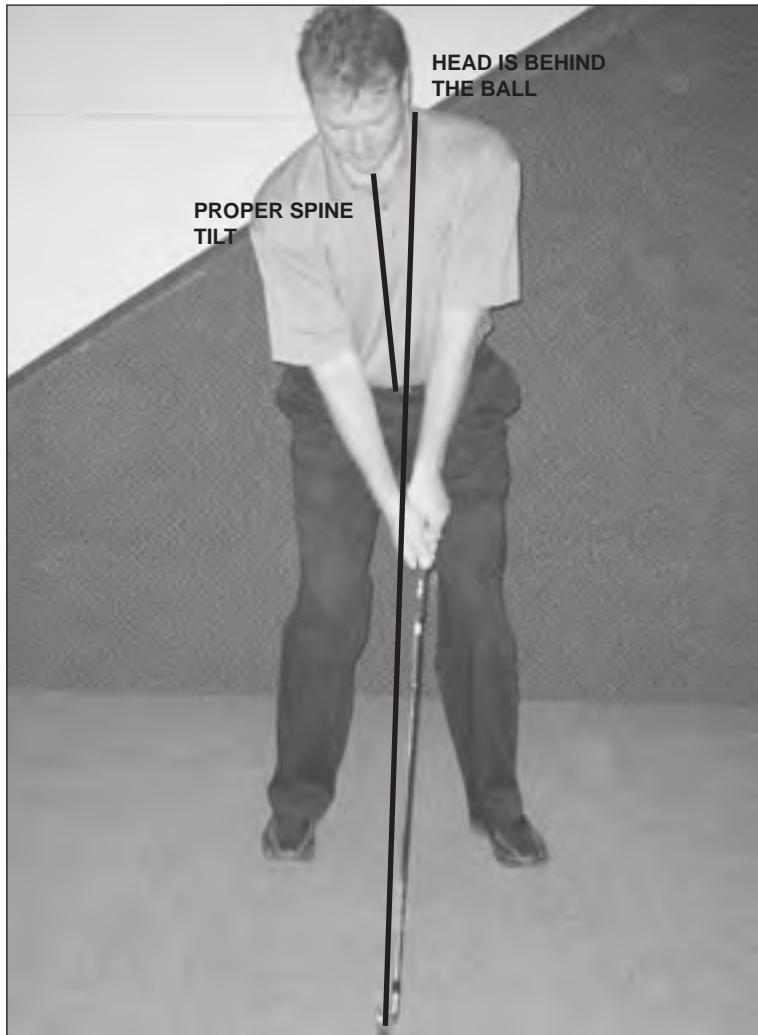
Having the proper amount of knee flex is also important in attaining proper posture. Too much knee flex will allow excessive lateral or vertical movement through out the swing. To little knee flex will create problems with balance. Your knees should be flexed only so that your kneecaps are above the balls of your feet and you feel in good balance.

Now with your arms resting on your body, focus on an object in front of you at eye level, lock your knees and slowly bend forward from your hips. You will feel pulling in your hamstrings. Staying fixed on the object in front of you will keep your back straight as you bend forward. Now flex your knees so that you feel balanced and allow the club head to hover on the grass behind the ball.



Tilt/Head Behind the Ball

The tilt of our body should place our head behind the ball. This fundamental is one of the most important fundamentals of our setup position. If you think about it, our target hand is above our trail hand on the club, when our trail hand grasps the club, our trail shoulder will tilt down thus tilting our spine and moving our head behind the ball. Our head should be behind the ball for almost all our full swing shots. This position will be a natural position unless your trail arm is 6 inches longer than your target arm!! (not likely) Learning this position will force you to use your legs and hips to help you swing the club properly. (Very important)



Aim and Alignment

The direction the ball travels will be dictated by how the clubface meets the ball at impact. A closed clubface at impact will cause a pull or hook; an open clubface at impact will cause a block or slice. Our objective is to return the clubface to the ball in a square position to the target. Ensuring the clubface is perpendicular to the ground while going through our set up routine will create the proper aim of the clubface at address.

Proper alignment begins with identifying the target line, that imaginary straight line running from the ball to the target. Alignment refers to the position of the bodylines (lines running foot to foot, knee to knee, hip to hip, shoulder to shoulder, and eye to eye) in relationship to the target line. These lines should run parallel to the target line like a set of railroad tracks.



Athletic Stance

Golf is not like most other sports. Most sports that we play growing up are team sports. For instance; volleyball, soccer, hockey, baseball, etc. Every one of the aforementioned sports involves a moving object that we reacted to. Reactionary sports force our brains to alarm our bodies to get into a position so that we can quickly act if necessary. Our natural athletic self somehow comes out and we are able to manoeuvre properly. In Golf, we have a ball that does not move, a stick to hit it with, and a target to hit it to. As a result we don't think of the importance of setting up athletically and often end up making a violent lash at the ball. The result is often undesired. Golf is like any other sport, we must set up to the ball in an athletic position, and similar to the position we naturally go into in other sports. Think of another sport you play or have played. Now emulate that same feeling and make it part of your set-up.

The Swing

National Golf Academy describes the golf swing as a circular motion creating torque and centrifugal force through the winding and unwinding motion of the body. More specifically the big muscles.... the legs, back and shoulders, manipulate the little muscles.... the hands and arms. This can also be thought of as the inside pulling the outside, or the dog wagging its tail. If the body works effectively the little muscles react properly. Proper technique is necessary to create a powerful and consistent golf swing. Just as no two people are built the same, no two people swing the same. However, using the big muscles to swing the club will allow every person, weak or strong, attain their potential.

A common problem and misconception amongst many beginner golfers is that speed is created with the hands and arms. People that swing the club with the arms and hands are using the small muscles to pull the body through instead of having the body pull the arms through. Think of a line of figure skaters linked at the elbows and swinging around in a circle. Which skater is exerting the effort and creating the speed for the outside skaters? We all know its the inside skater, the speed at which the inside skater rotates dictates the speed at which the outside skater moves. The golf swing can be thought of in the same fashion, the inside skater (the trunk of our body), moves the outside skaters (the arms, hands, and club). Centrifugal force allows a golfer to create different club head speeds without changing his or her swing; in fact all the golfer has to do is change the club.



Rotation

Rotation involves the proper turning and Coiling of our bodies enabling us to swing the golf club around an axis. Think of taking an elastic band and wrapping it around your finger. If you hold the elastic band on your finger with your thumb, there exists stored energy waiting to be released. We create the same type of stored energy by turning and winding our bodies in the back swing and then releasing this energy in the forward swing. Proper rotation involves having a balanced set position and then turning the big muscles (shoulders, trunk, hips) around the spine. The forward swing involves rotating the hips and legs towards the target, which triggers the upper body to follow.

Drills:



Balance

Good golf swings do not exist without good balance. Balance is a key element to a consistent golf swing. Every good athlete has exceptional balance, and is often an inherent trait. Unfortunately, in other sports natural ability determines success, which leads to frustration for the not so gifted person.

Once again, because golf is not a reactionary sport like most others we can learn balance through drills and repetition and apply it to our golf swing. Generally if our knees stay inside our feet and over the balls of our feet, we will remain in balance throughout the swing.

Balance also exists with the golf club itself. A club in motion that is not in balance will feel heavy. Tension will result and an urge to return it to the ball as soon as possible takes over. A golf club in balance requires the centre of gravity to be over the shaft of the club at all times. This is easily felt with proper grip pressure. The club must be positioned in balance at address and remain in balance throughout the swing.

Lag and Release

Lag and release is the true power move in the golf swing. If swung correctly, the handle end of the club moves towards the ball creating a 90° angle from our target arm up the golf shaft on your down swing. This position is called lag. The lag promotes the release, or the natural whipping motion through the ball that creates the effortless power that all good golfers create. In order to create this power move, your body must be in the correct position to allow this to happen. (Your head must be behind the ball).



Extension

Extension refers to the positioning of the arms from the set position right through to the post impact position. In the set position our arms hang down in front of our body, connected, relaxed and extended. If there is tension in the swing, extension is often lost.

As explained earlier in our manual, National Golf Academy is geared towards creating a circle. The arms are a very important factor as they are what maximize the size and consistency of this circle. If our arms bend throughout the swing, then this means that the circle is changing in size, thus creating inconsistencies in both power and control. If our arms are extended from the set up position through to the finish position we will not only create a consistent circle, but a large powerful circle. In reality, the target arm is extended in the back swing and the trailing arm is extended in the through swing.

Extension will not happen without the proper grip, if our hands are not positioned on the club properly, the wrists will not cock, thus making our arms bend to get the club to the top of the back swing and finish position.

Gripping the club too tight can also cause the bending of your arms; a relaxed grip allows your wrists to cock and your arms to extend.



Retaining Posture

The best golf swings are those that have the least amount of movement with the most amount of power. It is very common for beginners and high handicappers to equate movement to club head speed. This is actually a correct assumption if the club is able to meet the ball in the sweet spot; however, the result is often off centred hits and an actual loss of distance.

Retaining Posture refers to the way we retain our posture vertically through out our golf swing. To keep it simple we don't want to get any taller and do not want to get any shorter from the start of the swing through to post impact. It is very common for beginners to stand up in the back swing or down swing thus creating fat or thin shots. Remember, if the inside of our circle moves, (our body) the outside will move much more, (the club) creating inconsistent shots.

Drills:



The Finish Position

A fundamentally sound finish position is a result of a good swing. It puts us in a position that we are able to observe the flight of the ball. The finish position must be in balance if we created the proper swing.

"For every action there is an equal and opposite reaction". If we have turned and coiled our bodies in the swing effectively, the momentum of the club will bring the body up into the proper finish position. Ineffective rotation may cause a reverse weight shift... a common problem among high handicappers. Remember golf is cause and effect. Problems in the finish position are created earlier on in the swing can be caused as far back as the set position.

More characteristics of a good Finish Position:

- Entire body facing the target.
- Connected feel of the arms is still present.
- Grip formation is still maintained.
- Hips have rotated to the target; trail toe is touching the ground.
- Centre of body is over the target foot enabling balance.



The Short Game

Putting

Putting plays a major role in scoring because it makes up 50% of the strokes allocated for par. The Scorecard does not know the difference between two feet and three hundred yards, they both count as one. The game of golf is about scoring and learning to putt will only bring your scores down.

Alignment: always take a look at your target from behind the ball to read the green and to pick an intermediate target to line your club to. The intermediate target is a target that is along our target line between the ball and the actual target. It is much easier to align your club to a target that is one or two feet in front of you than a target that is 30 feet away! One other way to line up is to align the label on the Golf Ball so it is in line with your target. These two tips are very important to help you get your putter on line.

Always play to hit your puts about ten inches behind the hole. Why.... a putt that does not get to the hole never goes in!!

It is vital to have a proper grip, posture, alignment, and stroke to become a good putter.

National Golf Academy uses the Targa Line putting system to help the student understand the key fundamentals of putting. The Targa Line system helps the individual actually "feel" the proper swing mechanics and proper fundamentals.

Just as there are hundreds of types of putters. There are numerous styles of putting. It is important to figure out a comfortable set up position that allows you to create the following.

The following can be taught about putting, and can be found with all good putters regardless of their style:



- Pendulum Motion - the hands, arms, and putter move back and forth as one unit.
- Eyes directly over the Ball
- Alignment, eyes and shoulders
- Acceleration through the ball
- No body movement
- Putter blade swings straight back and straight through
- Ability to read greens
- Positive mental attitude, Putting is Fun!
- Take a practice stroke, Trust it, and execute. Don't out think yourself.



Chipping

Chipping is also very important to learn and practice if we want to improve our scores. We can hit balls all day, every day and yet still miss the odd green. Before we learn to chip it is first necessary to understand what our objectives are. Our first objective is to get the ball on the green, within six feet of the edge, and have it roll to the hole. Different situations will call for varying amount of carry and roll. When teaching, we always create three different situations for chipping. The first requires lots of carry and little roll. The second requires medium carry with medium roll. The third requires little carry and lots of roll. We need the ball to react a different way for each situation, therefore, you will need a different club in each situation. Generally, the lower the number club, the lower the trajectory, and the farther the roll. The higher the number club (or wedge or sand wedge) the higher the trajectory and the shorter the roll.



The Set up Position:

- Address the ball with a narrow-open stance, turn feet out to 10 o'clock (right handed golfer)
- Position the ball back in your stance; keep your hands in front of your target knee.
- Weight should lean toward target side.
- Form a small "y" across your shoulders, down your arms and to the club
- Choke down on the grip
- Clubface pointed directly at the target

Motion:

- Pendulum motion keeping your hands ahead of the ball throughout the stroke.
- Maintain your weight to your target side throughout the swing.
- Take the club straight back and through (do not bring the club inside in the takeaway)
- Change the length of your back swing to change your distance control
- Accelerate through the shot

Chipping should be learned in three stages:

Stage 1: Learning the motion and what it feels like.

Stage 2: Allowing the motion to make contact with the ball with no concern of the result, just solid hits. Keep your mind on the action and not the result.

Stage 3: Practice stroke, Commit, Execute. Stand back from the ball and take practice strokes until you feel you have the proper stroke to have the ball go the desired distance. Once this is found, bank the feeling. Address the ball and contact the ball emulating the same feel that was banked. Now we observe the result.

Our worst chips are ones where we have second-guessed ourselves somewhere before impact. Stage three teaches us to commit to our practice stroke and accept the result we get.



Pitching

Pitching happens when our target is out of range for a chip, but inside a full swing. The pitch shot is a miniature version of the full swing, made chiefly with the arms and shoulders. Using a lob wedge, sand wedge, or pitching wedge, set up a little open and a little narrower than for a full shot.

The swing as in chipping, is straight back, (do not bring the club inside) there is an extra "hinge" with our wrists in our back swing to get the club up in the air to make sure we hit the ball on the down swing. The distance we take the club back will dictate the distance the ball will travel. Make sure you accelerate through the shot to a finish that is at least equal distance to your back swing. As with chipping, crisp contact is vital, so keep your head and body still.

SET-UP

- Narrow Open Stance
- Ball Position middle to forward (move ball up to hit higher)
- Balanced setup and choke down

MOTION

- Take club straight back and up
- Slight weight shift back
- Length of backswing dictates distance
- Accelerate through shot
- transfer weight to a full finish facing the target



Sand Play

"The Dreaded bunker shot" "The most terrifying shot in Golf"

The bunker shot is probably the most intimidating shot in golf. It does not have to be if you understand the basics of chipping and pitching. It is also important to understand the importance of a Sand Wedge. A Sand wedge is different from a Pitching Wedge in two ways. Number one, it has about 5 more degrees of loft than the Pitching Wedge. Number 2, and the most important part, the Sand Wedge is designed with an angled bottom or bounce that will stop the club from burying into the sand if used properly. Your type of lie or the type of sand you are in will dictate the type of shot you should hit. If you are in soft sand, you will want to use your pitching motion. The Pitching motion as mentioned before, utilizes an open stance with a back swing that takes the club straight back and up. (Not inside and around) The main difference is that you will turn the blade of the clubface open. This gets the "flange" or "Skidding edge" of the sand wedge to make contact with the sand. This will prevent the club from burying into the sand, but will actually promote the club to bounce off the sand. Make sure your clubface is pointed to the target, hit the sand one to two inches behind the ball and the ball will pop out towards the target and land soft with limited roll if executed properly. If you are in hard sand, you will want to use more of a chipping motion to get the ball out of the sand. If you were to open the face as you did with the soft sand, the flange would bounce off the sand and you would hit the ball with the leading edge of the golf club and send the ball flying over the green. The chipping motion promotes a downward motion into the ball, the square face ensures that the club will dig down into the sand and ensure that the clubface hits the ball. As in Putting, Chipping, and Pitching, the length of the back swing controls the distance the ball travels.



Course Management

Another part of mental/psychological strength for golf is the acquisition of course-management skills. These are separate from the emotions and personality traits, though one's emotions definitely play a major role in course management execution.

Examples of these skills are:

1. Perception
2. Judgement
3. Shot Selection
4. Special Knowledge (related to the weather condition, the course, rules, equipment)
5. Planning
6. Club Selection
7. Preparation
8. Pacing

Best described, course management might just be “playing smart”.

That’s common-sense smart, not intellectual smart, “getting the most out of the least.”

*“When you miss a shot, never think of what you did wrong.
Come up to the next shot thinking of what you must do right.”*

Tommy Armour

STROKE-SAVER SYSTEM FOR COURSE MANAGEMENT - Dr. Gary Wiren

1. I will use enough club to comfortably get to the flag.
2. I will use a routine for every shot and play in pictures.
3. I will not leave a makable putt short.
4. Into the wind, uphill to an elevated green, I will use a more straight-bladed club; with the opposite conditions, a more lofted club.
5. I will not hit a shot with a negative thought in my mind.
6. I will never swing with more effort than that needed to produce my effective swing speed.

Mental Conditioning

Pre Shot Routine

Once you have learned to make a repeatable swing on the instruction tee, developing a Pre-Shot routine becomes important when taking your swing to the golf course. A Pre-Shot routine ensures the aforementioned fundamentals are not looked over when you attempt to take it to the course. Learning to swing on the instruction tee is one thing and actually taking that swing to the course is another. Now that you are on the course many new variables now exist that are not present on the practice tee. For example standing on the first tee often involves an audience and may create performance anxiety. Our focus very easily becomes result oriented as we either, don't want to embarrass us, or want to impress the people watching. A Pre-Shot routine allows us to prepare ourselves for the shot at hand and keeps us focussed on the task at hand. Conversely, allowing the anxiety to control what we do will likely result in a swing that resembles a violent act rather than a well thought out plan and execution.

Stand behind the golf ball and pick a target you wish to hit the ball towards or to. This target may be a tree through the fairway, a distant spot on the fairway, or even the flag stick. No matter what your target always pick one and stand on the same line so you can draw a straight line to it. Now visualize the shot you wish to produce.

Visualization will bring a positive thought to mind as you are preparing for the shot. While you are looking down the target line grip the club and hold the club so that the shaft of the club lies on the target line with the club head bisecting the target and the grip bisecting the ball. Now pick a spot six inches to a foot in front of the ball.

Approach the golf ball from the side keeping the spot you picked out in your view at all times. Go through your routine to connect your arms to your body and lower your body to the ball lining the clubface up behind the ball and towards the spot you have picked out. Align your feet parallel to the line created from the ball to the spot, relax your body, and execute the shot.

A routine such as this will keep you focused on the task at hand. The purpose of the routine is to keep you focused on the shot at hand and insures that every thing in our control is done properly for every shot. The cause of most bad swing is a result of careless preparation. A Pre-Shot routine ensures we have gripped, aligned, and achieved proper posture for every shot. This consistency in setting up will lead to good preparation and lower scores.

Psychology (with quotes from Bob Rotella)

1. Golfers Must Decide How They Are Going to Think . . .

. . . and then think that way on every shot. "The most thought provoking thing of our thought provoking times, is that we are still not thinking"

Martin Heideger

Heideger suggested that what ought to be thought about withdraws from man, and then in turn means we must point like a weather vane at what ought to be thought.

2. Train It and Trust It

Why is it that a golfer can not simply command his body to repeat the motion that has brought success thousands of times on the practice range or the putting green?

It is because the brain sends messages to the muscles 1 & 1/2 seconds before the conscious mind has issued the command for the swing to begin.

3. Create Your Own Reality

You must think however you have to think, to get the job done.

"Infinite choice is open at every second for me to alter the shape of the world, for it has no shape other than what I give it."

4. If You Ever Had A Hot Streak You Can Do It Again

Whenever some one has a hot streak that is the ground state of their performance. If they can remember how it felt on the best day of their lives they can feel that way any time they want no matter what the circumstances.

5. Pick The Smallest Possible Target

The brain and nervous system respond best when the eyes focus on the smallest possible target. "What is so intriguing about this process is that almost any goal, if sufficiently clear, can serve to focus attention long enough for one to achieve a flow experience".

6. Putting Is Largely Mental

You have to be in control of your mind and attitude. To become a good putter you must make a commitment to become a good thinker. A golfer has to believe the put will drop but must not care if it misses. Much like in sales, you have to believe our calls will be successful and experience no rejection if they are not.

7. Being Decisive Is More Important Than Being Correct

When reading a green or prospect you have to decide which way things are likely to happen and proceed with decisiveness.

8. Look At The Target, Look At The Ball and Let It Go

Too many golfers have looked a putt over and changed their mind so often that they have no confidence and talk themselves into missing a putt they should have made.

9. No Matter What Happens With Any Shot You Hit - Accept It

Acceptance is the last step in a sound routine. "What an extraordinary change takes place. When for the first time the fact that everything depends upon how a thing is thought first enters the consciousness, when, in consequence, thought in its absoluteness replaces an apparent reality."

10. Throw Away your Expectations

As soon as you step onto the golf course just play. Don't let what has happened in the past affect what can happen now. "Almost nothing about you is truly fixed. When you know this, and really believe it, then the way is much more open for you to change in any way at all."

11. Have Fun And What You Shoot Is The Swing You Brought . . .

. . . with you today. When was the last time you got impatient when you were having fun. Ninety five percent of all self talk is negative and in golf negative thinking is 100% ineffective.

12. Hit The Shot You Know You Can Hit . . .

*. . . not the one Nick Price or Arnold Palmer could hit. Not even the shot you ought to be able to hit. **Hit The Shot You Know You Can Hit!** Fear is a mental state; it is being afraid of making a mistake when you swing the club.*

**"IN THE END YOU WILL LOVE GOLF
BECAUSE OF WHAT
IT TEACHES YOU ABOUT YOUR SELF"**

Appendix

Golf Terms

Addressing the ball. Taking a stance and grounding the club (except in a hazard) before taking a swing.

Approach. A shot to the putting green.

Apron. Grass area (fringe) immediately surrounding the putting surface.

Away. Ball furthest from the hole; to be played first.

Birdie. One stroke under the designated par of a hole.

Bogey. Usually one stroke over the designated par of a hole.

Bunker. A hazard, often a depression, and usually covered with sand (frequently referred to as a sand trap). Grass bordering or within a bunker is *not* considered part of the hazard.

Casual Water. A temporary water accumulation not intended as a hazard.



Dog-leg. A hole in which the route of play angles to the right or left before reaching the putting surface.

Down. The number of holes (match play) or strokes (stroke play) a player is behind an opponent.

Eagle. Two strokes under par for a hole.

Fairway. Closely mowed route of play between teeing area and putting green.

Flagstick. A thin, movable pole with a flag attached at the top, centered in the hole of the putting green to indicate its location. Also called pin.

Fore. A warning cry to any person in the way of play.

Forecaddie. A person assigned to indicate to players the positions of balls on the course.

Green. The putting surface.

Gross score. Total number of strokes taken to complete a designated round.

Ground. Touching the surface or ground with the sole of the club at address.

Handicap. A deduction from a player's gross score devised to match his score against par and to equate differential abilities of other players.

Halved. Competitive term used to indicate identical scores on a hole.

Hazard. A term used to designate bunkers (sand traps) or water areas.

Honor. The right to tee off first, earned by scoring lowest on preceding hole.

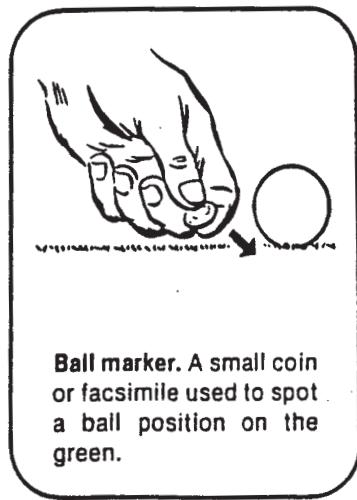
Hook. A stroke made by a right-handed player which curves the ball to the left of the target. For the left-handed player, the ball will curve to the right.

Hosel. Extension of the clubhead into which the shaft fits.

Lie. Stationary position of the ball in the grass or sand; also, the angle of the shaft in relation to the ground when the club sole rests naturally.

Loose Impediment. A natural object, not stationary, growing or adhering to the ball, such as a leaf, twig, branch or the like.

Marker. A person who keeps score. Tee markers define the forward limits of the teeing area.



Match play. Type of competition in which each hole is a separate contest. The winner is the player or side that wins more holes than there are left to play.

Nassau. Competition either match or stroke play which awards 1 point for front nine; 1 point for back nine; and 1 point for total 18 holes.

Net score. Gross score, less handicap.

Obstruction. In general, an artificial object erected, placed or left on the course.

Par. A numerical standard of scoring excellence per hole, based on yardage and two putts per green.

YARDAGE FOR GUIDANCE

Par Men

- 3 Up to 250 Yds.
- 4 251-470 Yds.
- 5 471 and over

Par Women

- 3 Up to 210 Yds.
- 4 211-400 Yds.
- 5 401-575 Yds.
- 6 576 and over

Provisional ball. A second ball hit before a player goes to look for his original ball which apparently is out-of-bounds or lost outside a water hazard.

Pull. A straight shot in which the flight of the ball is left of the target. For a left-handed player, the flight is right of the target.

Push. A straight shot in which the flight of the ball is right of the target. For a left-handed player the flight is left of the target.

Rough. Areas, usually of relatively long grass, adjacent to the tee, fairway, green or hazards.

Slice. A stroke made by a right-handed player which curves the ball to the right of the intended target. For a left-handed player, the ball will curve to the left.

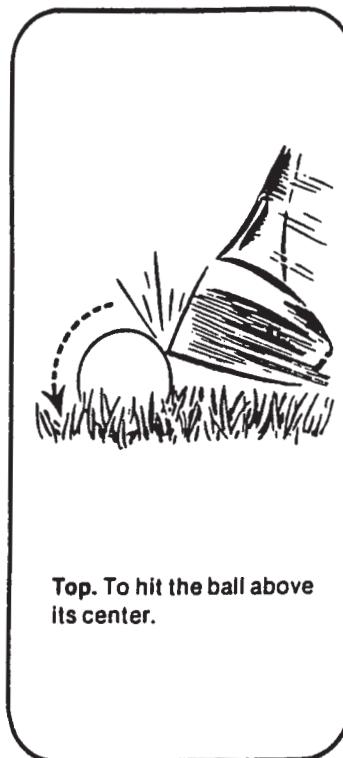
Stance. Position of the feet when addressing the ball.

Stroke. Any forward motion of the clubhead made with intent to strike the ball.

Stroke play. Competition based on total number of strokes taken.

Target. The spot or area to which the ball is intended to land or roll.

Tee. A peg, on top of which the ball is placed before striking it from the teeing area. Also, the teeing area itself.



Top. To hit the ball above its center.

Up. The number of holes (match play) or strokes (stroke play) a player leads his opponent.

Golf Etiquette

Etiquette is your observance of the code for correct behavior in respect to the other players, and to the course itself.

Stand motionless and quiet while others hit. Stand a safe distance away and out of a direct line behind or in front of the player when the ball is being addressed or hit. Distractions can ruin a stroke or take the enjoyment out of play.

Do not hit until the group in front is out of range. Never underestimate your hitting limits. A golf ball travels with tremendous speed and can inflict severe injury. Should your ball go in the direction of other golfers, shout the familiar warning cry, "FORE".

In the interest of all, play without delay. Courteous golfers do not practice when they should be playing. Be ready to play when your turn comes. Mental preparations, often including club selection, can be done as you walk to your ball or while others are hitting.



Let faster groups play through. Signal them to pass and continue your play after they are out of range. Play at the pace of the course and walk with dispatch. When you see an open hole ahead and golfers behind are waiting, invite them to play through.

Good golfers try to avoid a lost ball by watching it throughout its flight, marking the landing spot, and then walking directly to it. If you are unable to locate your ball immediately, all golfers in your group should assist in the search.

Enter a bunker at the point nearest the ball or where the bunker is lowest.

Replace and press down any turf (divot) and repair any ball marks on the green. Out of consideration for those on succeeding days, take pride in preserving the turf. Nothing is more exasperating than to find a well hit ball lying in a divot scar or to have an accurate putt deflected by a depression on the green. Leave the course better than you found it!

Do not drop clubs or the flagstick on the green, step close to the hole, or carelessly handle the flagstick either in removing or replacing it. Avoid stepping on the putting line of others. Heel and spike marks can produce minor irregularities. Carelessly handling the flagstick can damage the lip of the cup.



Leave bags on the side or back of the green nearest the next tee, never in front of the green. Leave the green immediately when play is completed. Record scores on the way to the next tee or on the tee itself. Your delays will obstruct the flow of play and interrupt the pace of players behind you.

A heel mark or trough in the sand made by a previous explosion shot creates a potentially unjust lie for another player's ball.

These simple rules of etiquette serve three main purposes: (1) To reduce the probability of personal injury on the course; (2) to speed up play; and (3) to sustain the enjoyment of the game. As you play you will be judged by your golfing etiquette.

Golf Rules

Golf is one of the unique sports where rules are self-governing. There is no referee to control and govern your play. You are usually on your own. Therefore, the Rules of Golf, as written by the United States Golf Association, are based on your honesty and integrity and the fun and fair play of the game of golf.

The rules are friends and playing by and knowing the rules can many times work to your advantage. Playing by the rules makes conditions equal for all players, but they do not make all players equal.

The rules change and are continually scrutinized so it is important that you keep a *current* copy of the Rules Booklet with you at all times. The best place to keep your book is right in your golf bag.

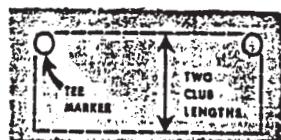
In the beginning you need not concern yourself with all rule technicalities, but you should be aware of the regulations which apply to situations that will most often confront you during play. You should also be aware of the definitions and terminology in the Rules Book.

First of all, there are two types of competition. In stroke play the winner completes his round in the fewest number of strokes. In match play, the player who wins more holes than does an opponent is declared the winner. In match play each hole is figured separately as having been won, halved (tied) or lost.

Some rules will vary with the type of competition involved. In stroke play if you violate a rule the

usual penalty requires strokes to be added to your score. In match play, you usually lose a hole as the penalty for violating a rule.

Whether competing in match or stroke play, an underlying principle to remember is this: **play your ball as it lies and do not touch the ball except by striking it with the club until you have holed out on the putting green.** There are situations for which the rules permit you to lift your ball, with or without a penalty, but most of the time you are expected to play the ball as it lies, counting a stroke each time you



You may tee your ball anywhere in a rectangular space bounded in front by a line formed by the outside limits of the tee markers and two club-lengths in depth directly behind.

Intentionally swing at the ball, even if you miss it completely.

The golf course is divided into four areas as far as the rules are concerned. There is the **teeing ground** of the hole being played; all **hazards** on the course; putting greens and the rest of the course called **through the green**. There are specific rules for each of these areas.

To start your round, and on each hole, you are on the teeing ground and the player who is entitled to hit first has the honor, which is determined by draw or lot. Thereafter the lowest score or the winner of the previous hole (or on the last hole not tied) has the honor on the next tee.

If you tee up anywhere outside the teeing ground, see figure your opponent in match play may recall your shot and oblige you to play properly, without penalty. If you accidentally move the ball off the wooden or plastic tee before making your stroke, you may replace it without penalty.

After teeing off, play is continued toward the green with the player farthest from the hole hitting first. The hitting order continues until the balls are in the hole.

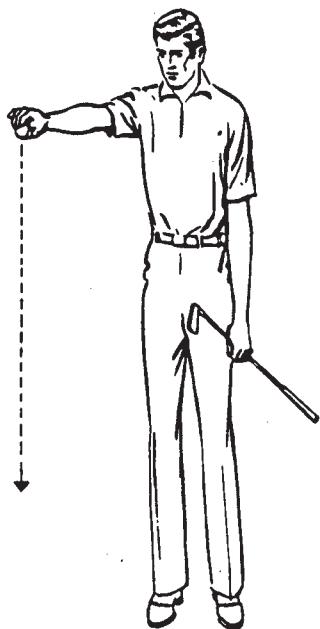
While you are playing, if your ball moves after you have addressed it, see golf terms

at any time, other than for the tee shot, naturally or accidentally, add one penalty stroke to your score for the hole and play the ball where it lies. For example, if it rolls out of bounds you must play under the OB procedure of stroke and distance.

If you accidentally kick your ball, or move it while not addressing it you must replace it with a one stroke penalty and then play on.

If your ball is moved by an **outside agency** (dog, mower, etc.) or another player, in stroke play, you must replace it, with no penalty, then move on.

You may not remove or press down any irregularities of the ground (except when on the teeing ground) which could in any way affect your lie, swing or line of play; nor can you improve the position of your ball by moving, bending or breaking anything that is fixed or growing, such as a tree limb in your



Whenever a ball must be dropped in accordance with the Rules of Golf, you must stand erect, hold the ball at shoulder height and arm's length and drop it. There is no restriction on the direction you face.

way or a weed in front of your ball. You must play around or over trees, bushes, large boulders and other natural objects which will not move. However, you may remove loose natural impediments such as stones, twigs, or fallen leaves except when your ball and these objects lie in a hazard. You may move man-made objects (obstructions) such as paper, bottles, boxes and maintenance equipment.

Should you *lose your ball* (outside a water hazard) or be *out of bounds*, you must drop another ball as close as possible to the spot from which it was hit, counting your previous stroke, and adding a penalty stroke to your score then playing the other ball.

If you think the ball you have just hit *may be lost or may be out of bounds* (outside a water hazard), you may hit a **provisional ball** providing: (1) you do so before going forward to look for your first ball, and (2) you inform your opponent, fellow competitor or marker of your intention before hitting again. If you discover your first ball is not lost or out of bounds, it remains the ball in play and your provisional ball must be abandoned. If, however, your first ball is lost or OB, the provisional ball becomes the ball in play and you count both strokes played (first ball plus the provisional) and add a penalty stroke to your score. You would then lie three before hitting your next shot.

If your ball is in a position that you may not be able to play it you may declare the ball *unplayable* unless it is in a water hazard. If you declare the ball unplayable you have three options: (1) hit another ball from the point at which you hit

the first, count both shots and add a penalty stroke; (2) drop the ball within two clublengths of the point where the ball is unplayable, no nearer the hole and count a penalty stroke; (3) drop the ball behind the spot where the ball is unplayable, keeping that spot directly between yourself and the hole and going back on that line as far as you want (as long as you remain in bounds) and add one penalty stroke. If you declare your ball unplayable in a bunker, with the exception of point (1) above, you must drop your ball in the bunker.

Water hazards and lateral water hazards include any sea, lake, pond, river, ditch or open water course (whether or not any contain water). All of the ground in the margin of a water or lateral water hazard is considered part of the hazard.

Bunkers are hazards that have been prepared by removing soil or turf and replacing with sand. Grass areas in the bunker are not part of the hazard.

When your ball lies in or touches a hazard, you may not touch the ground, sand or water with the club until making the forward swing. You play the hazard as you find it except you may move man-made movable objects.

If your ball enters a water hazard, defined by yellow stakes or lines, you may play it as it is or under a stroke penalty either (1) drop a ball keeping the point where the ball last crossed the margin of the hazard between you and the hole and go back as far as you like, or (2) drop a ball at the point from

which your original ball was last played.

When your ball enters a lateral water hazard, one which runs ap-

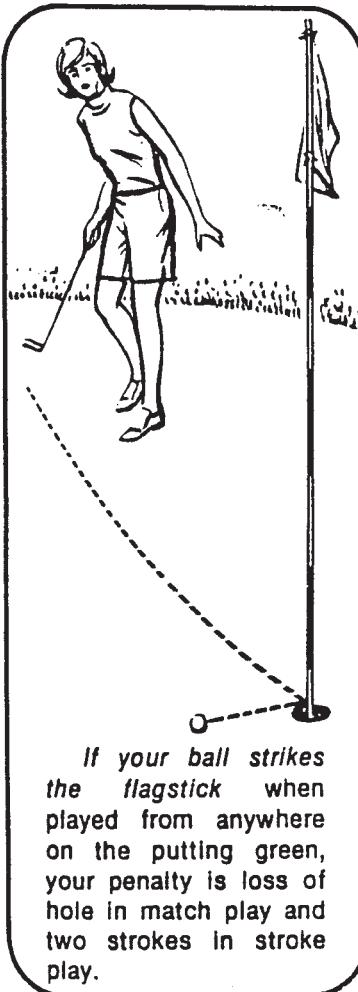


proximately parallel to your line of play and is defined by red stakes or lines, the choices are the same as a water hazard with two additions: you may drop a ball within 2 clublengths of the point where the ball last crossed the hazard margin or two club lengths from a point on the opposite margin of the hazard which is equidistant from the hole (and all no closer to the hole). Of course you may always play your ball from the hazards.

If a man-made obstruction interferes with your swing or stance, but not your line of play, such as a water pipe, sprinkler head, restroom, bridges, etc. (except when in Water Hazards and except OB markers), you may drop the ball within one clublength of the nearest point which provides you relief from the obstruction. After dropping the ball must come

to rest no nearer the hole than its original position.

If an obstruction that is movable, such as a hose, rake, etc., interferes with the lie of your ball you may move the obstruction with no penalty. If your ball lies on the movable obstruction you may lift your ball and move the obstruction and through the green or in a hazard, drop the ball as near as you



If your ball strikes the flagstick when played from anywhere on the putting green, your penalty is loss of hole in match play and two strokes in stroke play.

can to the spot directly under the obstruction where the ball would lay. If you are on the putting green

you would place the ball at that point. If your ball moves while moving the obstruction you must replace it with no penalty.

If through the green your ball lies in or touches, casual water, ground under repair or a hole, the cast or a runway made by a burrowing animal, a reptile or a bird, or they interfere with your stance or swing, you may lift it without penalty and drop it within one clublength of the nearest point on the course which gives you nearest relief from the condition and no nearer the hole.

If you lie in these conditions in a bunker, you may play the ball as it lies or lift it, without penalty, and drop it in the bunker as near as possible to the spot where the ball lay, no nearer the hole, in an area that gives you the most relief possible from the condition or under penalty of one stroke you may lift and drop it outside the hazard keeping the spot where the ball did lay between you and the hole. All of this applies also if your ball is in a water hazard except that there is no casual water or burrowing animal relief.

When your ball is on the putting green and lies in casual water, ground under repair or in a burrowing animal condition, or if they intervene between you and the hole, you may lift the ball and place it, without penalty, in the nearest position to where it lay which gives you maximum relief from the condition.

If your ball, in the closely mown area (fairway), becomes embedded by its force of impact, you may lift, clean and drop it at the

nearest spot, no nearer the hole. Note, a club may have a local rule that permits you to drop from an embedded ball "through the green," except in sand.

If in playing the course you play a **wrong ball**, which is any ball but your ball in play or a provisional ball, you must go back and play the proper ball and add two penalty strokes to your score for the hole. You do not count any of the strokes you played with the wrong ball. If you play a wrong ball in Match Play, you lose the hole. It is very important you put an identifying mark on your ball so as not to incur this severe penalty.

The **putting green** is a specially prepared surface for putting. When your ball touches the green it is considered on the green. When your ball is on the green you may not touch the line of your putt except to (1) repair the ball marks as shown in Fig. (2) remove loose impediments. Remember you may not test the surface of the putting green by rolling your ball or roughing the surface. Also, be sure to repair any spike marks after putting and prior to leaving the green that you or any player may have left.

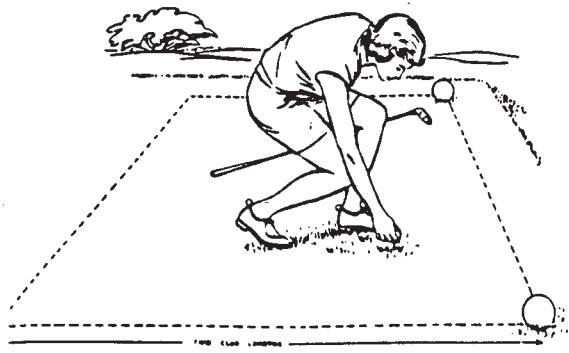
Before lifting a ball on the putting green, you must mark its position by placing a small coin or other object directly behind it. Should your mark interfere with another player's line of putt, use your putterhead to move your mark to the side. Be sure to move your mark back to its place prior to playing your stroke.

If your ball is moved from its resting place on the putting green

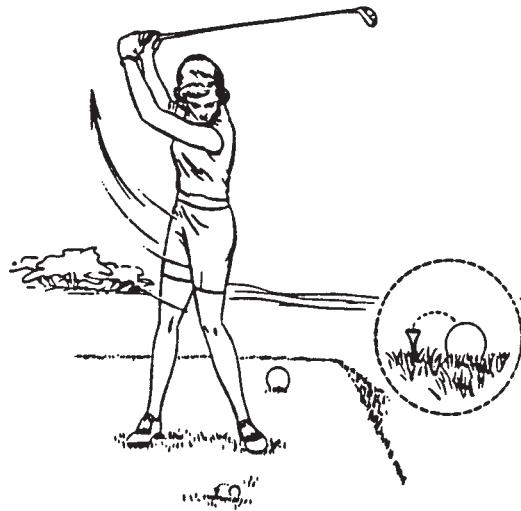
by another ball, it must be replaced. In stroke play, if both balls are on the green and your ball is moved by a fellow competitor's ball, the competitor is penalized two strokes and must play his ball where it ends up.

Should your ball land on the **wrong putting green**, you must lift and drop it off the green, without penalty, and within one clublength of the nearest point providing relief off the green and no nearer the hole you are playing.

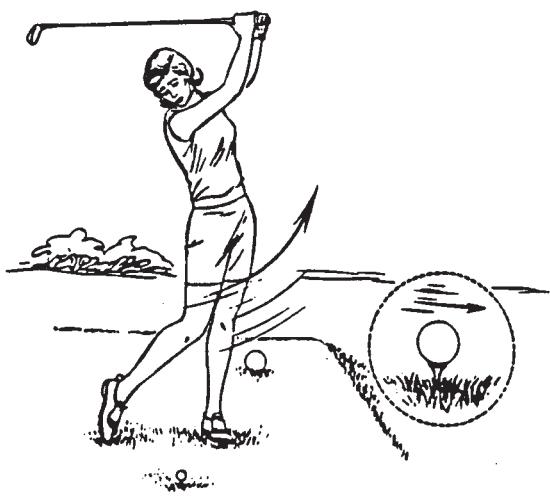
As your interest, skill, and frequency of play increase, you will learn more about special situations not mentioned here. As we have mentioned, be familiar with the terminology and definitions and the use of the USGA Rules Book.



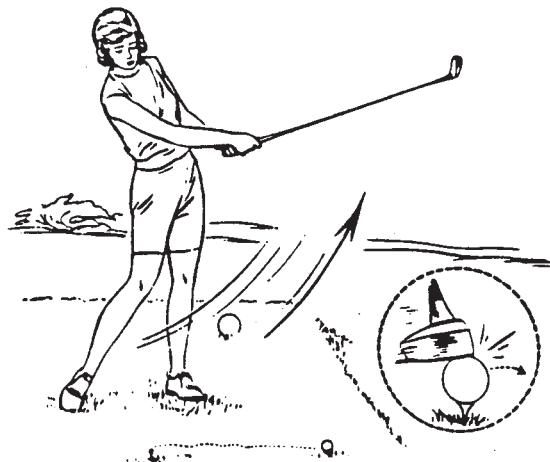
When driving from the tee, the ball must be teed up between the markers and not more than two club-lengths behind the markers, never in front of them.



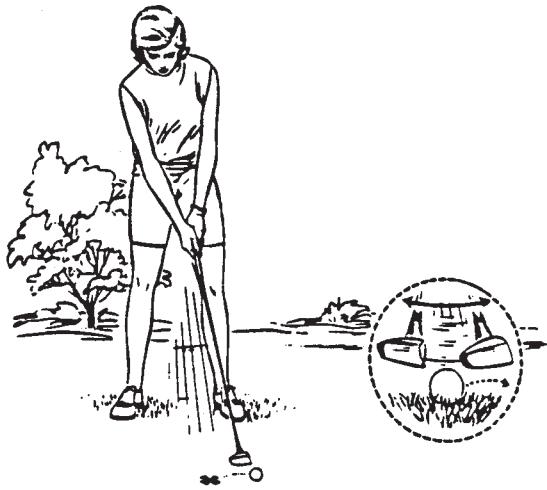
If the ball falls off the tee before you've taken your forward swing, you may re-tee it without penalty.



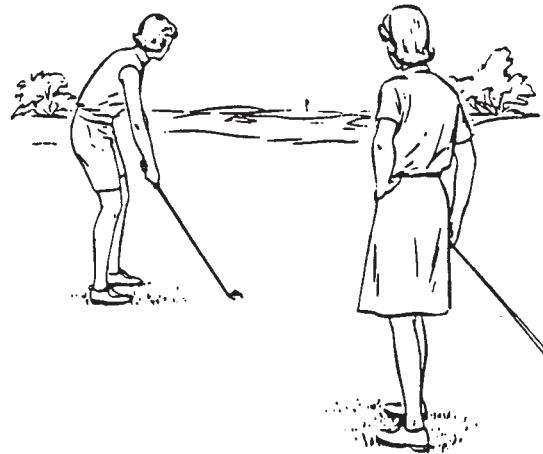
But if you swing and miss, that's a "whiff" and it counts one stroke.



Here, Sue has "topped" the ball and knocked it off the tee. That counts as a stroke and she must play where it lies.



Here Sue's ball (not on the tee) moved a little while she was addressing it. She must count a penalty stroke and replace the ball.



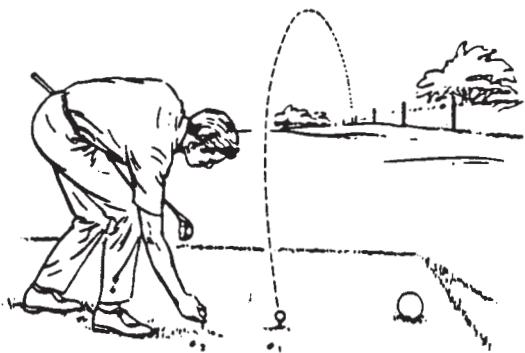
After the tee shots, the player whose ball lies farther from the hole plays first. Here Sue's ball is farther away and she plays before Betty. And notice where Betty stands—a safe distance from Sue and facing her. This is the courteous and safe thing to do.



Hey . . . what's this! Don didn't like the lie of his ball so he pulls up grass to improve it. You may not improve your lie by moving, breaking, or bending growing vegetation. In match play, Don would lose the hole. In stroke play, the penalty is two strokes.



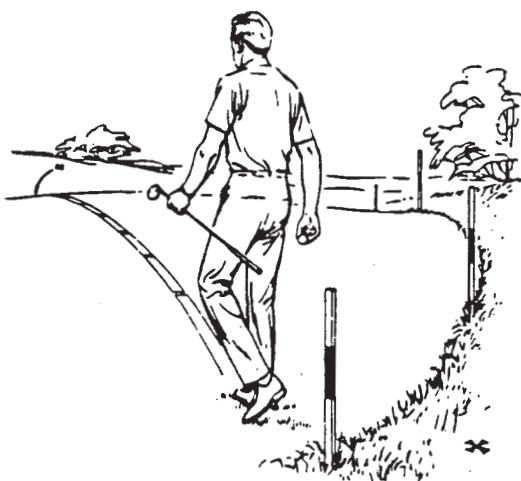
But he can move loose, natural impediments like tree branches, fallen leaves, or loose stones, although if he moves the ball in doing so, the penalty is one stroke (no penalty on the putting green). Moving loose impediments is not permissible in hazards unless the ball is covered by sand, leaves or the like, in which case enough may be removed to enable the player to see the top of the ball. Hazards are bunkers (sand-traps), or water hazards (lakes, ponds, etc.).



If you think your ball may be lost outside a water hazard or out of bounds, to save time you may play a provisional ball providing: (1) you do so before going forward to look for your ball and (2) you tell your opponent, marker, or fellow-competitor what you intend to do before playing it. Here Don's drive looks as though it may have gone out of bounds. To save time Don announces, tees and hits a provisional ball.



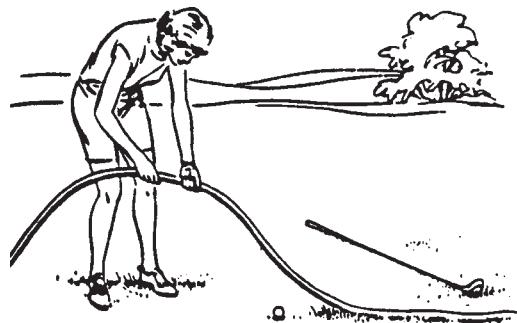
Then, as he finds the first ball was not out of bounds, he picks up the second and plays the first, without penalty. (You are not allowed to play a provisional ball for a ball which may be unplayable or in a water hazard.)



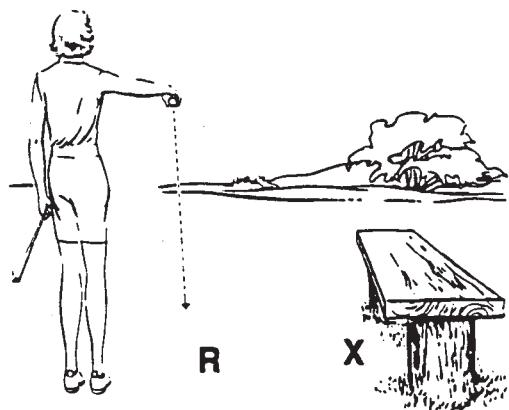
If your ball goes out of bounds, you must go back to the spot from which you hit it and play another, counting both strokes and also adding a penalty stroke to your score for the hole.



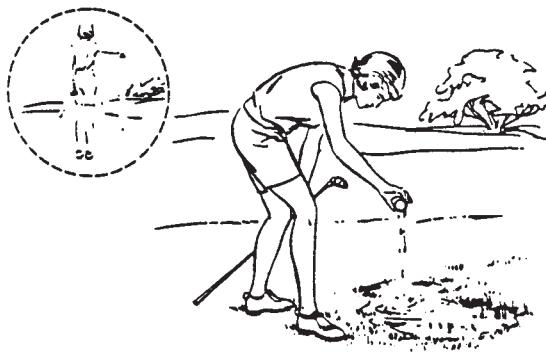
If a ball is completely covered by sand, fallen leaves or the like in a water hazard or bunker, you may remove as much of the material as necessary so you can see a part of the ball. There is no penalty if the ball is moved during such removal, but the ball must be replaced. However, generally you may not touch the hazard with hand or club, nor move any loose impediment therein.



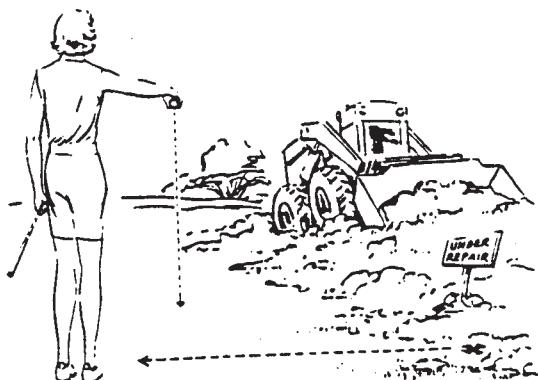
If Sue's ball touches an artificial obstruction such as a hose, she may move the hose. If her ball lies on or touches some immovable, artificial obstruction, like a bench or a drinking fountain, or, if the immovable obstruction is so close to her ball that it interferes with her stance or the swing of her club . . .



. . . she may drop the ball within one club-length of the nearest point of relief, but no nearer the hole. Sue's ball lay at Point X. Point R is the nearest point of relief. Sue is dropping within one club-length of R.



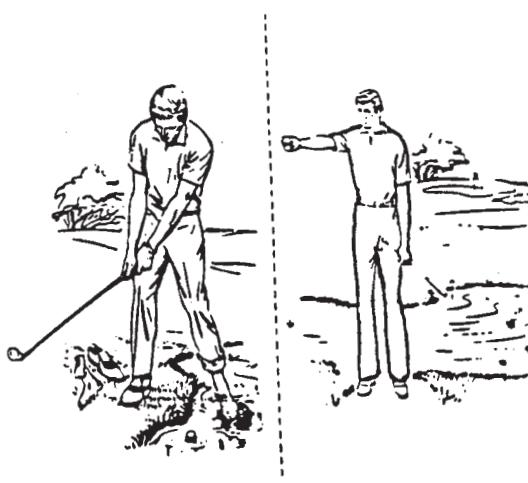
If anywhere on the course, except in a hazard or on a putting green, your ball lies in or touches casual water . . . or ground under repair,



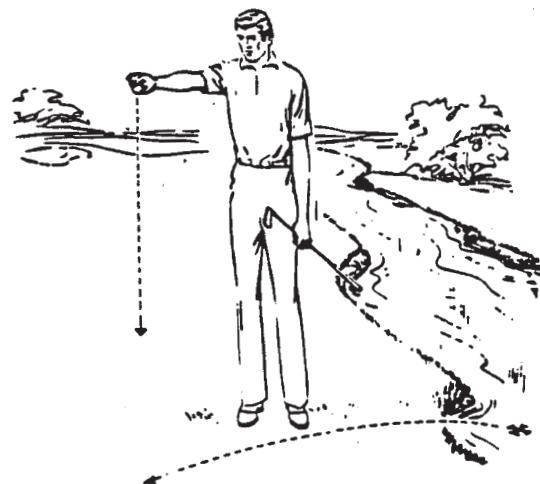
. . . you may, without penalty, pick the ball up and drop it outside the area, within one club-length of the nearest point of relief which is not nearer the hole. You get the same relief if the bad condition interferes with your stance or swing.



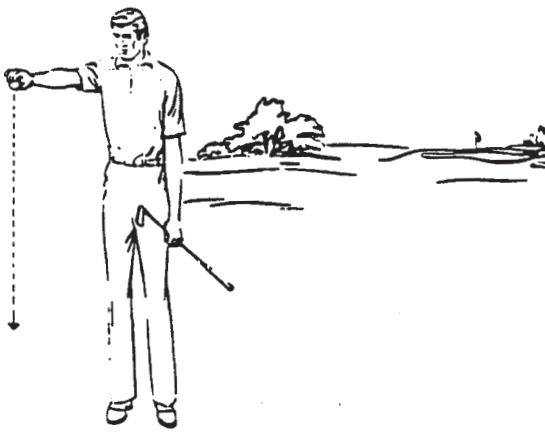
If your ball goes into a water hazard, you may play another from the place where you played the first one, count both strokes, and take a stroke penalty; if your first ball was played from the tee, you may tee the second ball. Here Don's first shot went into a water hazard, so he chooses to play another from the same spot. This will count as his third stroke.



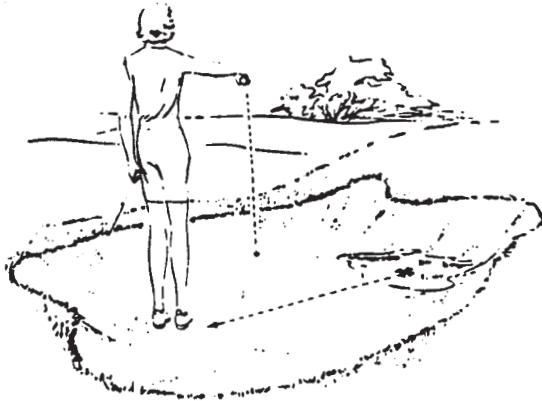
If your ball is in a water hazard and you think you can play it as it lies, you may do so. If you don't want to play it, instead of going back to the place where you last played, you may drop a ball behind the hazard, keeping the spot where the ball last crossed the margin of the hazard between the hole and the spot on which the ball is dropped. In this case also there is a stroke penalty.



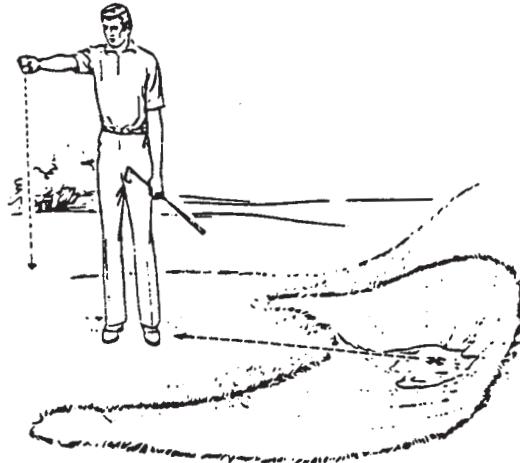
If your ball lies in a lateral water hazard, you may play as for a regular water hazard, or you may drop a ball within two club-lengths of the point where the ball last crossed the hazard margin (or a point on the opposite margin equidistant from the hole), but not closer to the hole. Penalty—one stroke in each case.



Whenever a ball must be dropped in accordance with the Rules of Golf, you must stand erect, hold the ball at shoulder height and arm's length and drop it. There is no restriction on the direction you face. If the dropped ball touches you or your equipment before or after it strikes the ground, you must re-drop it. If the ball rolls into a hazard; onto a putting green; out of bounds; more than two club-lengths from where it struck the ground, or nearer to the hole than the Rules permit, you must also re-drop it. There is no penalty for the ball's striking you or your equipment.



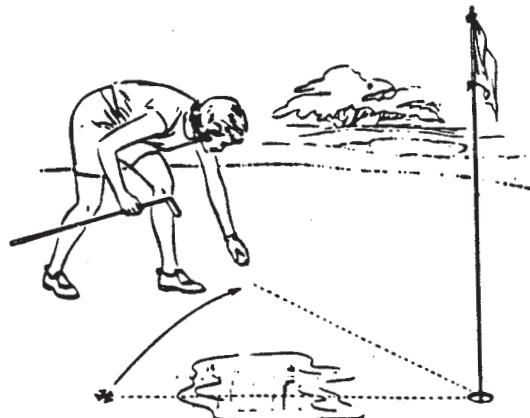
But if in a bunker your ball lies in casual water, ground under repair, or in a hole made by a burrowing animal, you have a choice of playing it as it lies, or lifting it without penalty and dropping it in the hazard as near as possible to the spot where the ball lay but not nearer the hole, so as to get the most relief possible from the bad condition. Or . . .



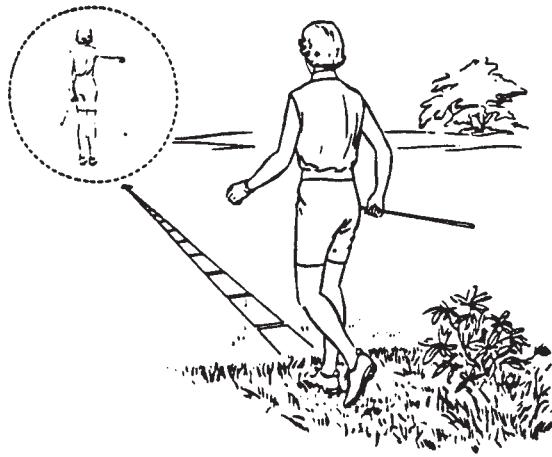
. . . under penalty of one stroke you may lift it and drop it outside the bunker, but not nearer the hole, keeping the spot where the ball lay between the hole and the spot on which the ball is dropped. There is no casual water in a water hazard.



If you are certain that your ball is "lost" in ground under repair (as illustrated), or in casual water, or in a hole made by a burrowing animal, you do not have to take a penalty stroke for a "lost ball."



On the green, if your ball is in casual water, ground under repair, in a hole made by a burrowing animal, or if such conditions lie between your ball and the hole, you may lift the ball, and place it in the nearest position to get the most relief possible, but not nearer the hole.

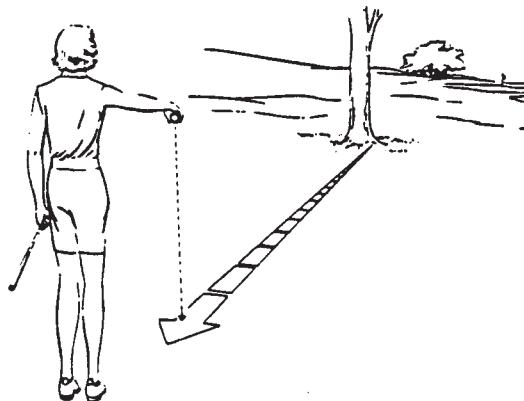


A ball is "lost" if it cannot be found within five minutes

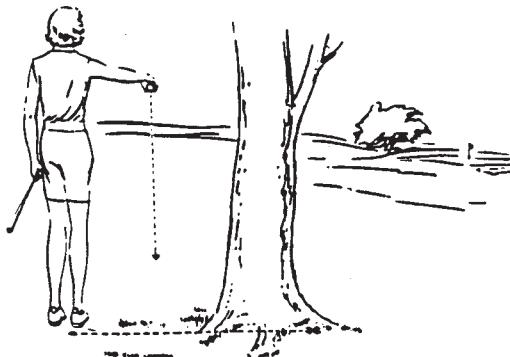
If you can't find it, you must go back to the spot from which you played it and play another, counting both strokes and also adding a penalty stroke to your score for the hole. If the lost ball was played from the tee, it may be reteed, otherwise it must be dropped, except if it was last played from a putting green, it must be placed.



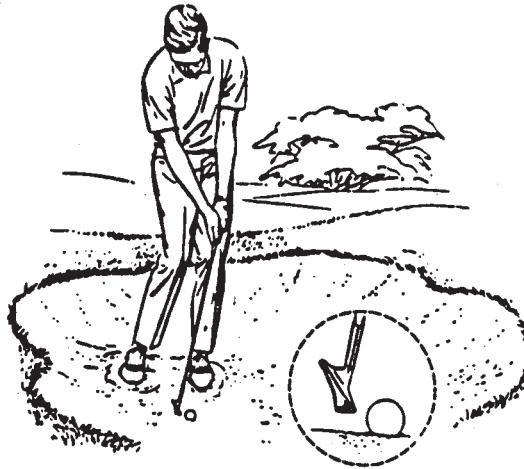
If your ball lies up against a tree or in some other equally bad spot, you yourself must decide whether you can play it from there or not. If you decide it's playable, you must play it as it lies. But, if you decide it isn't . . .



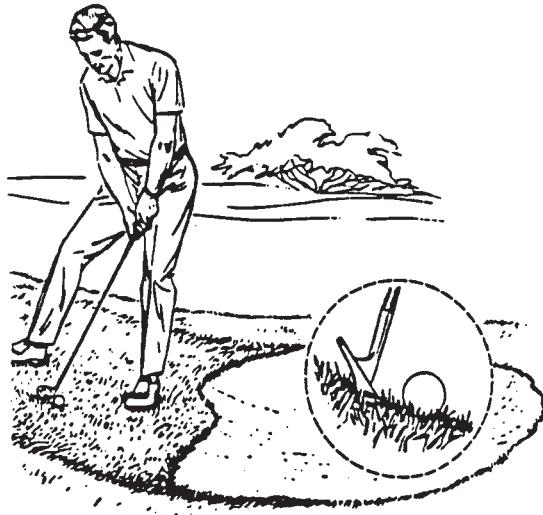
. . . you may go back to the spot from which you hit it and play a ball, adding one penalty stroke to your score for that hole and counting all strokes played. Or . . .



. . . under a one-stroke penalty, you may either (1) drop a ball within two club-lengths of the point where the ball lay, but not nearer the hole, or (2) drop a ball any distance behind the point where the ball lay, keeping that point directly between the hole and the spot on which the ball is to be dropped. In the last two choices if the ball lay in a bunker, you must drop a ball in the bunker.



If you play your ball from a water hazard or a sand bunker, you must not let your club touch the sand or the water until your downstroke. Penalty for violation—loss of hole in match play; two strokes in stroke play.



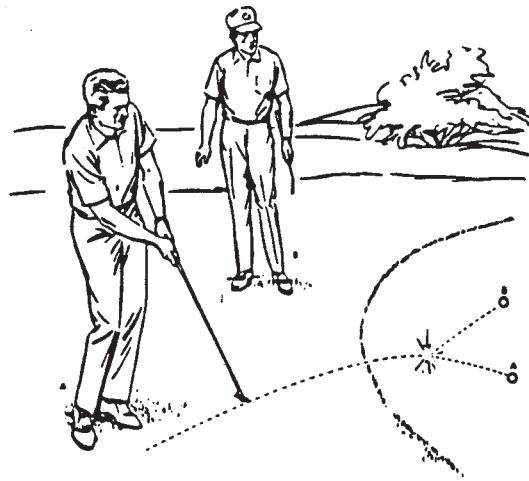
The grassy side of the sand bunker, or patch of grass growing in the bunker, is not considered a part of the hazard and you may ground your club there.



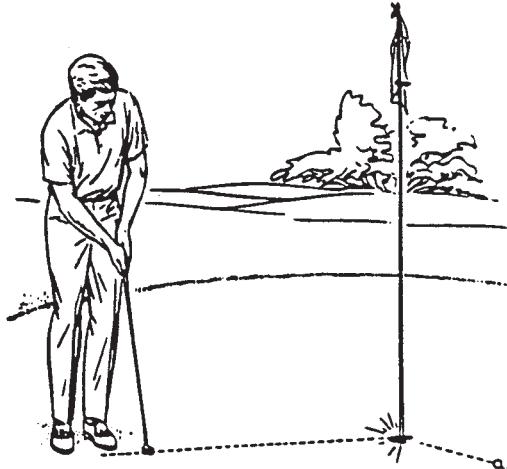
If you play a stroke or strokes with a wrong ball, except in a hazard, you lose the hole in match play, or are penalized two strokes in stroke play. In stroke play, you then have to play out the correct ball before playing from the next tee. There is no penalty if you play the wrong ball in a hazard, providing you then play your own ball. Strokes played with a wrong ball are not included in the score for that hole.



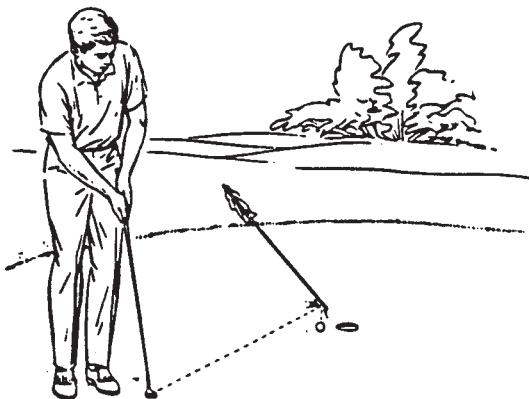
When you reach the green, don't bring your bags onto the green. Leave them on the side closest to the next tee and carry only your putter. Don't dent the putting green with the flagstick.



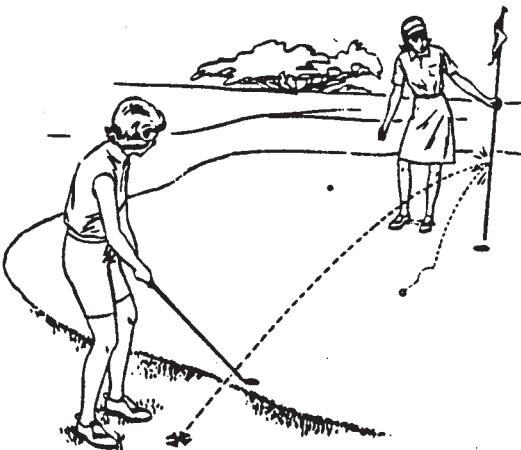
In both match and stroke play there is no penalty if your ball moves another player's ball, providing they were not both on the putting green. In both types of play the player whose ball was moved must replace his ball before playing it. Also, in stroke play, when both balls lie on the putting green, you must take a two-stroke penalty when your ball strikes the other players' ball; there is no penalty in match play.



If your ball strikes an unattended flagstick after you play from the putting green, you incur a penalty of loss of hole in match play or two strokes in stroke play.

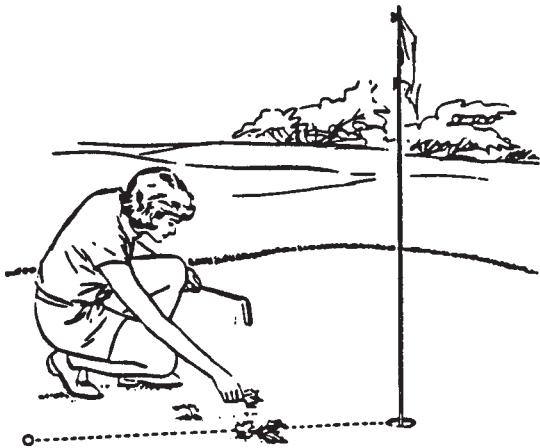


In match play, if your ball hits a flagstick that has been removed, you lose the hole. In stroke play, you have to take a two-stroke penalty and you must then play the ball as it lies.

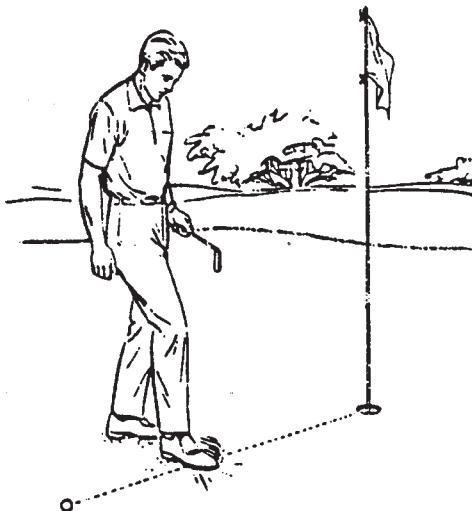


In match play, if your ball hits the flagstick when it has been removed or while anyone is holding it; or if your ball hits the person holding it or his clubs (if carried by him), you lose the hole.

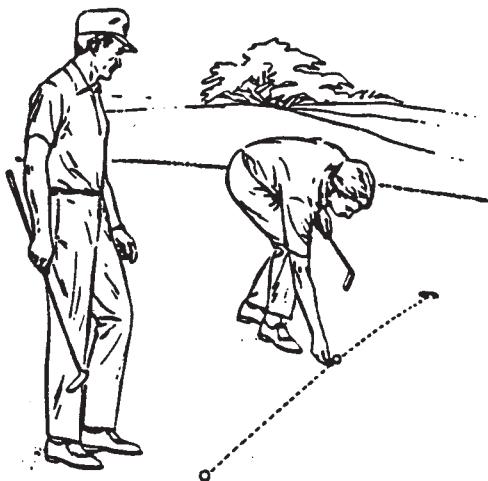
In stroke play, if your ball hits the attended flagstick even if it has been removed, or if it hits the person attending the flagstick; you must take a two-stroke penalty and play the ball as it lies.



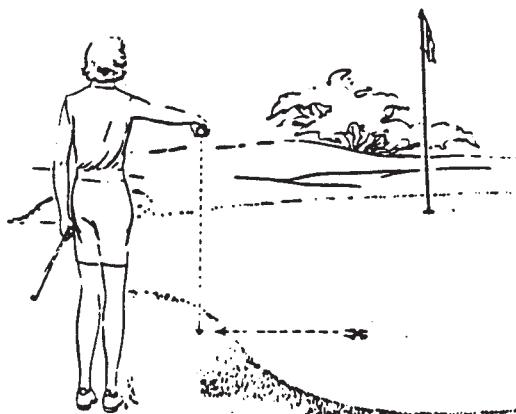
If leaves or other loose impediments lie on the green, you may remove them without penalty by picking them up or brushing them aside with a club. If your ball moves after a loose impediment has been touched, it shall be replaced, without penalty.



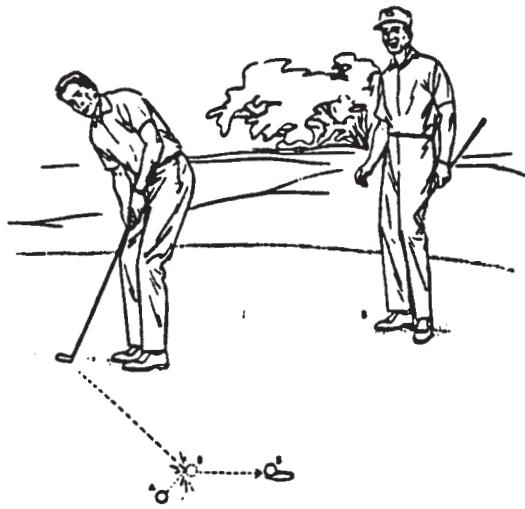
You must not touch the ground in your line of putt except that you may: (1) repair a ball mark or an old hole plug, (2) lift the ball for cleaning; (3) remove a loose impediment or obstruction; (4) place the club in front of the ball in addressing it; or (5) measure who is farthest away from the hole. Otherwise, touching the line of putt will cost you the hole in match play or two strokes in stroke play.



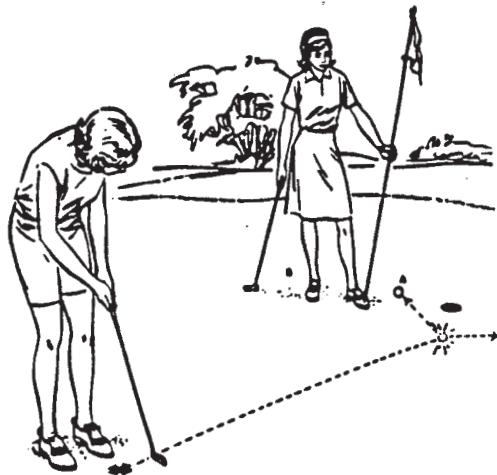
In match play, if your opponent's ball lies in the line of your putt, you may ask to have it picked up. The opponent must mark its position, preferably by placing a small coin or some other thin, flat marker immediately behind the ball. If the marker might interfere with your putt, it may be placed one or more putterhead-lengths to one side.



Here Sue's ball has landed on the wrong green. She must not play it from the green. She must pick it up and drop it off the green within one club-length of the nearest point of relief but not nearer the hole. The ball may be cleaned during the lifting process.

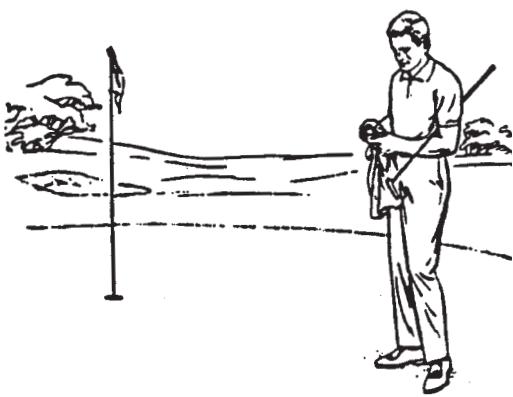


If your ball moves another player's ball, he *must* replace it. This is true in both match and stroke play and applies even if his ball is knocked in the hole.

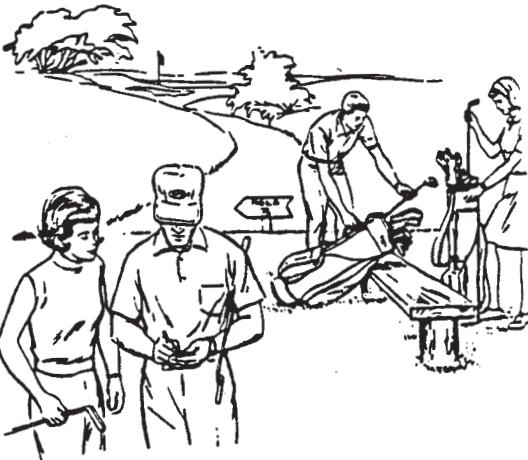


In match play, there is no penalty if your ball hits any other ball on the green. The moved ball must be put back in the place from which it was moved.

In stroke play, when both balls lie on the putting green, if your ball strikes another ball, you must take a penalty of two strokes and the other ball must be returned to its original position.



On the putting green the ball may be marked, lifted and cleaned, without penalty, and replaced on the spot from which it was lifted.



When the result of a hole has been determined, players should immediately leave the green. Wait until you get to the next tee to write down your score.

Swing Drills

Rotation Drill (basic body movement)

1. Place your hands on your hips or in your pockets and flex your knees.
2. Turn your shoulders and hips around your spine until your weight is felt on the trail side, and a coil is felt.
3. Release the coil by rotating your hips to the target and allow your shoulders to follow, finish with your weight on your target foot.



Shoulder/Hip Drill (proper swing sequence)

Set up . . . Place your trail hand on your target shoulder, place your target hand on your trailing hip.

Back swing . . . Pull your target shoulder over your trail hip allowing your upper body to pull your lower body.

Throughswing . . . Pull your trail hip to the target and allow your lower body to create torque and unwind your upper body.

Finish . . . Hips facing target, shoulders facing target with trail shoulder lower than target shoulder.



Turning Drill (retaining your posture)

1. Assume the golf position and place a club across your shoulders.
2. Turn your shoulders and hips around your spine until your weight is felt on the trail side, coil is felt throughout the body, and the club is pointing to the ground.
3. Rotate the hips to the target, transferring your weight towards the target foot.
4. Allow the trail shoulder to pass under your chin, with the club once again pointing to the ground.



Foot Together Drill (balance)

1. Start with your feet together and your head behind the ball.
2. Swing to the top of the backswing.
3. Swing to the impact position, feel your weight shift to your target foot, keep your head behind the ball.
4. Swing to a balanced finish.



Training Aids

Loop Strap (for flying elbows)

Our loop strap helps you feel your arms swinging with your body. Its basic function is to hold our arms close together.



Weighted Club (for extension)

Swinging a weighted club is an excellent way to feel the weight of the club-head and forces you to use the big muscles of your body as well as exaggerating the feel of extension and a proper release.



Swing Fan (for power)

The swing fan is a great aid to feel lag and release. The fan blades create resistance thus forcing a lagging motion. The lag forces the release as a result of centrifugal force.



Pre Set Drill (direction control)

1. Assume the set position with the golf club.
2. Hinge your wrists until the club is parallel to the ground.
3. Keeping the body still and your hands in the centre of your body rotate the club until the shaft is pointing down the target line and the toe of the club is pointed up.
4. Rotate your body keeping your arms in front of your body.
5. Accelerate through to the target and finish the swing.



Tempo Drill/Extension Drill

1. Assume the set position with the golf club.
2. Rotate and push your hips toward the target and extend your arms to the target.
3. Rotate body and swing the club to the top.
4. Swing through to a balanced finish.



Hitchhiker Drill

1. Assume the set position without a club and point your thumbs in the air.
2. Swing the arms until they are parallel to the ground . . . thumbs should be pointing to the sky.
3. Swing back down and through, allow the hands to rotate naturally and finish with the arms parallel to the ground . . . thumbs should be pointing to the sky.



Swoosh Drill (Power Drill)

1. Assume the set position with a golf club but grip it below the club head with the grip pointing to the ground.
2. Swing to the top of the backswing.
3. Swing the clubhead to the ball creating a "Late Hit" Position.
4. Release through impact, creating the swoosh needed for power.



Pump Drill (Power Drill)

1. Swing the club back as in a normal back swing.
2. Slowly drop the club down to the half way point in the down swing.
3. Pump the club from this half way point to the top a few times and accelerate all the way through impact to the finish position.



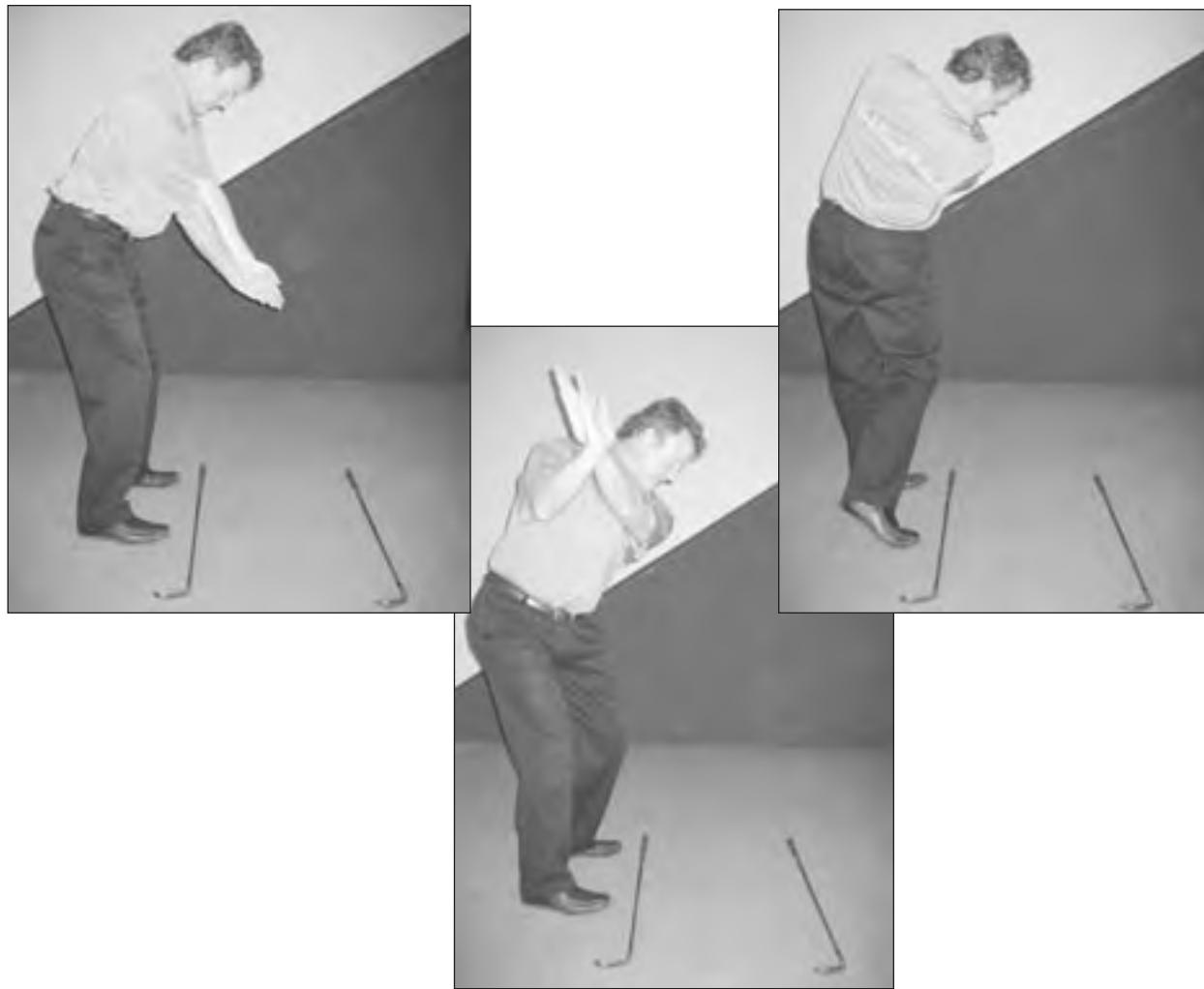
Head to the Wall / Butt to the Wall (movement)

1. Assume the set up without a golf club and your head against the wall.
2. Keeping your head or butt against the wall, swing your arms under your body.
3. Perfect to retain proper posture and spine angle.



Criss-Cross Drill

- 1 From your golf posture, extend your target hand in front of you, and then bring your trail hand underneath your target hand so the back of your hands are touching.
- 2 Make sure that this creates your proper tilt position at address. Start by swinging from 9 o'clock to 3 o'clock position. (target arm parallel to your railway track in the back swing and trail arm parallel to the track in the follow through).
- 3 Gradually build up to a full back swing and follow through (as big a swing as your body will allow without collapsing the arms).
- 4 When you go to hit golf balls, remember the criss-cross drill to stay connected. The loop strap will also help you stay connected when you are hitting balls, then you can do the criss-cross drill at home.



Chair Drill

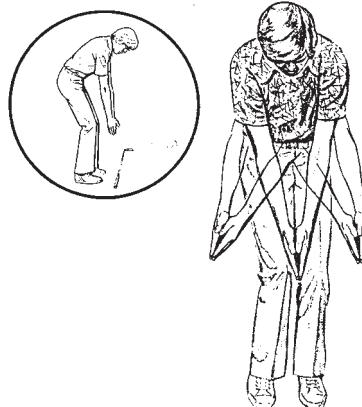
- 1 Grab a chair, turn it around, get into your set up position and back into the chair so your butt is just touching the chair.
- 2 In your back swing, your "right butt cheek" (for right handed golfers) should be touching the chair as you swing to the top of your back swing.
- 3 In the follow through, your "left butt cheek" should be touching the chair as you finish the swing.
- 4 Feeling this will allow you to turn your hips to the target correctly. If you do not feel the chair in the back swing or the follow through, it means that your hips are moving into the ball and your spine angle is lifting up. Most of the time when people think your head is coming up, it is more likely that you stood up, losing your spine angle.
- 5 Try this drill with the club across your shoulders first to feel the movement, then take some practice swings with your club, then go ahead and hit some balls.



Putting Drills

Prayer Drill

1. Without the club hold your hands together as in a prayer.
2. Let the arms hang freely in front of the body.
3. Swing them back and forth creating a pendulum motion.



Distance Control Drill

In order to create a repeating accelerated putting stroke, we must first create a consistent tempo or timing in the putting stroke. In order to do this we count 1-2-3 while we putt.

- “1” in the set position
- “2” at the end of the backswing
- “3” at contact

If we use the same count for different lengths of putts, all we have to do is change the length of our backswing to create a different distance. This ensures an accelerated stroke and tends to give the golfer a feel for distance through the “length of the backswing” as opposed to “muscling” the putter into the ball by trying to gauge how hard to “hit” it. (Tempo is the Key).



Notes

Notes

Notes