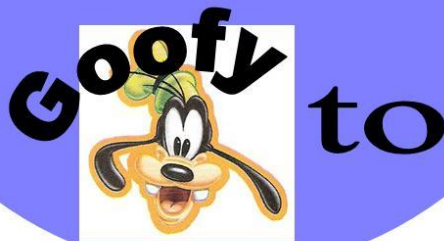


Golf Instruction

From



Good



Christian Hawkins

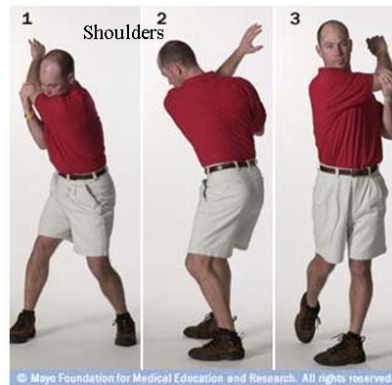
(970) 402-2571

www.golfcoachfc.com

christianhawkins@live.com



Stretching

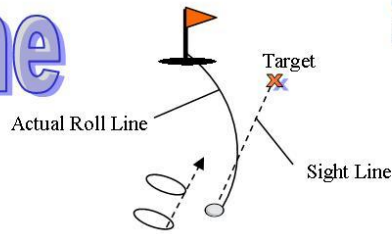


Information provided by:
www.mayoclinic.com

Putting

Updated: 080209

Line

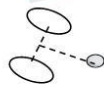


Step 1 Read the break & distance, make a target.

Step 2 Place putter exactly on line

Step 3 Place feet on railroad track line parallel to the sight line

Reminder!



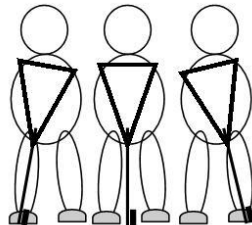
The ball should be mid-point between your ankles.



MOST players do not have their putters flat or on the correct line!??

Stroke

For short and mid-length putts



Swing the Triangle.
Everything else (head, hips, knees) stay very quiet.

Distance

Is King!

Take putter back to the outside of your back foot.



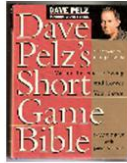
Setting your Stroke Metric & Distance

Avg distance →

Hit 10 balls (with the same tempo and stroke) to determine the average distance. Then you simply adjust the length of your backswing to the distance needed. Cool, Huh?

Wedge

Updated 03/17/10



Dave Pelz determined that 60% of our golf shots are within 100 yards of the hole. Since most players use a wedge from within 100 yards, that makes the wedge most used and most valuable club in the bag. I think that would also tell us to dedicate most of our practice time on wedge shots.

Types of Wedges



50° = Pitching (50-100 yds)
 55° = Sand (20-50 yds)
 60° = Lob (close)



Chip

Mostly in on the ground

Pitch
 Mostly in the air

Chipping is more reliable - get the ball on the ground as soon as possible.

Calibrate Your Wedges

Taken from Dave Pelz "Short Game Bible."

Take backswing only when your left ARM is horizontal. Allow normal wrist cock and body turn.



Hit 10 balls with the very same swing pace.

Pace the distance to the average. Record this distance.

CLUB	DISTANCE
Pitch	78
Sand	50
Lob	12

Full Swing

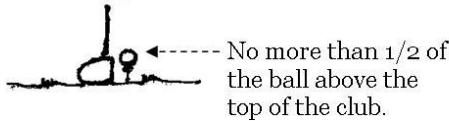
Updated 032410

Reminder!

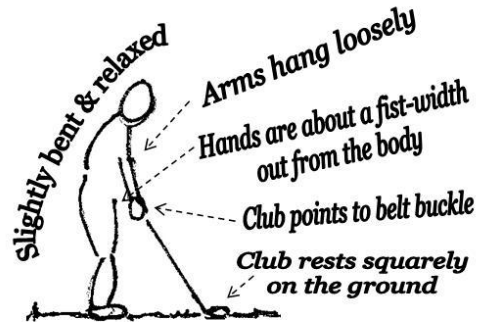
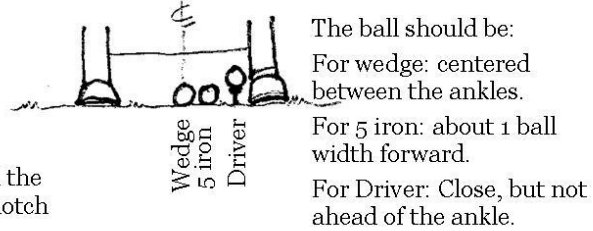
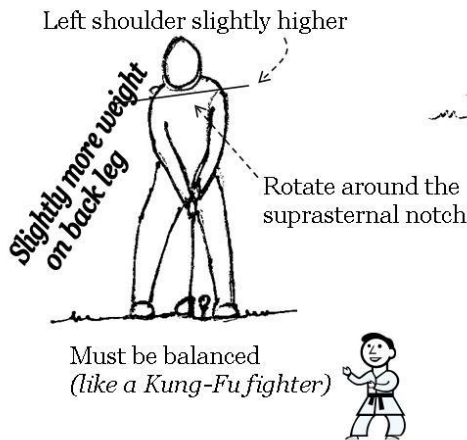
About 90% of our swing faults occur before we even move a muscle!

- We set-up wrongly
- ✓ Ball height on the tee
 - ✓ Ball position in our stance
 - ✓ Out of balance
 - ✓ Not ready to swing

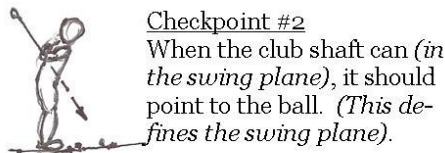
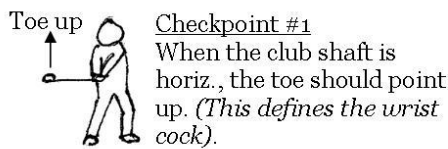
Ball Height on Tee



Ball Placement in Stance

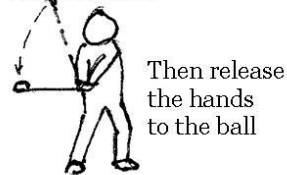


Swing



Downswing

Hold wrist cock til the club is back to horiz.

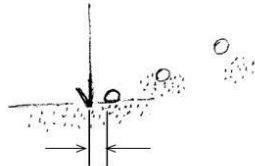


Sand

Updated 042010

MAJOR THOUGHT:

You are NOT attempting to hit the ball - but to carry the ball on a layer of sand.



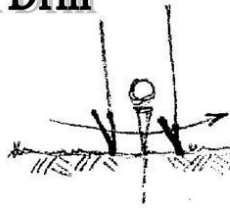
The club enters the sand about 1" behind the ball.

The layer of sand carries the ball



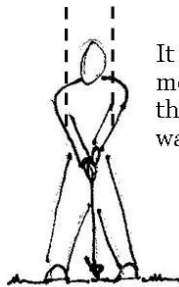
At address, the club handle should be leaned back to about the back edge of the blade. This allows the club's flat sole to "bounce" off of the sand & only take a thin layer of sand.

Sand Drill



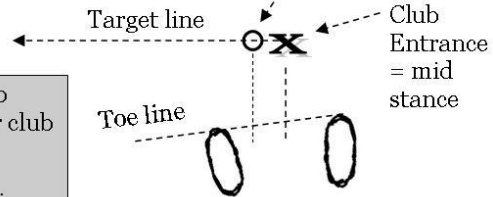
Tee the ball on a tall tee. Attempt to hit the tee out from under the ball.

Try putting a hat on the ground, upside down so that people can throw coins in - 'cause they will be amazed at your skill.



It is very important to minimize your body movement. You need all your attention on the club entering the sand exactly where you want it.

Position the ball just inside the left ankle.

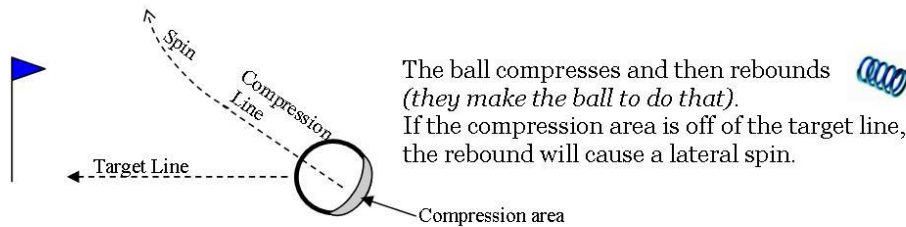


Remember that the goal of a sand shot is to GET OUT of the sand. It requires that your club face be exact.
Hard shots should get respect and practice.

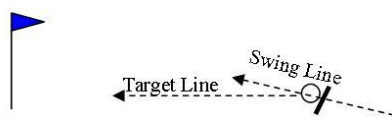
Slice Cure

Updated 032410


The Problem = The ball's compression area is off the target line. This causes lateral spin.



Slice Problem #1 The club head swing path is off line.

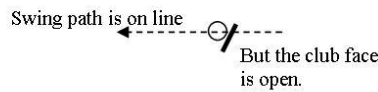


Rx Swing on-line



Oh, Duh?? That sounds easy.

Slice Problem #2 Although the swing path is on line, the club face is open.



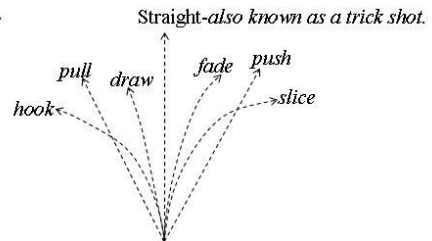
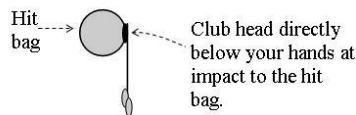
Rx Release the wrist cock fully so that the club head is Directly below the hands.

Slice Cure Drills

- 1 Practice swinging from horizontal at backswing to horizontal at follow-thru, checking to see that the club points to the target.



- 2 Practice releasing your wrist cock fully to the ball.



Clubs



IRONS

2 18°
3 21°
4 24°
5 27°
6 31°
7 35°
8 39°
9 43°
PW 47°

Hybrids *(Irons)*

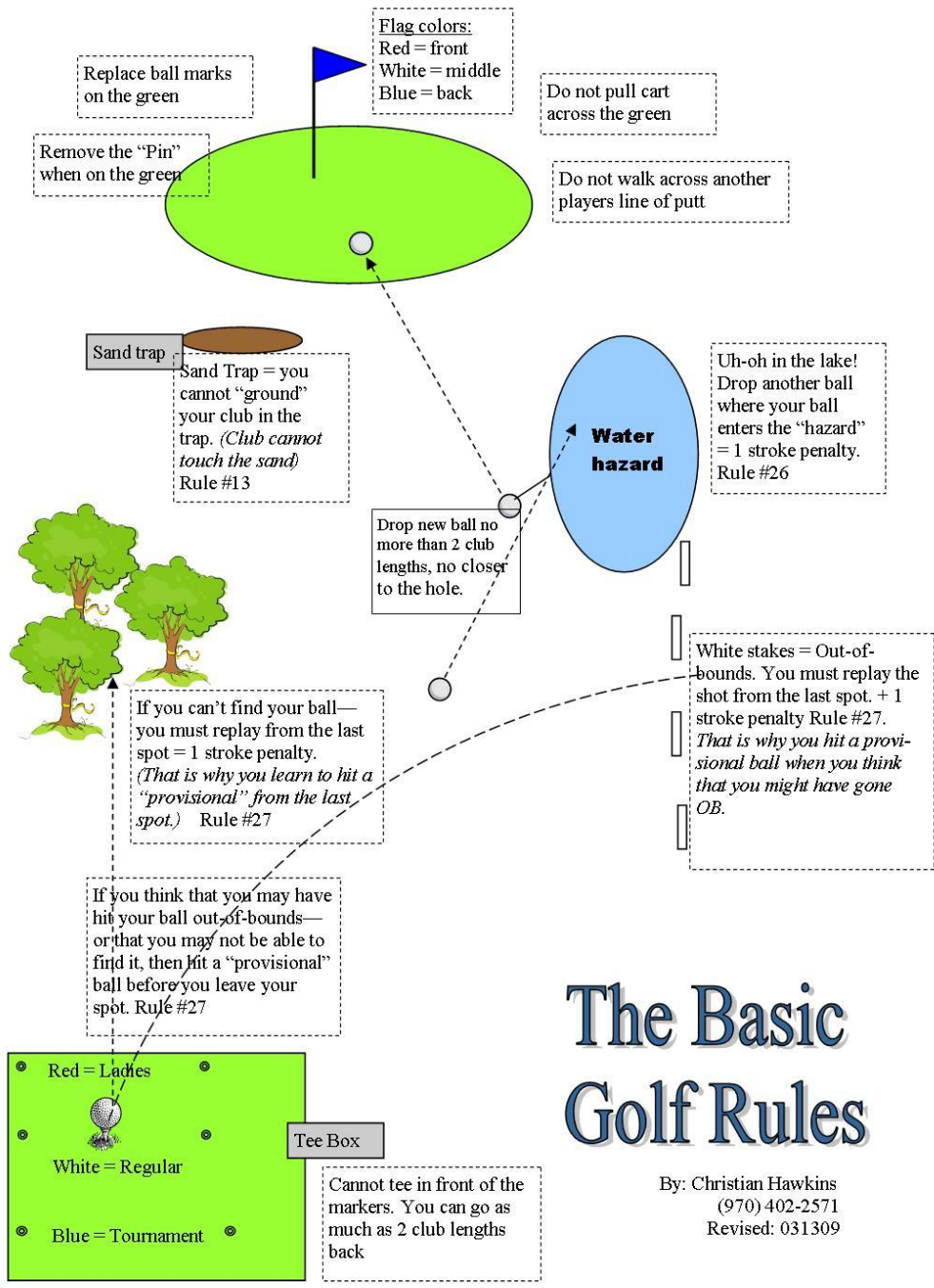
2H 18°
3H 21°
4H 24°

Fairway Metal

3 15°
4 17°
5 19°
7 21°

Drivers

9,10,11,13°



The Basic Golf Rules

By: Christian Hawkins
(970) 402-2571
Revised: 031309