



## “No Embarrassment” Ladies Golf Clinic

### Week Three – The Full Swing

#### ❖ **Chipping Review**

##### ➤ **Holding the Club**

- (same as Putter for chip shots)

##### ➤ **Stance** – *open up to see where we want to!!!*

- Feet slightly less than shoulder width apart
- front foot moved slightly back from ball
  - helps open stance, shoulder and hips to see the target
- Legs relatively Straight (slight knee bend – but standing tall)
- Arms hanging relaxed yet fully extended
- Ball in back in stance to promote downward motion into impact with ball
- Hands slightly ahead of the ball (front thigh or inside of left knee)

##### ➤ **Swing** – *Just like putting - Think like a “Grandfather Clock” – Tick/Tock*

- very short swing for short chips
  - keep the head of the club below the knee
- straight back and straight through
- vary swing according to shot distance
- accelerate through ball
- keep hands and clubface even with each other

##### ➤ **3 CLUBS - 1 Swing**

- Not - 1 Club & 3 Swings

#### ❖ **Pitching Review**

- The Golf Grip – why it’s important (toe up to toe up)
  - Left hand over to promote downward approach – not lift.
- Use of the Wrists in the swing – This swing will be waist high on each side
- “HIT DOWN so BALL will GO UP!!! (TRUST the ENGINEER!)”
- Practice with 9 iron, PW, SW
- Left Arm pulls club DOWN & through the shot
- Minimal Weight shift - Weight slightly more on front foot
- Feel the body move to get center of sternum moving toward the target

#### ❖ **Practice Drills**

- 3 Club Drill – 5,7,9 (OR) 6,8,PW or SW – Eyes Closed drill to enhance FEEL of swing and path of clubhead



## ❖ *The Full Swing – The 3 fundamentals*

### ➤ *Grip*

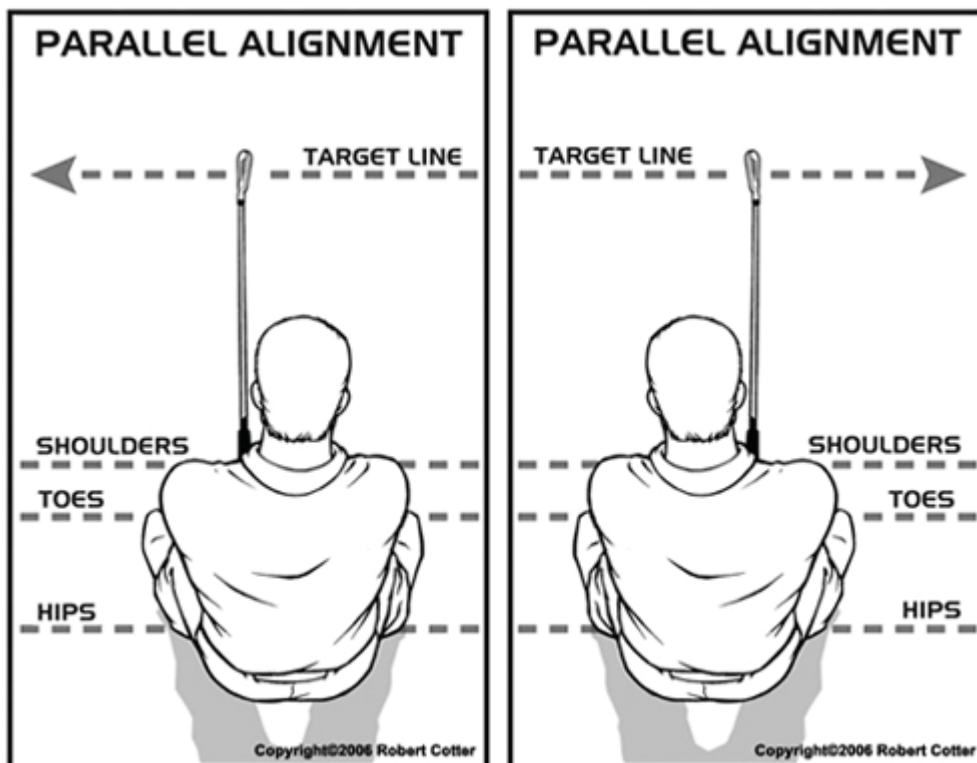
- The GOOD “Strong” Grip – top hand rolled over top
  - “V” created by thumb and hand pointed at left shoulder
  - Glove logo in sight or middle knuckle in view from “GO” position

### ➤ *Stance*

- Shoulder width apart for the best balance
- When we swing, we want our center of gravity to stay inside our frame
- This will make sense when we begin to transfer weight

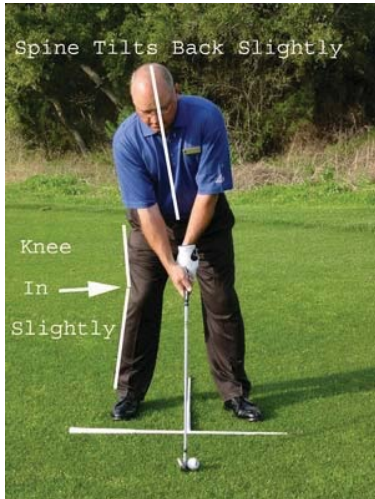
### ➤ *AIM*

- Clubhead should be at 90 deg. Angle to target (where we want ball to go)
- Move yourself into stance so that your shoulders are aligned to target
  - Parallel to target line and ball line



➤ **Posture -**

- Knees slightly flexed – Athletic position
- Spine angle straight – bend at the waist
- Backside out
  - Flex lower back
  - Eliminate slumping shoulders
  - Tilt upper body at the waist, arms hang relaxed – RUMP OUT!



➤ **Ball Position**

- IRONS - 6, 7, 8, 9, PW, SW **Middle of Stance**
  - **Fool Proof Method** – Start with Feet together, ball in middle, take same size step away with both feet
- LONG IRONS/METAL WOODS – **Inside FRONT HEEL**
  - 5, 4, 3 irons – Driver, 3-wood, 5-wood, ALL Hybrids
  - **Fool Proof Method** – Start with Feet together, ball in middle, take small step with front foot away from ball and then settle in to shoulder width apart with back foot

➤ **The Use of the Wrists in the swing**

- Feel the wrists rotate - **“Toe up to Toe up”**
- As in chipping and pitching, we **“HIT DOWN so BALL will GO UP”!!!**
- Wrist hinge at the top of swing creates a **“power lever”**
- Left Arm pulls club **DOWN & through the shot**

➤ **Weight Transfer** – **“Follow the Club”**

- Center of our body moves towards back foot when the club goes back
- Weight of body should be on the inside/ball of our right foot at the top of the swing
- Weight transfers to the front foot when the Club Swings forward.....

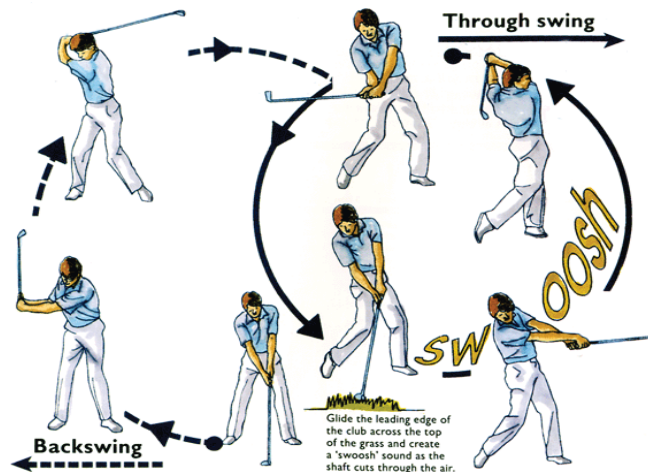
➤ **Shoulder and Hip Rotation** – getting the club to the top!!!

▪ **Backswing** –

- Once club reaches parallel to ground begin hip and shoulder rotation
- Club must reach parallel to ground at the top of the swing
- Want to accomplish this by rotation, not simply arm swing
- Top of swing - head of club down target line (pointed at target)
- Turn so back is pointed at the target

▪ **Forward swing** – pull the trigger

- Start the downswing with the legs to create “LAG” and power
- Hips, shoulders and arms rotate back towards the ball
  - ♦ Listen for the “**swoosh**” sound – feel the weight shifting to left side
- Hands rotate to close the clubface (hitting to left field)
  - ♦ Helps in generating more speed and power
- Weight fully transfer to front foot when club swings forward
- Allow club to rotate around body and finish behind left ear



➤ **THE KODAK MOMENT** – All weight on front Foot!!!!

- Tour finish – pose and watch the perfect shot 😊

❖ **Drills** -

- Both hands on club spread apart – swing back & through
  - Feel weight shift in feet and beginning of shoulder/hip rotation
- Feet together – **toe up to toe up** – good balance
- Make motion of skipping rocks or a topspin shot in tennis
- “Back foot behind” drill
  - Assist in downward attack at the ball – weight forward at impact

❖ **Notes/Questions** -

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