



Claude LeBlanc



The best exercise for golfers is golfing! – Bobby Jones

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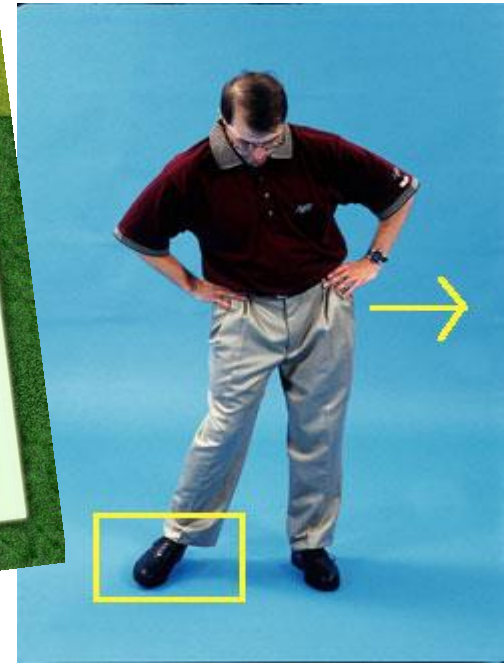
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SCHEDULE



- Introduction
- The 5 elements to the pre-shot
 - Alignment
 - Feet position
 - Ball position
 - Posture
 - Grip
- The swing
 - Lower body – distance
 - Upper body – direction & distance
- Drills
 - Weight transfer drills –distance
 - Plan control drill –direction
 - More drills for other shots
- The five swings
 - Full swing
 - Putting
 - Chipping
 - Pitching # 1
 - Pitching # 2
- Pre-shot Routine
- Teaching Golf Online
 - Full access to all information provided in seminar.
- Introduction to my Home Business

Seminar:

Cost: \$50.00

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- ✓ 3 hours of instructions
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**You must first learn to walk
before you can run.**

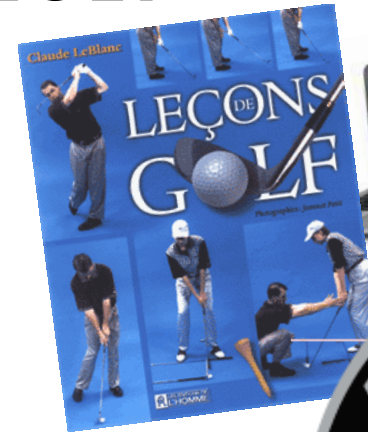




INTRODUCTION



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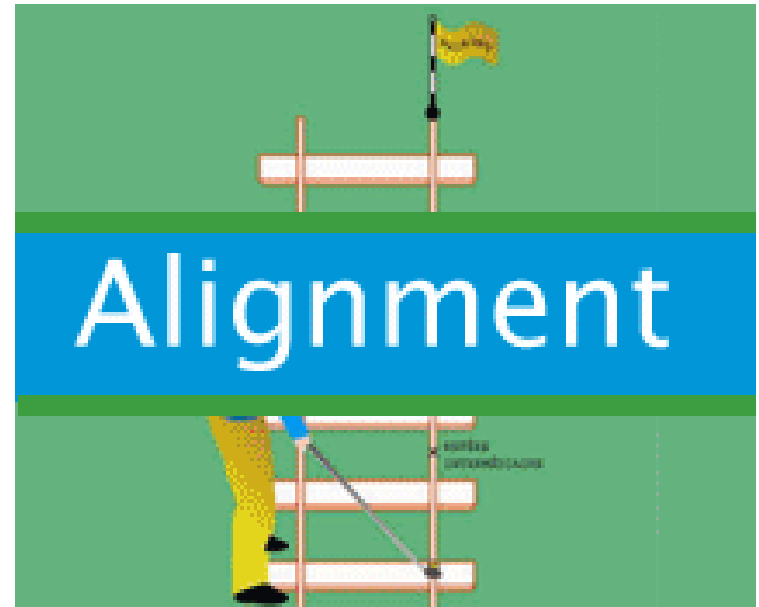


THE 5 ELEMENTS TO THE PRE-SHOT



To see video, click on video image

- Alignment
- Feet position
- Ball position
- Posture
- Grip





THE 5 ELEMENTS TO THE PRE-SHOT



➤ 1- Alignment



To see video, click on video image

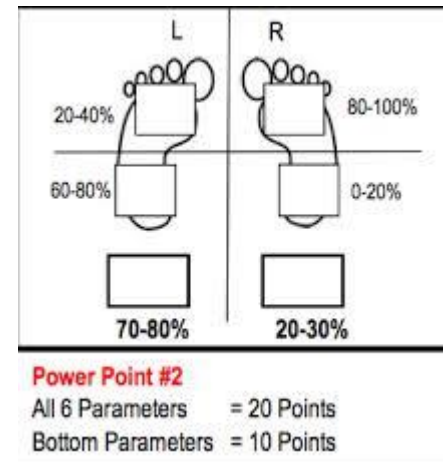




THE 5 ELEMENTS TO THE PRE-SHOT



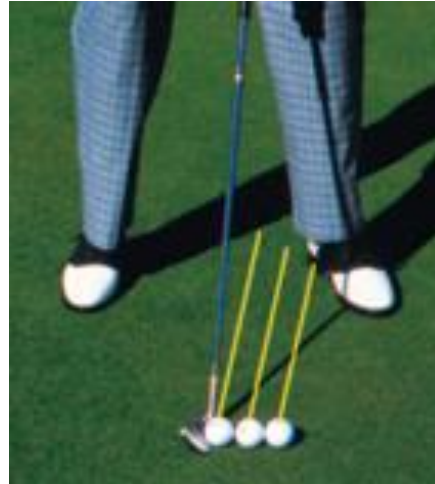
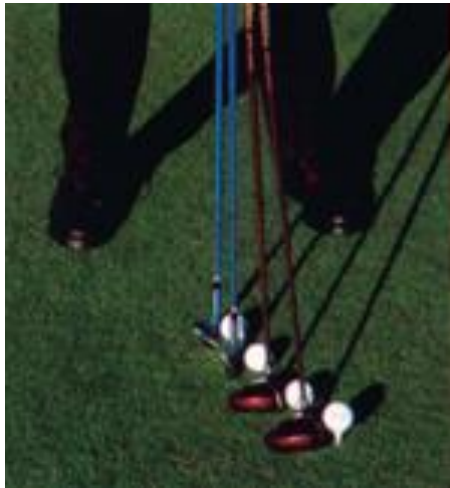
➤ 2- Feet Position





THE 5 ELEMENTS TO THE PRE-SHOT

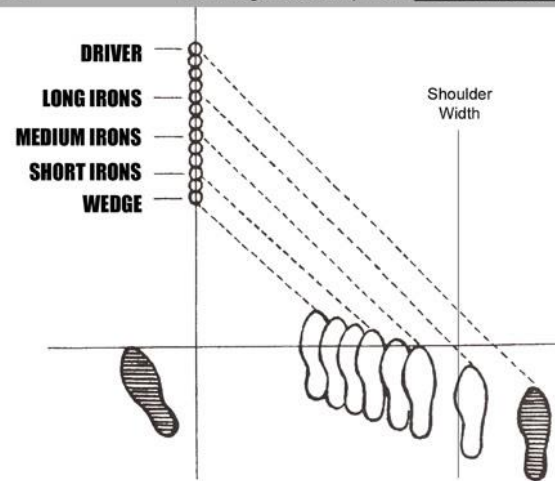
➤ 3- Ball Position



2 schools of thought



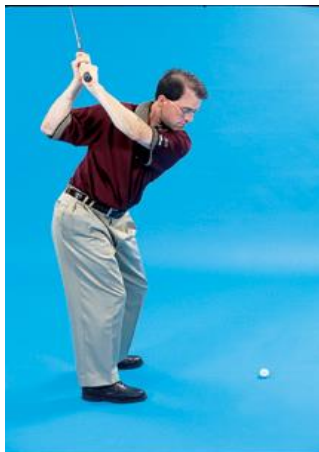
Perfect Practice Ben Hogan's Set Up from Five Fundamentals, 125





THE 5 ELEMENTS TO THE PRE-SHOT

➤ 4- Posture - Most neglected part of the game.



Do not get out of position during the motion.



Maintain your posture during the full motion of the swing.



THE 5 ELEMENTS TO THE PRE-SHOT

➤ 5- Grip





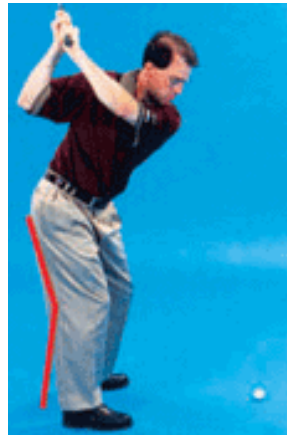
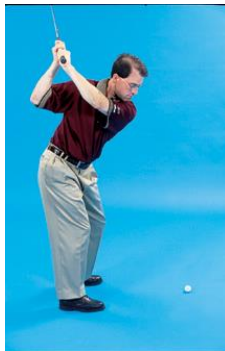
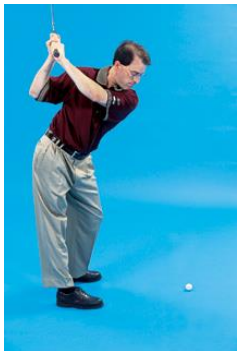
THE SWING

➤ 1- Lower Body - Distance

To see video, click on video image



➤ Chair Drill



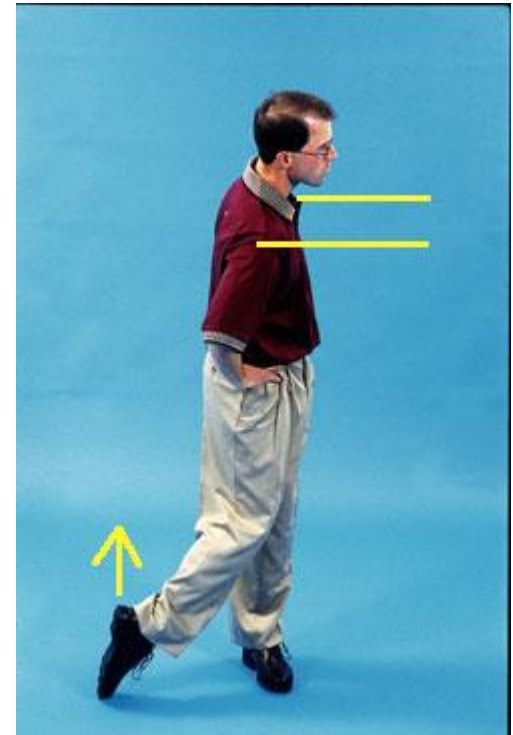
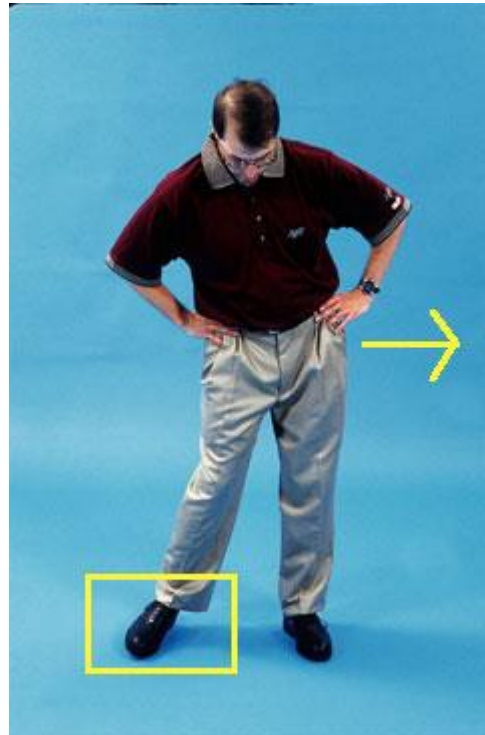
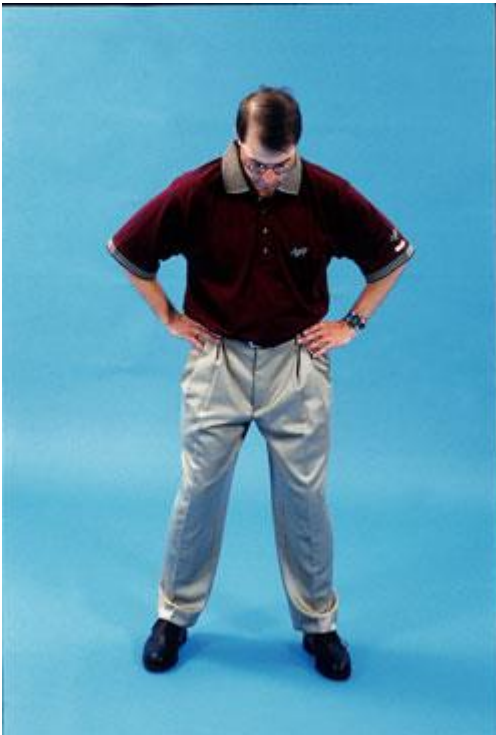


THE SWING



➤ 1- Lower Body – Distance & Direction

To see video, click on video image



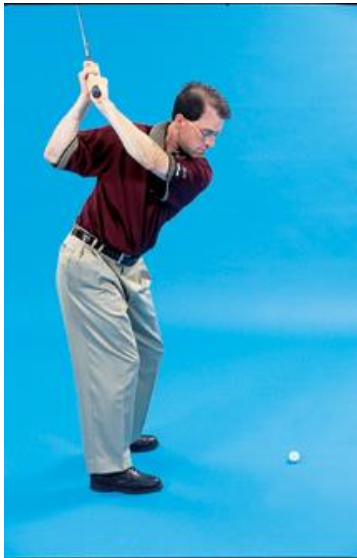
Weight Control Drill



THE SWING

➤ 1- Lower Body – Leg Action

Proper leg action will promote better golf swing.



Do not get out of a good Posture.



THE SWING

➤ 2- Upper Body – Direction & Distance



Hands away from body during swing.

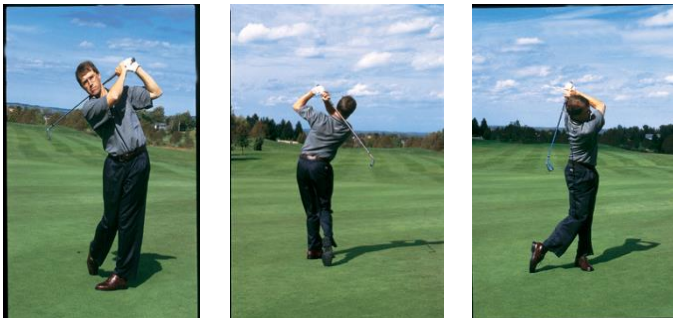
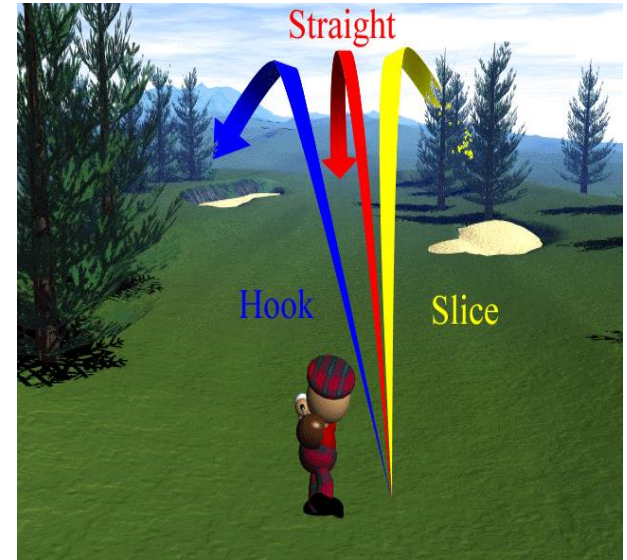


THE SWING

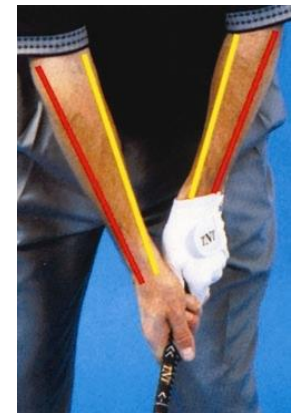


➤ 2- Upper Body – Direction & Distance

Stop Slicing – What is a slice in golf?



➤ Grip Pressure





THE SWING



➤ 2- Upper Body – Direction & Distance



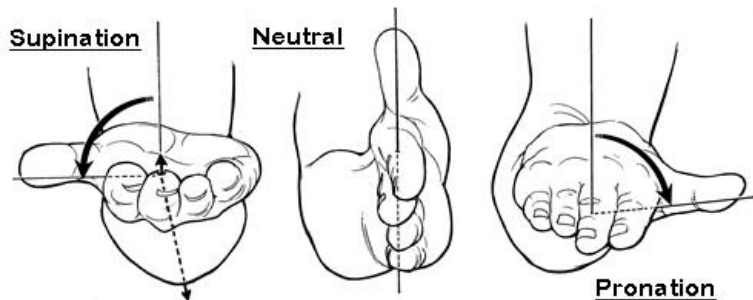
➤ Wall Drill



THE SWING



➤ 2- Upper Body – Direction & Distance



➤ Pronation of hands



THE SWING



➤ 2- Upper Body – Direction & Distance

VIDEO



Downswing:

- Pulling with LEFT ARM
- Not Pushing with RIGHT ARM
- 90 degree rule



NOTE #1

Hitting ball in the air:

- Pulling (SENSATION) with LEFT ARM

Rolling the ball on the ground:

- Pushing (SENSATION) with RIGHT ARM



THE SWING



➤ Drill – 90 degree rule



By doing this drill,
you will be
increasing your club
head speed at
impact thus
increasing your
distance.

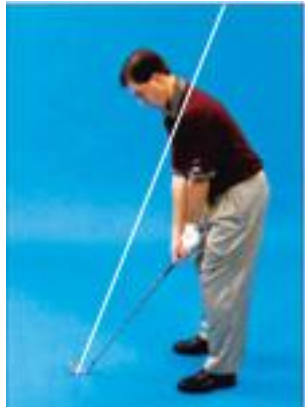
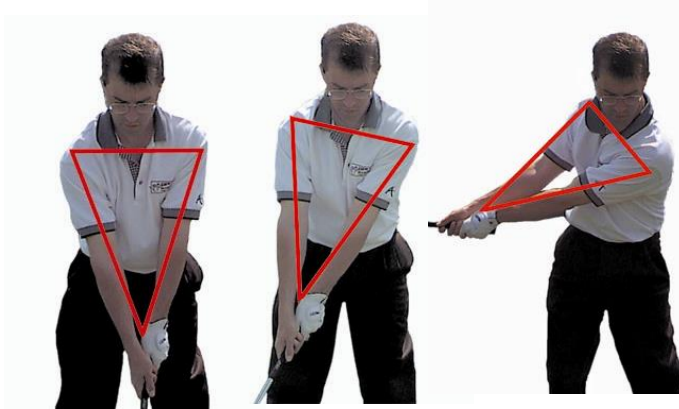




THE SWING



➤ Triangle, Wrists and Plane:



A golf swing can not function effectively without keeping the swing within the boundaries of the swing plane.

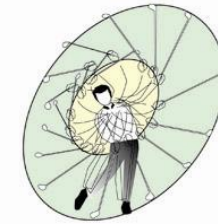


The swing plane can be pictured as an imaginary line drawn from the toe of the club up over your shoulders in the address position.

You can envision the plane as a flat surface (a pane of glass). You do not want to break the glass while swinging the club.



THE SWING



➤ Swing Plane:



➤ Work on your plane.

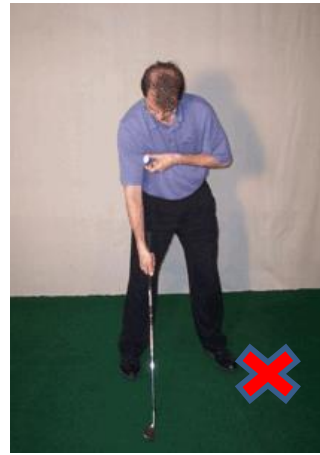
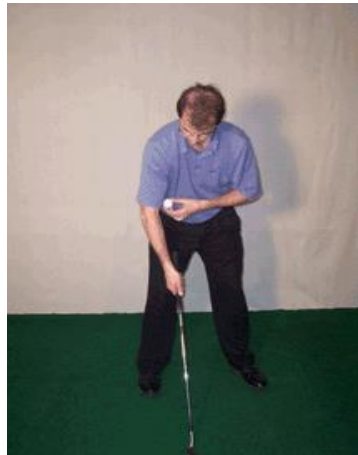


THE SWING



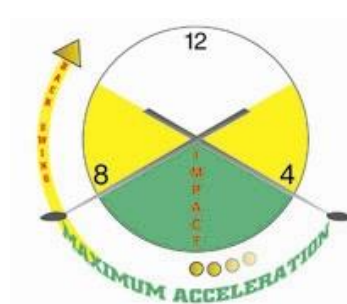
The Backswing

- The Right Elbow
- The Head
- Speed



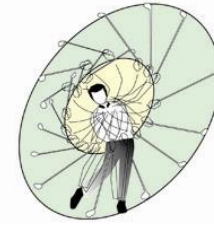
The Mirror:

The forward swing is the mirror of the backswing. Take your time and execute a good backswing with control and if you can finish your forward swing in balance your chances of hitting a good shot will improve.





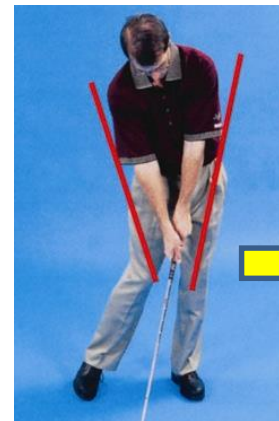
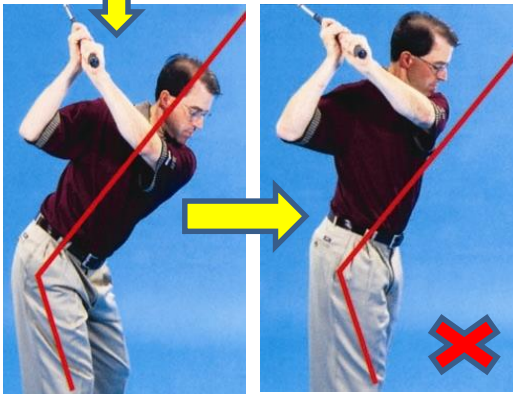
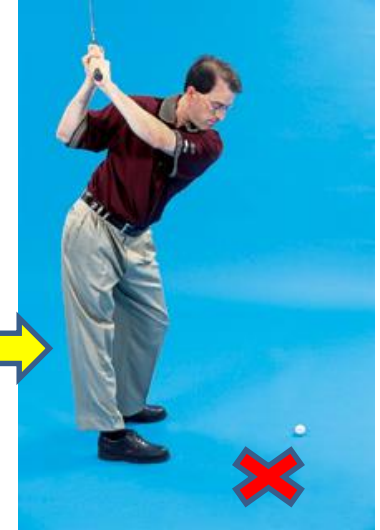
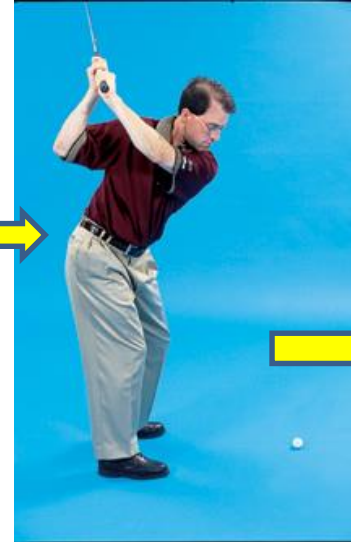
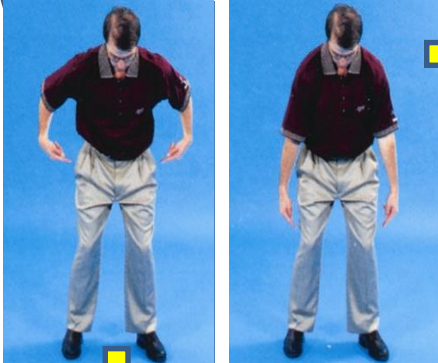
THE SWING



Topping the ball?

- Hips
- Knees
- Elbows

Reason is, you are getting out of POSTURE.



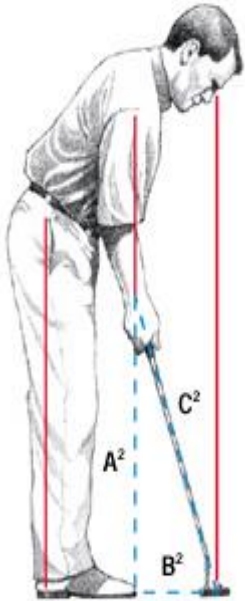


PUTTING



➤ Putter Length:

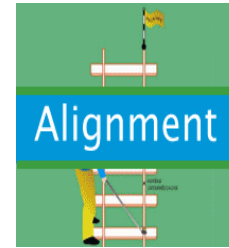
VIDEO



70% of putters are too long.



PUTTING



➤ Alignment:



➤ Aim at target.



PUTTING

➤ Ball Position & Feet Position



Ball Position:

- Ball close to feet
- Eyes over ball

Feet Position:

- PREFERENCE
- YOUR CHOICE:
 - OPEN
 - SQUARE
 - CLOSE



Posture:

- PREFERENCE



PUTTING

➤ The Putting Grip:



- **Grip:**
- **PREFERENCE**
- **Reverse Overlapping**

➤ **Results:**
**When missing the target, is it
RIGHT OR LEFT?**

Bigger the grip, less turning of hands





PUTTING

➤ **Putting Stroke:**

➤ **Swing: Straight Back & Straight Through**



NOTE #2

Hitting ball in the air:

➤ **Pulling (SENSATION) with LEFT ARM**

Rolling the ball on the ground:

➤ **Pushing (SENSATION) with RIGHT ARM**



PUTTING

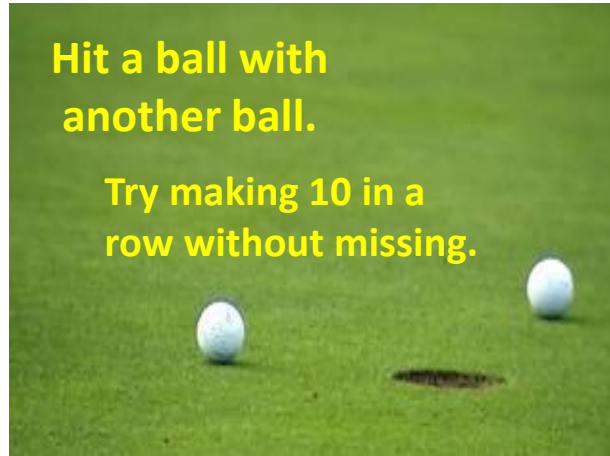
- Drills:
- Distance Drill
- Direction Drill

What is more important in putting?

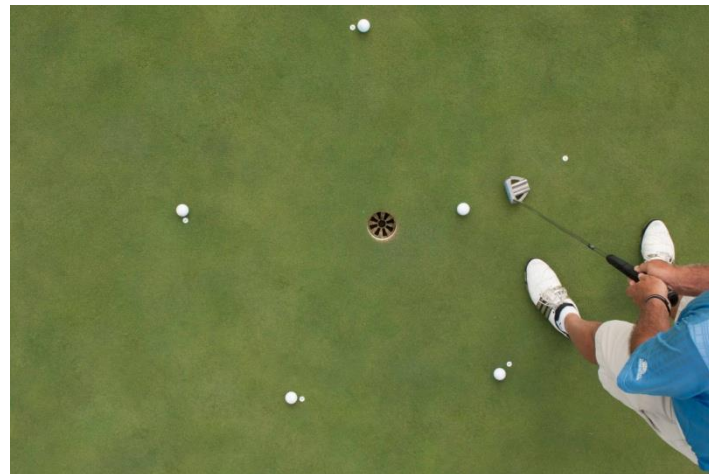


Hit a ball with another ball.

Try making 10 in a row without missing.



- Distance *
- or
- Direction



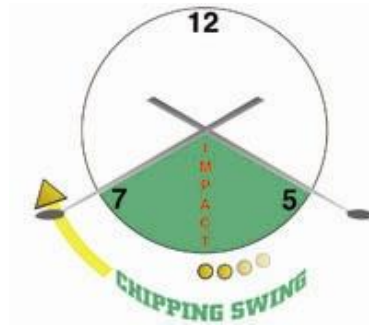


CHIPPING

➤ Tips:

- Weight on front foot, this keeps the ball low and creates overspine when executing the shot.
- Choke down on the club, get closer to the ball with feet.
- Do not break wrists during downswing.

VIDEO



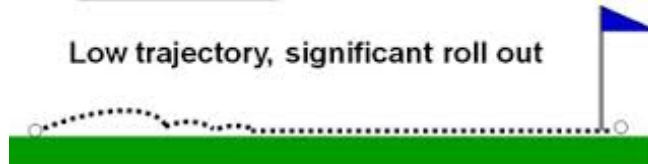


CHIPPING

What club to use?

Chip Shots

Low trajectory, significant roll out



VIDEO



The short game:
(Chipping or Putting?)

When very close to the green but not on the putting surface, should you use your iron or your putter to make the shot?

This depends on the golfer's PREFERENCE.



Examples:

15 feet, I will use a Sand Wedge.

25 feet, I will use a PW iron.

35 feet, I will use a 9 iron.

45 feet, I will use a 8 iron.

55 + feet, I will use a 7 iron.

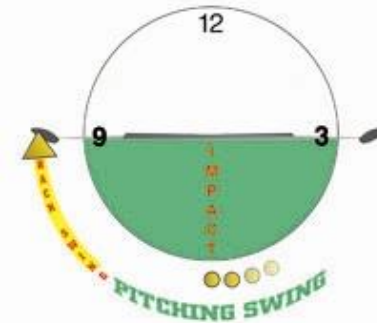


PITCHING

1- Pitch & Run:

- 9 to 3 swing
- No breaking of wrists
- Extension of arms can help
- SW (Sand Wedge) good to use

VIDEO





PITCHING

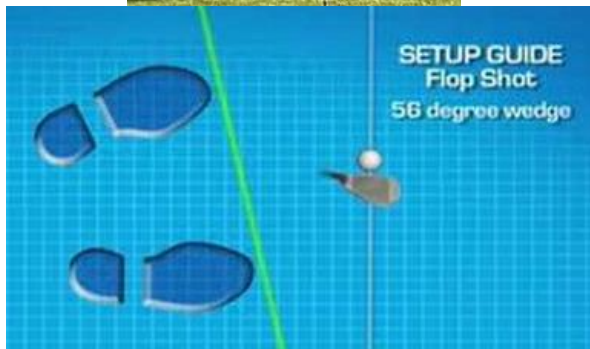


2- Lob Shot: Up & Down Shot

- Open Club Face
- Breaking of Wrists or Not (PREFERENCE)
- Wider Stance
- SW 56, 60, 64 Degrees



To see video, click on video image





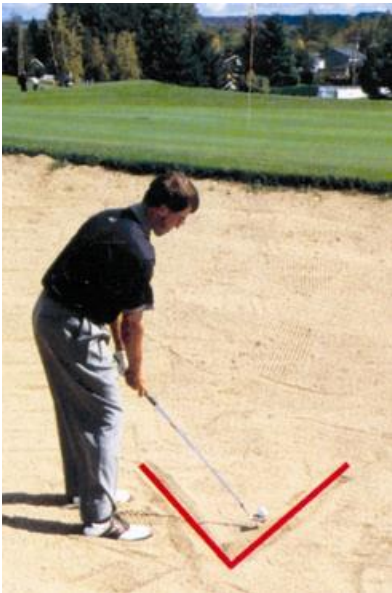
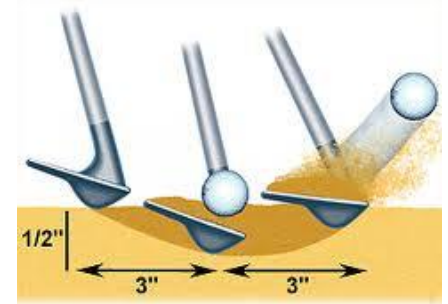
SAND SHOT



Sand Play



- Open clubface
- Open stance
- Hit sand first
- PREFERENCE: Passive hands during swing
- Finish your swing
- Club pointing upwards



Circle Drill:





UPHILL LIE- DOWNHILL LIE

BALL BELOW FEET – BALL ABOVE FEET



Page 34

Uphill, Downhill & Sidehill: **UPHILL & DOWNHILL LIE**



- Align shoulders, hips, knees with slope.
- Use less lofted club—uphill lie promotes higher trajectory and shorter distance.
- Keep most weight on back foot.
- Swing along slope—maintain balance.



- Align shoulders, hips, knees with slope.
- Use more lofted club—downhill lie promotes lower trajectory and more distance.
- Keep most weight on front foot.
- Swing along slope—maintain balance.

Page 35

Uphill, Downhill & Sidehill: **SIDEHILL LIE**



- Grip down on club.
- Adopt more upright set-up/spine angle.
- Ball will tend to fly left—aim right of target.
- Move ball further back in stance.



- Use full length of club.
- More spine tilt than normal—maintain spine angle throughout shot.
- Ball will tend to fly right—aim left of target.
- Keep backswing short—use one more club.



ROUTINE

Here is a sample routine you may try:

Step 1:

Visualization and a positive mental attitude are key elements to making a good shot.

Planning your shot:

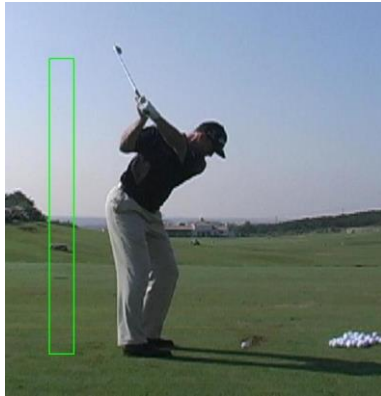
1. Identify the target.
2. Check the wind to see how it will affect the ball flight.
3. Check your lie: is the ball sitting up or is it in longer grass which may cause a flyer (longer carry due to less backspin and more roll upon landing).
4. Choose the appropriate club for the shot.
5. Visualize in your mind the end result.



Finally, place your hands on the club, take a practice swing if you wish, **VISUALIZE** the result you want, then make your swing.

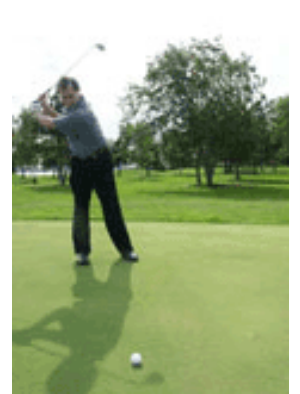


DRILLS



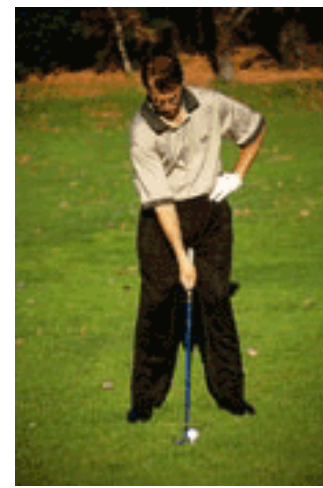


DRILLS





DRILLS



Instructor places his club behind the player's head. The player makes the backswing. This will help the player realize how far his or her backswing goes.





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