



Skill Development Tips

Basic Golf Swing

When teaching the golf swing it is common to refer to the target. When we stand to hit a golf ball, we stand sideways to the target. If you are a right-handed golfer, your left side would be called your target side and your right arm and leg would be called the rear side. This would be the opposite for a left-handed golfer.

Fundamental Swing Elements:

- Grip, Stance, Aim
- Arm Swing
- Body Movement – The Pivot
- Arm Swing + Pivot = Basic Golf Swing

Caution: No player should swing until he or she is in the designated area and all others are in position.

Stance



- Feet should be shoulder width apart.



- Flex knees.



- Establish posture by bending forward from the waist (at your hips) so that arms drop down from your body as demonstrated in photo on left.

Coaching suggestions

- Should be done without a golf club
- Weight should be evenly balanced
- Similar to other athletic stances
- Ensure stance is not too wide



Arm Swing



- a. Assume stance.



- b. With palms together, swing arms back and forth, keeping arms in front of chest (elephant trunk exercises). First pocket to pocket, hip to hip, shoulder to shoulder.



- c. Make a bigger swing — arms will follow body in a circular motion.

Body Movement – The Pivot



- a. Assume stance.



- b. Put hands on hips and turn body to the right side (left side for left handers).
- c. Target knee and hip should move slightly toward center, not beyond.
- d. Weight should transfer back onto rear heel.



- e. Turn forward now and the opposite weight transfer should occur.
- f. Continue turning until you face the target.

Swinging the Golf Club

Pre-Swing Preparation

The Grip



- a. With the club off the ground, hold the handle of the club $\frac{1}{2}$ inch from the butt end with your target hand in a handshake-like position, diagonal with the club.

- b. Then, place rear hand on the club below your target hand, but on top of your target thumb. The target thumb fits in the lifeline of the rear hand.

Checkpoint: Palm of rear hand should be to target.

- c. The back of the target hand and the palm of the rear hand should point in the same direction.

Checkpoint: The toe of the club should point straight up. Club/hands in-line V's to chin or slightly to rear side of chin. No gaps between thumbs and index fingers. Club in fingers, not palm.





Hand Action



- a. Assume athletic stance, shoulder width apart.
- b. Grip the club.
- c. Hold the club outstretched at chest height.
- d. Move the club toward your head by only bending your wrists.

Caution:

Players should be careful when they approach a player who has a club down in an address position; the best position is in front or to the side of the player.

Addressing the Ball and Swinging with a Club, Ball and Target

- a. Take proper stance and grip the club.
- b. Place the club sole flat on the ground behind the ball.
- c. Distance from the ball is determined by the length of the club.

Positioning the Club and Ball



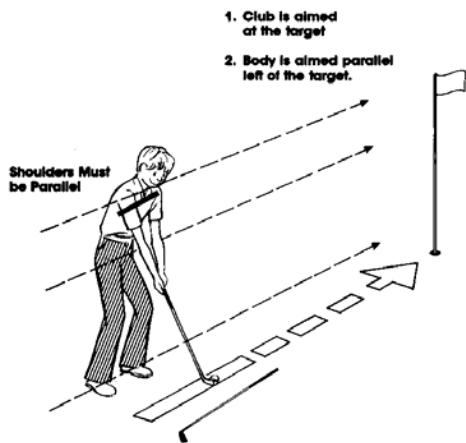
- a. Set the club behind the ball and place feet together.
- b. Step sideways with your target foot to position the ball.
- c. Step sideways with your rear foot to achieve the proper stance width.
- d. Always set the club in position first, before you take your stance.

Aim and Target



Target

- a. The primary target is not the ball; it is the destination for the shot.
- b. Targets can be many things: the fairway, green or flagstick.
- c. Look at the ball but try to think about its destination.



Aiming

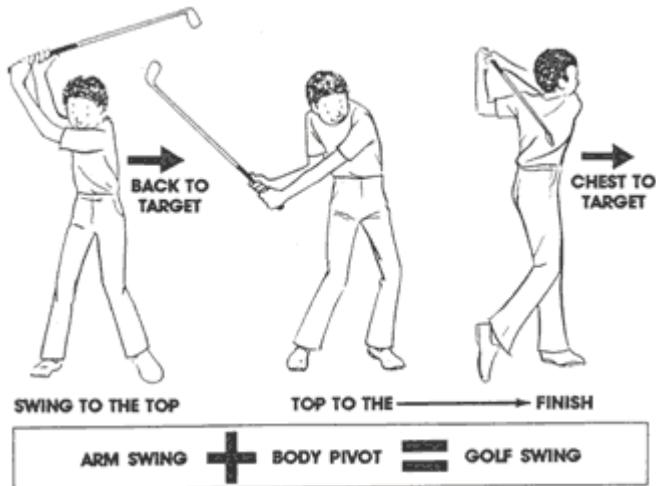
- You must aim both the club and the body.
- Aim the face of the club head in the same direction as the target.
- Align your entire body, feet, knees, hips and shoulders parallel to the target line.

Coaching Suggestions

- Use targets close to the athletes at first.
- A line drawn on the ground using paint, string or a golf club will greatly aid in proper aim.

The Swing Sequence

Back to the Target, Chest to the Target



Caution:

A golf club can be a dangerous weapon. It should never be swung in a group.

Swing Test with a Ball

- Athlete can make the complete swing to the finish position with speed and balance.
- Goal is to swing the club to the finish, not just to hit the ball.
- Start with a tee in the ground and attempt to strike the tee on the forward motion.
- Add a ball on the tee and continue the same motion.
- Try without a tee.

Coaching Suggestions

- First use a tennis ball for this drill so athletes may have more success. If tennis balls are not available, use a whiffle ball or some other soft ball.
- Demonstrate swing.



Swing Test Progression: Tee Only, Teed Ball, Without Tee



- a. Start with a tee in the ground.



- b. Goal is to swing the club to the finish, not just to hit the ball. Attempt to strike the tee on the forward motion.



- c. Add a ball on the tee and continue the same motion.



- d. Try without teeing ball.



- e. Athlete can make the complete swing to the finish position with speed and balance.