



Special Olympics Golf Coaching Quick-Start Guide

Full Swing Faults and Fixes

Error	Correction	Drill/Test Reference
You hit the ground behind the ball as your weight shifts	<ol style="list-style-type: none"> 1. Swing “through” the ball. 2. Maintain posture at impact. 	<u>Swish Drill</u> . Turn club upside down, grip and swing, allowing freedom in the arms and hands. You should hear a “swish” sound in the impact zone.
Club hits the top of the ball	<ol style="list-style-type: none"> 1. On the forward swing keep club extended toward the ground and arms long through the impact zone. 2. Be sure of arm extension when wrists uncock toward the ball. 	Make a full swing back and an abbreviated follow through, stopping at 9:00 as if you were “Shaking hands with the target.”
You hit the ball with the toe of your club	Maintain your posture over the ball. Do not shift your weight backward or stand up during your forward swing.	<u>Rear End Against the Wall Drill</u>
You hit the ball with the heel or hosel of your club	At setup make sure your arms are relaxed and that they are not too far away from your body. Do not lean forward beyond the ball.	<u>Rear End Against the Wall Drill</u> Place a 2 x 4 in front of ball and hit the ball without hitting the board.
Losing distance with full swings because you don’t turn your hips	Make sure you feel your full body turning back and through.	<u>Rehearse Pivot Drills</u> . Belt buckle back and belt buckle through. <u>Towel Drill</u> .
Hitting the ball straight but not on target	Make sure you check your alignment before you swing.	Place clubs down on the ground to confirm aiming lines.
You “whiff” the ball (swing and miss)	Keep your posture the same throughout your swing and long arms through impact.	Clip the tee drill. Assure you maintain your arm extension through the impact zone.

Ball Flight Feedback

Learn from Your Ball Flight

Direction is influenced by:	Distance the ball will travel is affected by:
<ul style="list-style-type: none"> • The alignment and aim of club head and body at setup. • The path on which you swing the club. • The position of the clubface when it contacts the ball 	<ul style="list-style-type: none"> • How squarely the clubface hits the ball. • How fast the club is traveling when it contacts the club. • The club’s angle of approach when it hits the ball.



Error	Correction
Direction: Path	
1. Ball travels straight but lands left or right of target – a path error due to an alignment problem.	<p>1. Adjust the alignment of body to square position. Stance should be parallel to target. Check feet, hips and shoulders.</p> <p>Explanation: Directional errors are primarily caused by one of two problems: lack of square alignment or club swung on a path not aligned to the target.</p>
2. Ball lands right or left of target due to path on which you swing club.	<p>2. Swing club on path to target. Check alignment to visualize desired path of ball flight.</p> <p>Explanation: Direction of ball flight is primarily the same as the direction in which you swing the club head</p>
Direction: Clubface	
1. Ball slices	<p>1. Allow club head to return to square at contact. Check to make sure hands are relaxed. Check your grip and “release” at contact.</p> <p>Explanation: The angle of clubface in relation to the path of your swing determines sidespin imparted to the ball. An open club face produces a slice.</p>
2. Ball hooks	<p>2. Arms are stopping too soon and hands uncock too early. Increase the tension in the hands slightly to change the timing of the release; be sure hands and arms start down as a unit from the top.</p> <p>Explanation: Angle of clubface in relation to path and swing determines sidespin imparted to ball. A closed clubface produces a hook.</p>
Distance	
1. Ball lands short of target, but flight looks about the right height.	<p>1. Increase length of swing or swing speed.</p> <p>Explanation: The distance a golf ball travels depends on four things: length of the swing, speed of the club head at the moment of impact, squareness of the contact made by the club on the ball and the angle of approach or path of the club to the ball.</p>
2. Ball travels too high with an iron and lands short of target.	<p>2. Angle of approach is too steep. Adjust angle of approach to be shallower or less steep by extending swing (making it wider on backswing and forward swing).</p>
3. Ball seems to pop up in the air on the tee shot due to a steep approach.	<p>3. Adjust angle of approach of club by extending swing (by making it wider on the backswing and forward swing). This flattens the angle into the ball.</p>
4. Ball lands short of the target, but swing seems about the right speed and length.	<p>4. Check for square contact of clubface on ball. Club selection may need to be changed.</p> <p>Explanation: Each club has a sweet spot (centroid) which is its center of mass extended to the clubface surface. This is the point on the clubface that can impart the most force into the ball, allowing the ball to travel its maximum distance. The farther away from the sweet spot the ball is hit, the more its distance and direction will vary.</p>
5. Ball shoots off sharply in front due to being hit in the hosel — a “shank.” Upper body falls back on forward swing.	<p>5. Contact ball at sweet spot of club by keeping proper posture over ball on forward swing.</p>