



# Teaching Golf Online

Student Evaluation Sheet:

NAME: \_\_\_\_\_



PROGRAM: (12 LESSONS @ 1 PER WEEK)

Lessons	1	2	3	4	5	6
Dates/Times						
Lessons	7	8	9	10	11	12
Dates/Times						

## SETUP

5 ELEMENTS	YES	NO	Notes	Drill #
1- Alignment				1
2- Foot Position				2
3- Ball Position				3
4- Posture				4, 7
5- Grip				5, 6

## FULL SWING

Full Swing	YES	NO	Notes	Drill #
Backswing				8,9
(Lag)				10
Impact				11
Follow Through				12

<b>Finish Position</b>				<b>13</b>
<b>Lower Body (WT)</b>				<b>14,15</b>
<b>Upper Body (A &amp; W)</b>				<b>8,9</b>
<b>BALANCE</b>				
<b>Balance</b>	<b>YES</b>	<b>NO</b>	<b>Notes</b>	<b>Drill #</b>
<b>Balls of feet</b>				<b>16</b>
	<b>NOTES -</b>			
<b>Notes:</b>				
<b>SHORT GAME</b>				
<b>Pitching</b>	<b>YES</b>	<b>NO</b>	<b>Notes -</b>	<b>Drill #</b>
<b>Technique: (ROLL)</b>				<b>17</b>
<b>Technique: (LESS ROLL)</b>				<b>18</b>
<b>CHIPPING</b>				
<b>Chipping</b>	<b>YES</b>	<b>NO</b>	<b>Notes -</b>	<b>Drill #</b>
<b>Technique / Drill</b>				<b>19</b>
<b>SANDPLAY</b>				
<b>Sand Play</b>	<b>Yes</b>	<b>No</b>	<b>Notes -</b>	<b>Drill #</b>
<b>Technique / Drill</b>				<b>21,22</b>

# PUTTING

Putting	YES	NO	Notes -	Drill #
Setup				23
Technique /Drill				24,25

ROUTINE				
Routine	YES	NO	Notes -	Drill #
Understanding/ Adopting				26,27

## V1 – IMAGES – Examples of INFORMATION

### WEEK 1 – PHOTO 1



### WORK ON THIS DRILL:

## PROPER SETUP AND GRIP

Drill # 1 to 7 (Look)

**Grip: hold properly with fingers on the right hand.**



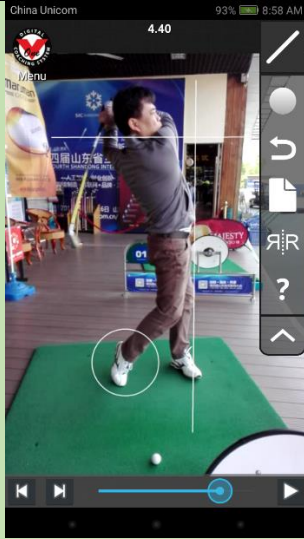
### WEEK 1- PHOTO 2

### WORK ON THIS DRILL:

## Posture:

**Drill # 4:**

**Maintain posture during entire swing. Keep right shoulder lower than left shoulder at end of swing.**



**Weight Transfer: ( 5 minutes a day – 3 times a day)**

**Work on Drill # 14**

重心转移训练		Drill #
		14

**WEEK 1- PHOTO 3**



**WORK ON THIS DRILL:**

**Follow Through:**

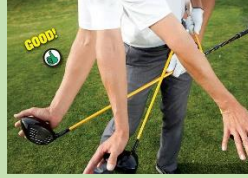
**Arm extension Drill: # 12**

**( 5 minutes a day – 3 times a day)**

击球后的双臂延伸训练		Drill #
		12

See you next lesson, let me know when you can book your next lesson. Thank you!

Claude



Feel the turning of your arms as your doing your downswing.



CLAUDE LEBLANC COPY RIGHTS

