



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



- a. Feet should be shoulder width apart.



- b. Flex knees.



- c. 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



- Assume athletic stance, shoulder width apart.
- Grip the club.
- Hold the club outstretched at chest height.
- 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

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

Positioning the Club and Ball



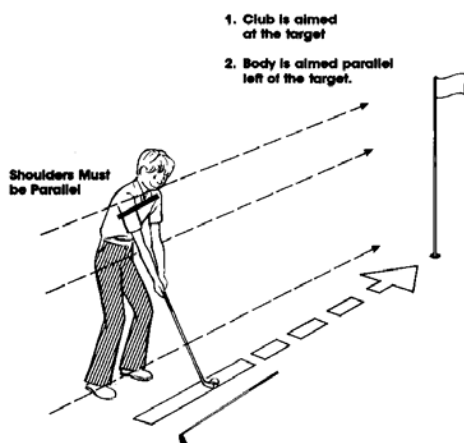
- Set the club behind the ball and place feet together.
- Step sideways with your target foot to position the ball.
- Step sideways with your rear foot to achieve the proper stance width.
- Always set the club in position first, before you take your stance.

Aim and Target



Target

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



Aiming

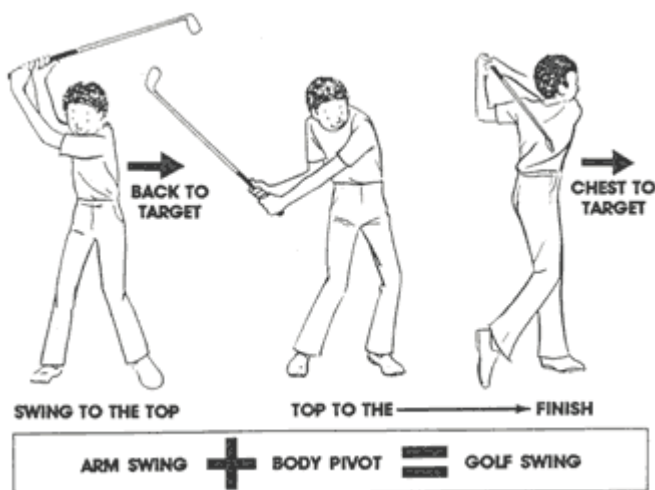
- You must aim both the club and the body.
- Aim the face of the club head in the same direction as the target.
- Align your entire body, feet, knees, hips and shoulders parallel to the target line.

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.