

## Golf Skills

### 1. GRIP

- a. Players should be shown how to lock their index (pointer finger) and pinky. Pinky finger is to go below their pointer finger.
- b. Players should be show how to close their hands around the grip of the club with their thumbs pointed down.
- c. Righties – Right hand red, left hand yellow
- d. Lefties- Left hand yellow, right hand red

### 2. STANCE

- a. Players should be shown how to stand shoulder width a part to achieve balance.
- b. Players should be bent slightly at the waist.
- c. Player's backs should be straight, not hunched over.
- d. Player's arms should for a V from their grip to their shoulders.
- e. Head should be down with eyes on the ball.

### 3. SWING

- a. Players should be told of the five positions of the golf swing.
- b. **Position 1** is to address the ball using the proper stance.
- c. **Position 2** is to take the club back to "chipping position" with the player's arms no forming a slanted V to the side of them. Clubface open.
- d. **Position 3** is to be in full back sing with the players lead shoulder under their chin. Players lead arm should be extended across his or her chest. Player's wrists should be cocked back towards their body.
- e. **Position 4** is to start down swing and begin to shift their weight towards their lead foot, which requires the player to slightly bend their back leg. The club head should be at the same pace as the shifting of weight so that the impact of the ball is simultaneous to the player's body moving forward.
- f. **Position 5** is the follow through. Players should finish with their left foot turned in, back foot turned forward on the ball of the foot, belly button facing forward, with wrists and elbows bent back towards the body.

### 4. AIM

- a. Players should be told that their feet determine the direction that the ball ill travel in.
- b. Players should be given an "arrow" to demonstrate this fact. They will line their toes to the arrow and swing. They will change the position of the arrow to see that the direction of the ball flight changes as the arrow (and feet) is adjusted.

### 5. ACCURACY

- a. Players will be shown how the angle of the clubface combined with the fundamentals of aim, determine the trajectory of the ball and the different heights a ball can be hit.

## **6. CHIPPING**

- a. Players should be told to concentrate on the swing **position 2**.
- b. Combining the skills of swing **position 2** with aim and accuracy is how a player can achieve the proper way to chip.

## **7. LONG BALL**

- a. Players should be shown the difference between club speed when you chip and when you hit a long ball.
- b. Emphasis should be placed on follow through and keeping your head down.

## **8. PUTTING**

- a. Review grip.
- b. Review stance, but explain that players can be slightly more bent at the waist.
- c. Explain keeping your head down.
- d. Explain taking the club head back to an appropriate place to match the speed you want to generate for the golf ball to travel the correct distance.
- e. Explain the follow through and keeping your body completely still with the exception of your arms.
- f. Things for a player to consider when putting: Speed, Distance, Slope (break).