

5 SWING GOLF PROGRAM

EBOOK 1: THE SET UP

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# EBOOK 1 THE SET UP

*Step 1*

# SAMPLE EBOOK

- 1. ... lessons;
- 2. Foot position (stance) lessons; PDF Ebook Download
- 4. Posture lessons;
- 5. Grip lessons; and
- 6. Plan to practice lessons.

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Proven Educational Drills

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BY: CLAUDE LEBLANC  
TEACHINGGOLFOFFLINE.COM

5 SWING GOLF PROGRAM

EBOOK 1: THE SET UP

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# STEP BY STEP HOME INTERACTIVE GOLF PROGRAM



## Step 1: THE SET UP

The set up is an important component before you even swing the golf club. Learning the 5 elements of the set up will help you to be consistent with all your shots. If you are not consistent with your game, this lesson is for you. Consistency is crucial in order to play to your full potential. The 5 elements are:

1. Alignment
2. Feet position
3. Ball position
4. Posture (upper body tilt)
5. Grip



## Step 2: THE FULL SWING

You will learn the full swing with every club and how to hit the ball far and straight. The two elements essential to the full swing are as follows:

1. How to produce good weight transfer with your legs; and
2. Create maximum club head speed with your arms and wrists (lag).



## Step 3: PUTTING

You will learn putting. Direction and Distance are the two key elements you will learn to improve this part of your game. The right set up will always help you to be consistent.

The game of golf consists of the following:

1. 50% of the game is rolling the ball on the ground (putting); and
2. 50% of the game is hitting the ball in the air (all other shots).



## Step 4: CHIPPING

You will learn chipping. You will learn how to set up to the ball and choose the appropriate club in order to produce better results.



## Step 5: PITCHING

You will learn the "pitch and run shot" and the "lob shot".

These two shots will enable you to have more control over your short game. Understanding which club to use at different distances will also give you an advantage to play your best.



## Step 6: BUNKER PLAY

If you are struggling in a bunker, this lesson is for you. You will learn how to hit out of a bunker, understand the fundamentals of this shot and which club to use when facing this part of the game.



## Step 7: MENTAL SIDE

You will learn the mental side of the game and the pre-shot routine. You will also learn how to improve your thinking on the course with visualization techniques. Your last thought before hitting your shot is usually your end result.



## Step 8: STRATEGIES

You will learn how to plan your game using two strategies:

1. The risk or safe method; and
2. The queen method.

Planning your game will help you to play better. These two strategies will definitely help your game.



## Step 9: PLAN TO PRACTICE

Over 50 educational drills and exercises are included to help you practice the game. Muscle memory exercises are also included in order to help you accelerate your learning process. From the comfort of your home to practicing at the golf club, you will learn how practicing can be fun and rewarding.



## Step 10: ONLINE COACHING AND VIDEO ANALYSIS

After completing this golf program, students will have access to additional services such as, online coaching and video analysis. Send me a 1 minute video of your swing and I will analyze it and send you my recommendations on how you can improve your motions.

**VIDEO ANALYSIS AVAILABLE SOON!**

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# EBOOK 1: THE SET UP

My name is **Claude LeBlanc**. I have been a Teaching Golf Professional with the PGA of Canada for more than 25 years. I am also the author of a book called "Leçons de golf" published by "Les Éditions de l'Homme" in Montreal, Québec, Canada. I am passionate about the game of golf and teaching my students. I hope you will enjoy this "**EBOOK 1: THE SET UP**". Additional ebooks are available on my website at the following address:

[www.teachinggolfonline.com/ebookstore](http://www.teachinggolfonline.com/ebookstore).

Check out the entire program called the EBOOK 5: "**5 SWING GOLF PROGRAM**" which will also consist of approximately 20 hours of golf lessons. Enjoy!

## EBOOK 1: THE SET UP:

Thank you for purchasing the "**EBOOK 1: THE SET UP**" which covers the following lessons:

1. Alignment lessons and educational drills;
2. Foot position (stance) lessons and educational drills;
3. Ball position lessons and educational drills;
4. Posture lessons and educational drills;
5. Grip lessons and educational drills;
6. Plan to practice lessons and educational drills; and
7. INDEX OF LINKS. (The only links available to you, in the INDEX OF LINKS below, are the links pertaining to the ebook you purchased.)



## LINKED SUBJECTS:

PLEASE NOTE:

All throughout each and every ebooks, you will find subjects linked (little hand that appears on a word, is a link) that you can click on, for additional information.



**SAMPLE EBOOK**

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I have been teaching golf for more than 25 years. I have the experience and the knowledge of the proper fundamentals in order to play this great game. I can spot the good players from the not so good players within minutes of looking at them. The way they set up, in order to swing the golf ball, tells me a lot.

In my opinion, I truly believe that the set up is one of the most important key fundamental in order to become a great player. If your set up is different every time you hit the golf ball, the direction and distance of your ball will also be affected.

Golf is a target game. Some players can hit the ball 300 yards. If they hit the ball too far to the right or too far to the left of the target every time, they will never become great golfers.

Please take this lesson **very seriously** if you want to improve your game. Many players practice every part of the game aside from practicing the set up. Make sure the "**5 elements to a good set up**" is understood and implanted in your mind. Always make sure the 5 elements are good before you start your backswing.



### The 5 elements to a good set up:

The set up will help you acquire a better golf swing. Your first golf lesson usually consist of the basics. The first step is learning the basic golf swing which includes mastering the five elements of a good set up. This will help you to create consistency in your swing, as shown in the video above.

### The set up:

Many golf professionals and top amateurs often return to the basic fundamentals (5 elements to a good set up) in order to acquire a better golf swing which will give them results. Practicing the fundamentals correctly is essential in order to play to your full potential, as shown in the images on your right.

HERE ARE THE FIVE ELEMENTS TO A GOOD SET UP:

1. Alignment;
2. Foot position (stance);
3. Ball position;
4. Posture; and
5. The grip.



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"Let's define these 5 elements:

As a teacher, I want my students to remember the basics which are the "5 elements to a good set up". Learn and remember the basics. If I ask you what are the "5 elements to a good set up", you should know the answers. After you learn them, it will take seconds to check these elements before making your shot. Learn them, and you will be on your way to playing to your full potential, as shown in the images above.

Get yourself in the perfect golf position before you swing your club. To place yourself in the perfect golf position, you must first understand the "5 elements to a good set up".



### 1- Alignment:

Alignment is aiming your club and body towards your target. If your alignment is incorrect, the best swing in the world will not get the ball to your target, as shown in the images on your left and above.

### 2- Foot position:

Your left foot is slightly turned to your left (open stance) and your right foot is perpendicular to your target line by the club resting on the ground, as shown in the image on your left.

Placing your feet in the right position will promote the following:

- A - Good weight transfer; and
- B - Club head speed.

Having an open stance will also help you to finish your swing in balance.



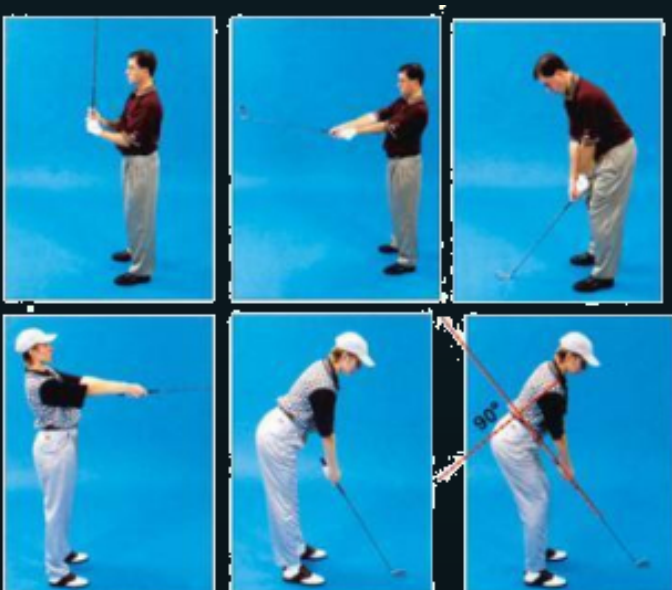
### 3- Ball position:

Where should you place the ball in relation to your feet, as shown in the image on your left?

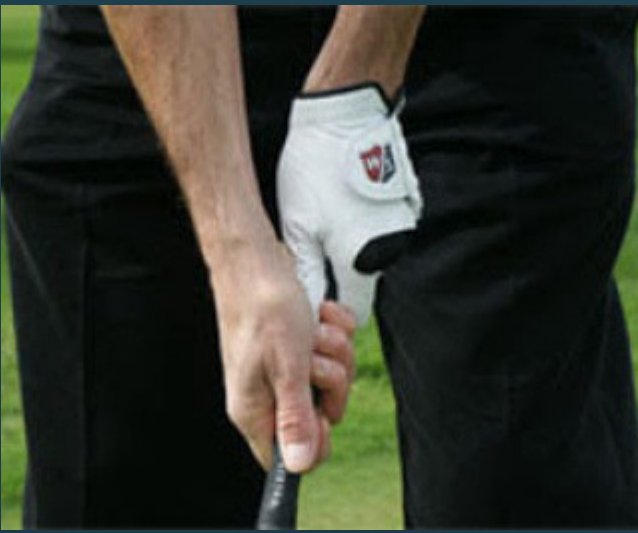
**Please note:** The ball position will be explained in more details, in future golf lessons.

### 4- Posture:

The most neglected aspect of the golf swing is the posture. A good posture will help you to be consistent in making your shots. The golfer needs to develop a repetitive swing in order to obtain consistently desired results. If the golfer can adopt a proper position where the head, spine, hips, legs and arms are always positioned correctly during the swing, he/she will be able to accelerate the learning process. Changing the angle of your back or knees, will create inconsistent results. I will show you how to train your body with educational drills and build a strong posture, which will be explained in more details, in future golf lessons. This will help you get the desired results from your golf swing. Without a good posture, you will have a hard time to obtain a perfect golf swing, as shown in the images on your left.



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### 5- The grip:

Finally, learning how to place your hands on the club. Where are the pressure points? Does the grip affect the direction of your shots? The grip is the only link from your body to the club. Let's learn how to place your hands correctly on the club. How tight should we hold the club and why is it important to keep constant pressure during the entire swing? There are some variations to holding the club, which will be explained in more details in future golf lessons. The golfer can choose the one he/she prefers but from these preferences, similar aspects of holding the club remain the same, as shown in the image on your left.

### The "5 elements to a good set up":

Please remember to look at the 5 elements of the set up below, before making your next shot:

1. Alignment;
2. Foot position (stance);
3. Ball position;
4. Posture; and
5. The grip.

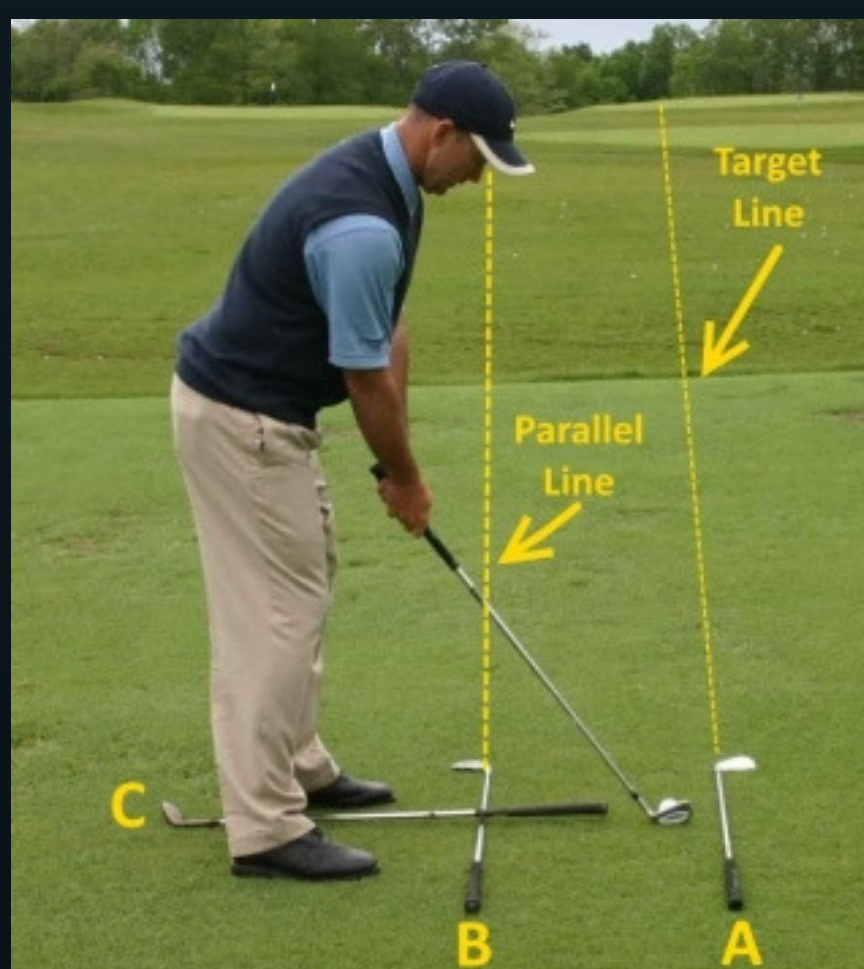
Learn every day until you become a professional in your mind. Practice in your details every day in your future golf lessons. **SAMPLE EBOOK**

### Set up drill:

When practicing the set up drill, use a few clubs and place them, as shown in the image below. By doing so, you will be able to identify where to place the ball on the ground when using different clubs. Using these clubs will also help you to better align yourself to the target.

### Please note:

1. As shown in the image below, align club A towards your target. Step back to see if club A is pointing directly at your target.
2. Place your feet perpendicular to the target line.
3. Place club B on the ground, near the toes of both feet, pointing parallel to club A, being your target line. Step back and see if club B is pointing parallel to club A. If club B is pointing parallel to your target line (club A), you are properly aligned, otherwise, make the necessary adjustments.
4. Place club C perpendicular to club B at where the ball should be placed. If your shots are offline, your first step in correcting the problem is to verify your alignment, as shown in the image below.



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# ALIGNMENT

Proper golf alignment will help you to acquire a better golf swing. Your first golf lesson usually consist of the basics which includes mastering the "5 elements of a good set up". This will help you to create consistency in your swing.



## Two vertical lines:

Make sure your club is pointing towards your target. Use the two vertical lines on the club head to point toward your target, as shown in the image on your left.



## Railroad tracks:

One way of checking your alignment is to imagine a line going from your club head to your target, as shown in the image on your left. Another line running parallel to that line representing your feet position, similar to a railroad track.



## Intermediate object:

You always align your club first. Place the club on the ground and then place your hands in the correct manner. Align your club towards the target by aiming the vertical lines on the club face towards an intermediate object, a few feet from your club, which is in line with the target. This can be a twig, a blade of grass or a divot etc., as shown in the image on your left.

## Feet Positions:

The position of the feet and the position of the ball are part of the 5 elements of the set up. Although there are different schools of thoughts regarding feet positions, I will give you my advice on what is the most practiced methods.



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### Consistency:

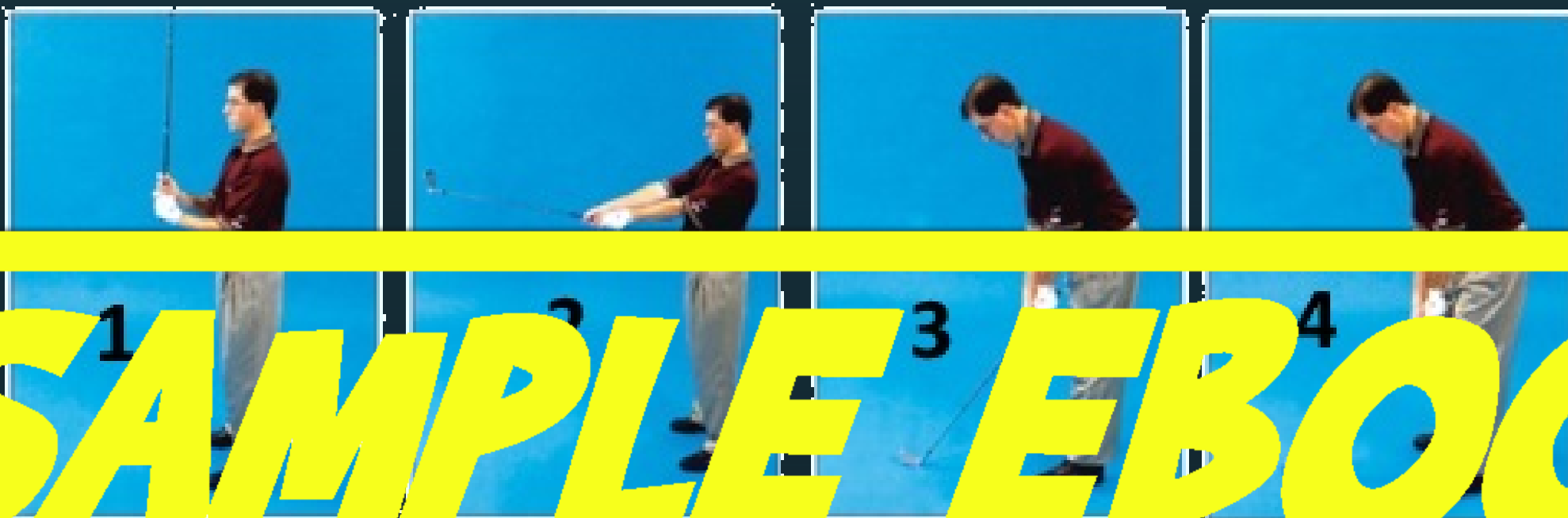
The golf posture provides consistency for the player, improving his/her golf swing, as shown in the image on your left.

The most neglected aspect of the golf swing is the posture. The posture will help you to be consistent in making your shots and producing a better golf swing. This lesson is very important and should be taken seriously. A good posture influences the path of your swing and promotes accuracy with all your shots.

### Repetitive swing:

The posture is the foundation upon which to build a repetitive swing.

Here are a few steps on how to position yourself in order to have a good posture, as shown in the images below.



**1. Stand erect:** Stand erect with the hands relaxed on the club in front of you, as shown in image 1 above.

**2. Extension of arms:** Extend the club in front of you keeping both arms fully extended but relaxed, as shown in image 2 above.

**3. Flex from the hips:** Flex from the hips keeping your lower back straight. Drop the club to the ground keeping your arms fully extended and relatively close to your body. Your arms should be in a vertical position, as shown in image 3 above.

**4. Flex the knees:** Slightly flex your knees to make sure they are unlocked while maintaining the straight line in your lower back, as shown in image 4 above.

### Posture drill:

1. Flex forward from the hips making sure your lower spine is straight;
2. Let your arms hang in a vertical position; and
3. Slightly flex your knees and slightly bring your lower back straight, as shown in the images above.





The golfer must repeat his/her swing, time and time again, in order to obtain the best results. Adopt a position of the body where the posture (body tilt) remains the same throughout the entire swing such as:

1. Backswing;
2. Forward swing; and
3. Follow through.

Learn the posture drill so you can experience what a good posture feels like, as shown in the images below.



**Correct posture:**

Slight flex from the hips must be maintained during the entire swing. In other words, maintain this posture (body tilt) during the backswing, as shown in the image on your left.



**Incorrect posture:**

The player has not maintained his posture (body tilt) at the top of his backswing, as shown in the image on your left. This is a common problem with many players. This will cause the player numerous problems ranging from poor weight transfer to lifting the body causing the player to top the ball, hitting to the right of target or simply missing the ball all together.



**The right leg:**

The image to the left with the red X is a common problem that can easily be corrected.

From the address position to the top of your backswing, your right leg should remain in the flexed position.

By doing this, it will help you to be more consistent with your shots, as shown in the images on your left.



### Posture at the end of your swing:

Again, it is very important to maintain your posture (body tilt) from the beginning of the swing until the end of the swing.

By doing so, you will create consistency with your shots and play better golf, as shown in the image on your left.

Maintaining your posture (body tilt) during the entire swing is a must for you to play to your full potential.

### Foundation for your house:

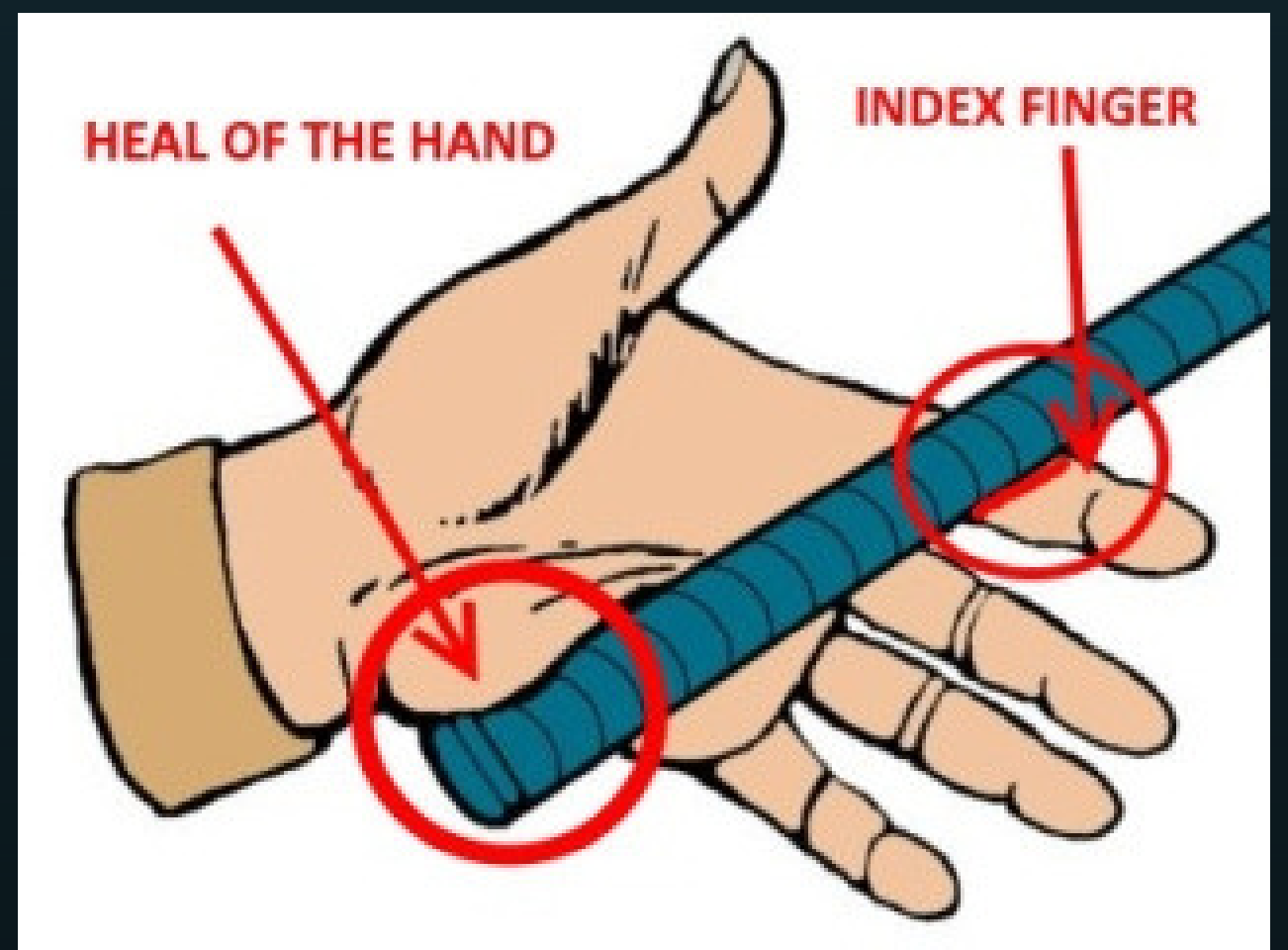
Building a house: A good posture in golf is like a good foundation for your house. The foundation must be the most important part for it to last hundreds of years. Playing golf and being able to perform from the first hole to the last hole, the golfer must have the ability to repeat the same motion, time and time again.

To do this, the foundation or golf posture must be learned and mastered. So again, please take this lesson seriously because the golf posture is essential for you to improve your golf swing.



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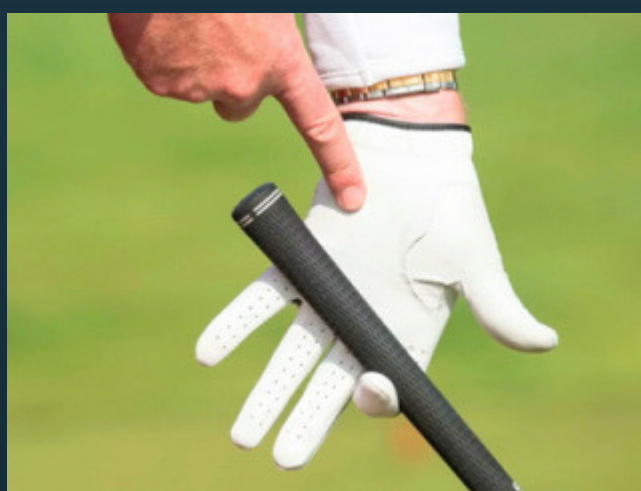
### How to place your hands on the club:

The grip is the only link from your body to the club. Learn how to place your hands correctly on the club, as shown in the image on your left.



### Where do you grip the club?

As shown in the image on your left, there is a gap of about 1 1/2 inches from the butt end of the club to the left little finger. This will make the club feel slightly lighter and will also give you better control to achieve a correct grip.



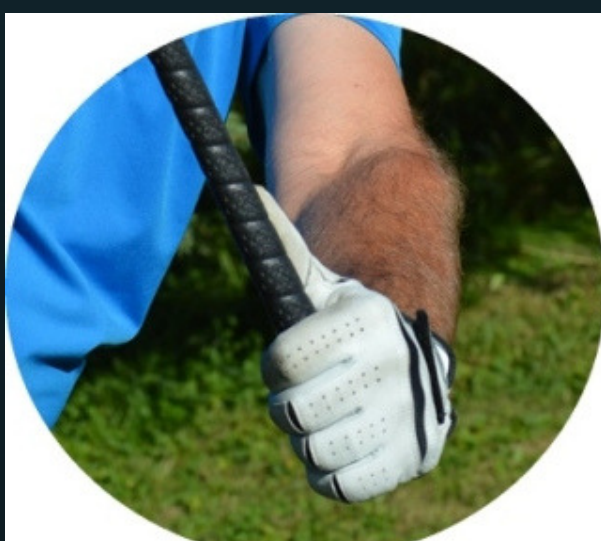
### The left hand:

The club should pass diagonally across the lower part of the palm of your left hand, as shown in the image on your left. You should be holding the club with more of your fingers rather than with the hand itself.



### Looking down at your grip:

When placing your left hand on the club, you should see the first **two knuckles**. This insures that your hand is placed correctly and you have a correct golf grip with that hand, as shown in the image on your left.



### The left thumb:

When I was a junior, this was one of the best golf tip that improved my game. Your left thumb should be placed slightly to the right side, as shown in the image on your left. This is very important because it will enable you to support the club at the top of the backswing.



### Proper left hand placement:

As you are looking down at the grip, the left hand is slightly turned to the right, as shown in the image on your left. When doing your backswing, your left thumb will be supporting the club at the top of your backswing.



### Thumbs and index fingers:

When applying pressure to a club with only the thumbs and the index fingers, you are using the outside muscles of your forearms, as indicated with the **red lines** in the image on your left.

These are muscles that will create tension in your shoulders and are not needed to create a fluid swing.

### Last 3 fingers:

The primarily muscles used when gripping the club are the ones located on the inside of your forearms, as indicated by the **yellow lines** in the image on your left.

These muscles are not attached directly to your shoulders, therefore, less tension will be created making this obviously the best choice in gripping the club and also creating a better golf swing.



### Ball pressure drill:

When watching television or sitting around, practice the ball pressure drill by holding one golf ball in each hand. Apply pressure with the last 3 fingers of each hand and you will get the feel of gripping the club properly.

Try the ball pressure drill, as shown in the image on your left and

# SAMPLE EBOOK

stress. A good grip will help reduce this stress and will make for a smoother swing.

## PLAN TO PRACTICE



### Practice golf with a purpose:

When golfers say "I'm heading out to practice", most people just assume they are heading to the driving range, as shown in the image above. Obviously, there is a lot more that goes into the game of golf than just practicing your full swing. All golfers realize how important practicing is when trying to lower their scores. In this lesson, we will look at how to get more out of your practice time and help you figure what to practice and how often.

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I have included approximately **50 drills** for players to use in the comfort of their homes and/or at the golf course.

Please note, you will not find all **50 drills** in every ebook, only the ones pertaining to the ebook itself.

The full "5 SWING GOLF PROGRAM" will have all 50 drills. In order to receive all 50 drills, you will have to purchase EBOOK 5: "5 SWING GOLF PROGRAM", at a cost of **\$59.95 US**.

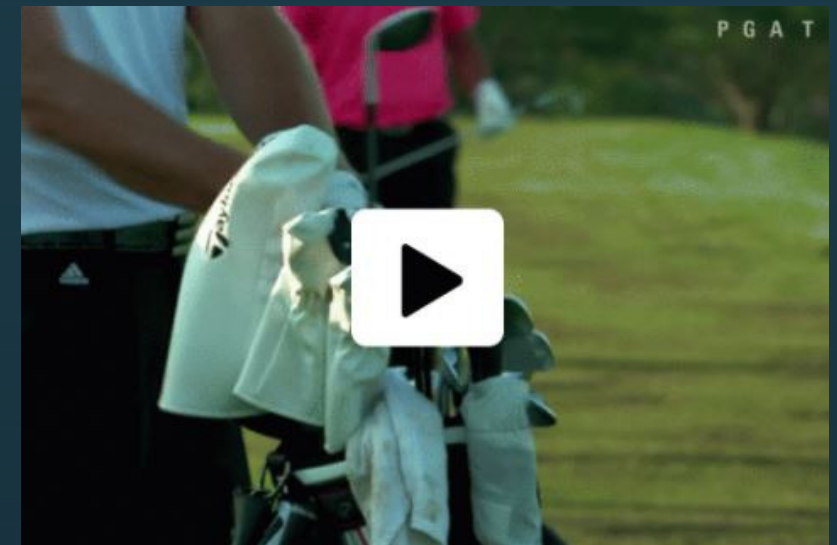
**BUY NOW**

These drills below have been categorized as follows:

1. Indoors drills;
2. Putting drills;
3. Chipping drills;
4. Pitching drills;
5. Sand play - bunker drills; and
6. Muscle memory drill.

Video on how you can practice at the course:

This video is how golf professionals practice before each and every game.



**PLEASE NOTE:** Everyone should keep in mind the following:

1. Get to the course ahead of time to warm up and practice before the game;
2. Stretch before you start swinging the club; and
3. Start by putting, than chipping and gradually get to the full swing.

**Tip:** Maximize your bucket of balls by using them first for the short game, such as, putting, chipping, small pitches and finally the full swing before playing the first hole.

## INDOOR GOLF DRILLS:



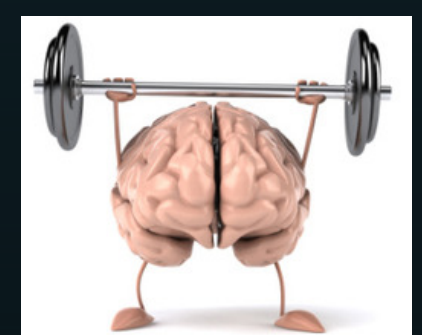
Position yourself at an area where you can focus on the task at hand, as shown in the image on your left. Remember to execute all exercises (motions) slowly. This way your body will understand what you are trying to accomplish. By using muscle memory, your mind and body will remember it quicker.

All exercises can easily be practiced at home. They are also linked to the images below demonstrating and explaining how to do the drills.

Purchasing yourself an indoor synthetic practice putting surface can help with your putting. Make it a routine to practice your putting, as shown in the image above.

### 1- Muscle memory:

If you want to improve your game quickly, use the muscle memory drill often, as shown and also linked in the image on your right. Learn it, use it and see yourself improve quicker than you ever did before.



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Thank you!

This is the **SIGN UP TO** and purchase the full **GOLF PROGRAM**, please click the button below.



**BUY NOW**

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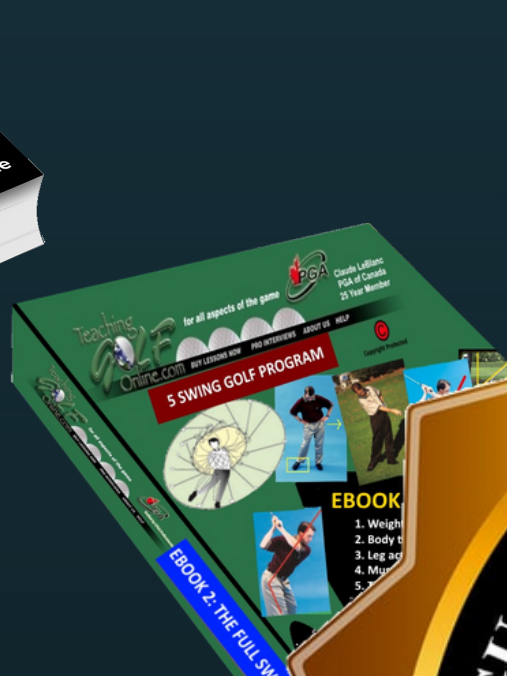


Claude LeBlanc  
PGA of Canada  
Teacher



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A GIFT FOR YOU!

THE "5 SWING GOLF PROGRAM" HAS BEEN SENT TO YOU BY A FRIEND.

ENJOY!

Includes:  
1. The set up lessons  
2. The full swing lessons  
3. The short game lessons  
4. The mental side lessons  
5. Plan your game lessons  
6. Strategy lessons  
7. Plan to practice lesson

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