



“No Embarrassment” Ladies Golf Clinic

Week Four – Full Swing Review & Sand Play

❖ *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**

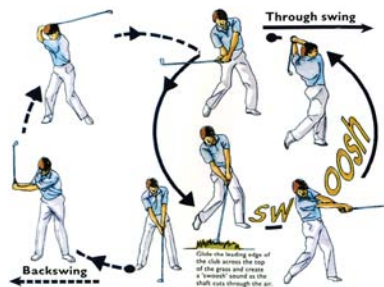
- Shoulder width apart for the best balance
- When we swing, we want our center of gravity to stay inside our frame

➤ **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

➤ **Posture -**

- Knees slightly flexed – Athletic position
- Spine angle straight – bend at the waist
 - 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
- LONG IRONS/METAL WOODS – Inside FRONT HEEL

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

- Feel the wrists rotate - “**Toe up to Toe 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 should be on the inside/ball of our right foot at the top of the swing

- **Shoulder and Hip Rotation** – *getting the club to the top!!!*
 - **Backswing** –
 - Once club reaches parallel to ground begin hip and shoulder rotation
 - Club reaches parallel to ground at the top of the swing – trunk rotation
 - Top of backswing – shaft pointed at target - back is points at 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
 - Hands rotate to close the clubface (hitting to left field)
 - 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 ☺

❖ **SAND PLAY – The Power of staying positive!!!**

➤ **Greenside Bunker Play**

- Relax – it’s not as bad as it seems ☺
- Take a normal golf stance (*now that we all know what that is ☺*)
- Dig in fee slightly to promote better traction
 - Remember to choke down on club – we are closer to the ball!!!
- Open the clubface slightly
 - Exposes the “bounce” of club (*hence the meaning of sand wedge*)
- Aim yourself left of target – we will be open to target
 - Compensate for slightly open clubface
- “HIT DOWN & thru sand” – slightly steeper angle of attack!!!
 - “Line behind ball” drill – “take a dollar’s worth of sand.....”
- Swing hard and throw sand out of the bunker
 - Objective 1 is to get it out of sand
 - Objective 2 is to be skilled enough o keep it on the green
 - ◆ For example – swing like 40 yard shot to hit it 40 feet!!!

➤ **Fairway Bunker Play**

- Relax – this isn’t as bad as it seems either!!! ☺
- Take a normal golf stance (*now that we all know what that is ☺*)
- Dig in fee slightly to promote better traction
 - Remember to choke down on club – we are closer to the ball!!!
- Weight forward in stance – minimize weight transfer
- Make a full swing – try to hit ball first this time
- Remember to follow through as in normal golf swing

➤ **As always, remember to rake bunker when finished**

❖ **Notes/Questions** - _____
