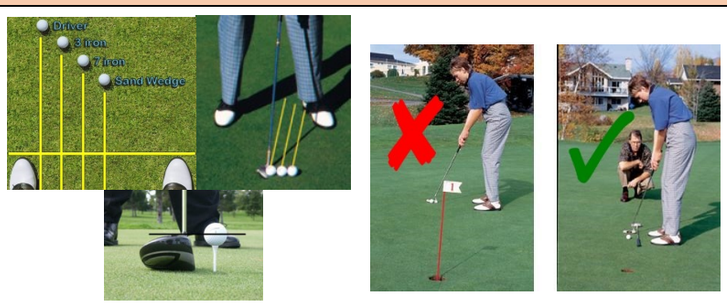
Student Evaluation Sheet:

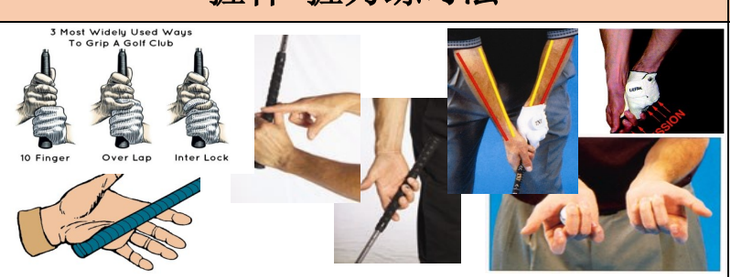
Techniques/DRILLS Exercises

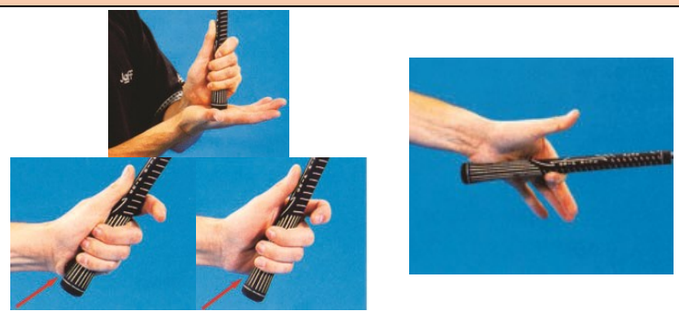
（预备）	✓	✗	瞄准矫正训练方法	Drill #
这些图片能够帮助您更好的瞄准目标				1

（预备）	✓	✗	双脚占位	Drill #
球杆越长，站位越宽				2

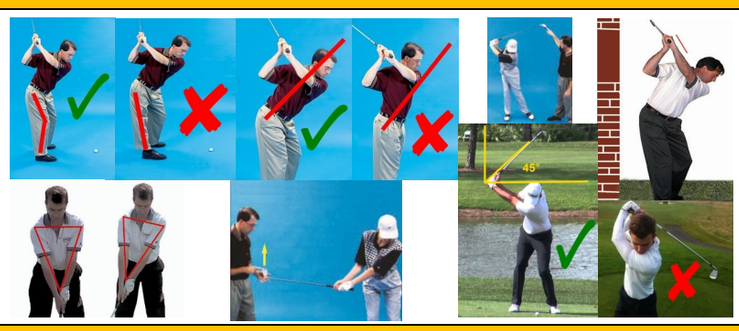
（预备）	✓	✗	球位	Drill #
两种方式的球位 左脚跟内侧 从中间到左脚跟				3

（预备）	✓	✗	站姿：列兵练习法	Drill #
保持开始的站姿，从而贯穿整个挥杆过程 上杆 下杆 收杆				4

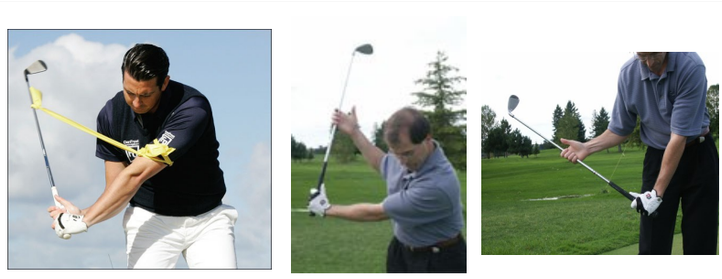
（预备）	✓	✗	握杆 握力练习法	Drill #
选择适合您自己的握杆方法。握力仅在每个手的最后3个手指				5

预备	✓	✗	硬币练习法	Drill #
The last 3 fingers of the left hands should have constant pressure during the entire swing.				6

预备	✓	✗	站姿：头部	Drill #
<u>头部</u> 尽可能保持头部在整个挥杆过程中保持不动				7

挥杆	✓	✗	上杆 墙壁训练法	Drill #
保持最初站姿在挥杆过程中保持不变 手臂和肩膀的旋转 铁杆和地面保持45度				8

挥杆	✓	✗	9点钟到3点钟训练方法， 毛巾训练法和网球训练法	Drill #
确保杆面在9点和3点钟方向的时候保持杆面方正。手指应该指向教练胃部 试着保持双臂间夹着一个网球，来保证更				9

挥杆	✓	✗	延迟释放训练法	Drill #
每天在家里做几分钟这个练习法，直到能适应体会正确的下杆释放感觉				10

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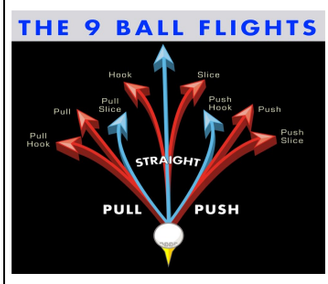
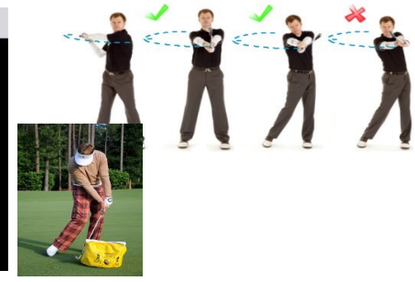
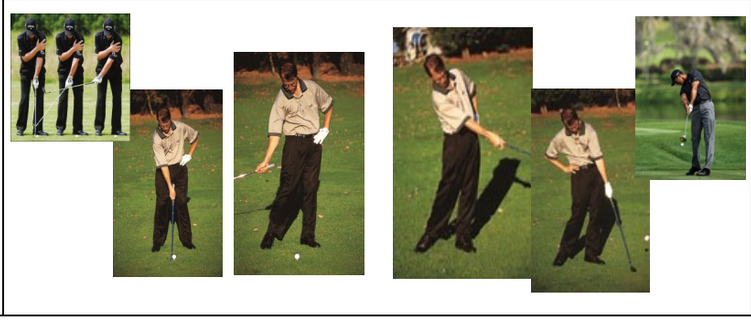
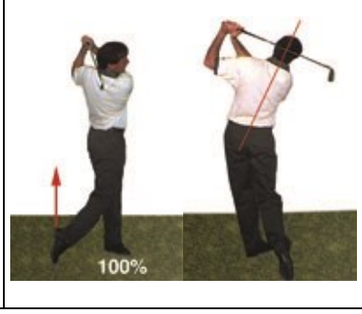
挥杆	✓	✗	击球：理解球路	Drill #
理解球飞行路线原理，从而能纠正您击球球路方向			 	11

挥杆	✓	✗	击球后的双臂延伸训练	Drill #
改进收杆				12

挥杆	✓	✗	收杆	Drill #
重心转移。保持脊椎角度（站姿） 1-2-3-4-5				13

挥杆	✓	✗	重心转移训练	Drill #
每天抽出几分钟做此训练方法，直到您能彻底体会重心转移				14

挥杆	✓	✗	椅子训练法	Drill #
此项训练可以让您更好的体会重心转移				15

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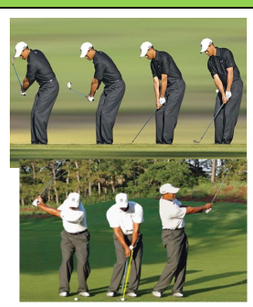
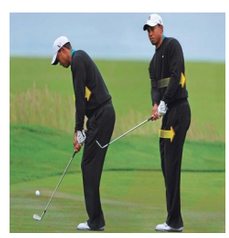
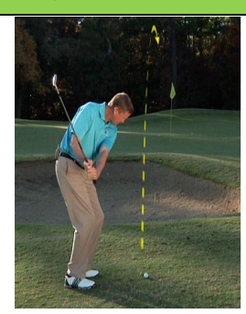
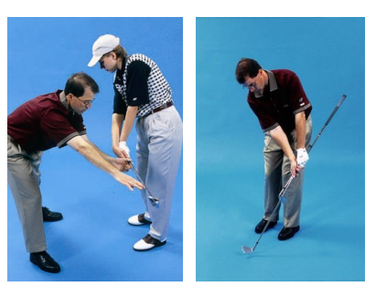
平衡	✓	✗	平衡训练法	Drill #
重心落到脚尖=拉左 重心落到脚后跟=拉右 重心落到脚中间=直球				16

劈起杆	✓	✗	劈起杆控制球滚动更多的距离	Drill #
半挥杆 从9点钟到3点钟方向 不要刻意立腕会帮助您让球的落点更接近果岭				17

劈起杆	✓	✗	劈起杆控制滚动更少的距离	Drill #
四分之三挥杆，从10点到12点方向 沙坑56度杆到60度杆			  	18

切杆	✓	✗	切杆技巧	Drill #
重心更偏向左侧，从7点钟方向到5点钟方向挥杆。不要立腕。运用不同长度的球杆来控制距离				19

切杆	✓	✗	两根球杆练习法	Drill #
运用两根球杆（如图所示）会更好的帮助您理解切杆原理。在挥杆的时候球杆不应该碰到身体				20

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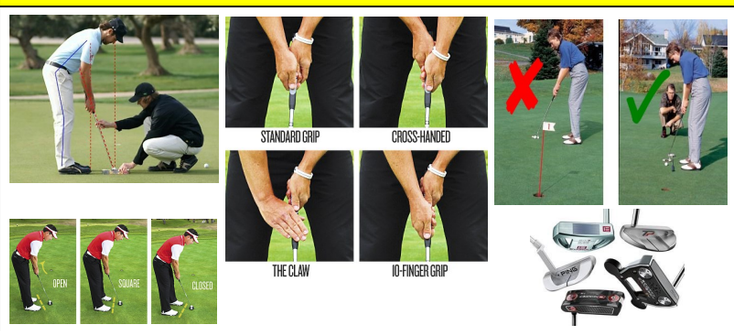
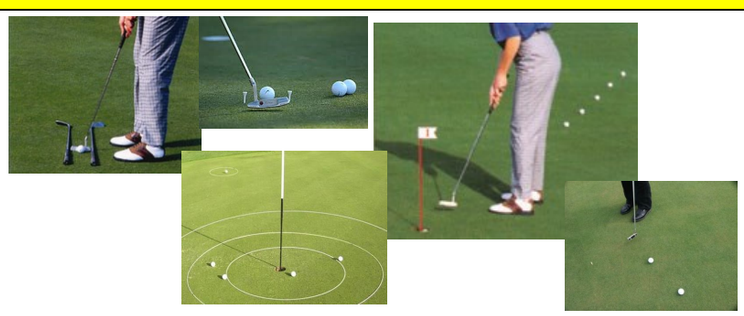
沙坑救球	✓	✗	沙坑技巧	Drill #
开放站位，打开杆面，击球后球杆和地面垂直。球位略微偏向目标方向				21

沙坑救球	✓	✗	沙坑练习法	Drill #
击打球后3厘米沙子 练习30分钟沙坑救球				22

推杆	✓	✗	预备	Drill #
正确准备动作 1– 瞄准矫正 2– 双脚位置 3– 球位 4– 站姿 5– 握杆 推杆方式更取决于个人偏好				23

推杆	✓	✗	推杆技巧	Drill #
运用大肌肉来推杆 不要折腕				24

推杆	✓	✗	控制距离和方向技巧	Drill #
距离还是方向？				25

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可重复性	✓	✗	USE VISUALIZATION	Drill #
运用双眼感觉到大脑记忆来重复每次挥杆				26
可重复性	✓	✗	如何去适应以及练习稳定的挥杆可重复性	Drill #
在每次击球前，都要闭眼想象下此杆的目的，球的落点，方向等。				27

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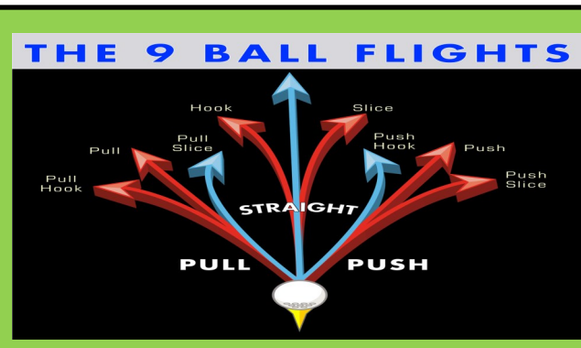
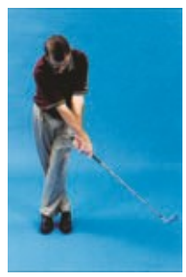
Student Evaluation Sheet:

SLICE



SLICE	✓	✗	双脚交叉练习法	Drill #
在击球区域，改善更好的手腕灵活度，要更好的感觉到击球瞬间的即将来临				

SLICE	✓	✗	NOTES	Drill #

SLICE	✓	✗	NOTES	Drill #

SLICE	✓	✗	NOTES	Drill #

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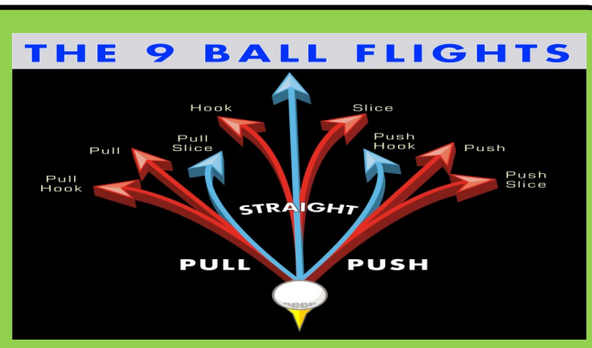
Student Evaluation Sheet:

HOOK



HOOK	✓	✗	NOTES	Drill #

HOOK	✓	✗	NOTES	Drill #

HOOK	✓	✗	NOTES	Drill #

HOOK	✓	✗	NOTES	Drill #

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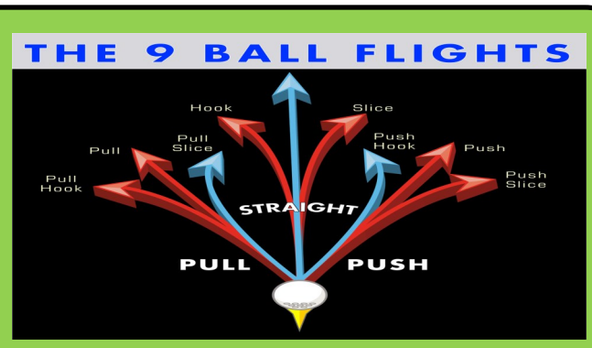
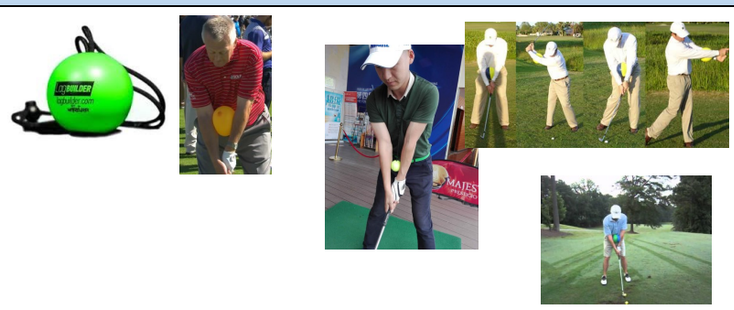
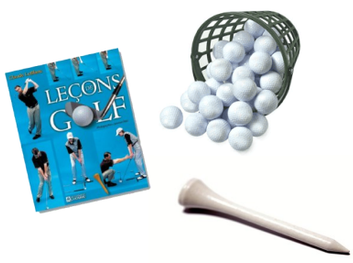
Student Evaluation Sheet:

练习



练习	✓	✗	肩膀旋转	Drill #
如何运用肩膀的旋转来实现更完善的挥杆				
练习	✓	✗		**Drill #**
保持双臂的更紧凑性来实现更好的击球方向				
EXERCISE	✓	✗		**Drill #**
EXERCISE	✓	✗		**Drill #**



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