



Fairway Approach

- a. Athlete grips club.
- b. Athlete sees target.
- c. Athlete aligns himself or herself with body (knees, hips and shoulders) parallel with the target.
- d. The ball is positioned in middle of stance.
- e. Athlete swings the club using the proper motion sequence.



Coaching Suggestions

- Demonstrate swing slowly using proper motion sequence.
- Draw lines on the ground to aid in alignment and ball position.
- Have athletes make five swings without the ball, then make five swings with the ball.
- Put the ball on a tee first.
- Consider using a tennis ball or other soft ball in the beginning. This will build confidence.



- a. Ensure there is ample room between athletes.
- b. Demonstrate swing and **grass-cutting drill**.



- c. To swing the club, athlete must learn to use body, arms and hands in a unified manner.
- d. Backswing is one motion, a wind-up. Swing the club back so that your club is over your shoulder and back is facing toward target.



e. Forward swing is one motion. Unwind; the club is swung from the top to the finish in the direction of the target.



f. As the swing goes forward the body turns in the direction of the target.



g. At the finish the club should be over the left shoulder and the athlete's weight should be on the left foot. Note: **Back to the Target, Chest to the Target**

Driver

- a. Athlete takes proper stance with feet shoulder width.
- b. Athlete grips the club properly.
- c. Athlete aligns himself or herself properly.
- d. The ball is positioned in the forward part of the stance.
- e. Athlete swings the club using the proper motion sequence.

Coaching Suggestions

- Demonstrate swing with proper swing motion sequence.
- Have athletes use a fairway wood when starting.
- Draw lines on the ground for alignment and position.
- Use a tee when beginning.



Basics of the Swing



a

a. Athlete assumes golfing stance. The ball is positioned in the forward part of the stance.



b

b. Turn the back to the target.



c

c. Shift the weight from the top of the swing into the target side.



d

d. Allow arms to drop into the impact zone.



e

e. Swing through to the finish.