

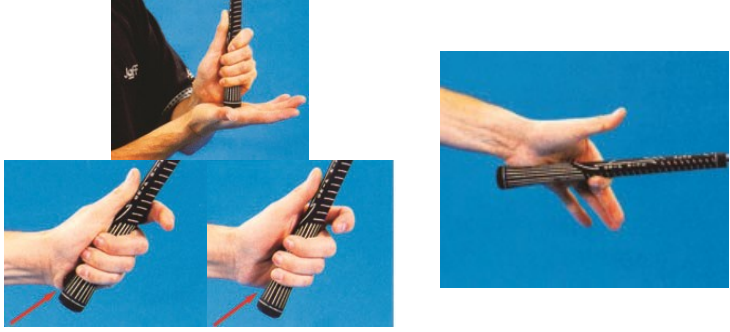



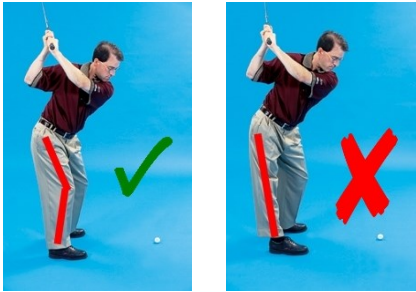








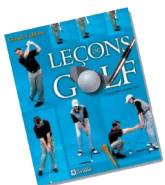
Student Evaluation Sheet:




Techniques/DRILLS Exercises



Setup	✓	✗	Alignment Drill	Drill #
These images can help you to better lign-up to your target.				1
Setup	✓	✗	Foot Position	Drill #
The longer the club, the wider your stance.				2
Setup	✓	✗	Ball Position	Drill #
Two school of tought on ball position. In front of inner left heal. From center to left heal.				3
Setup	✓	✗	Posture: Soldier Drill	Drill #
Maintain your posture during the motion of your swing. Backswing Downswing Follow through				4
Setup	✓	✗	Grip - Pressure Drill	Drill #
Choose the best grip for you. Pressure on the last 3 fingers of each hands.				5

Setup			Coin Drill	Drill #
<p>The last 3 fingers of the left hands should have constant pressure during the entire swing.</p>				6
Setup			Posture: The head	Drill #
<p>The Head Try keeping the head still during your backswing.</p>				7
Setup			Posture: Keep right leg flexed during motion.	Drill #
<p>Right leg is always flexed during setup and swing.</p>				8
Setup			90 degree angle	Drill #
<p>Posture: Keep 90 degree angle during motion.</p>				9
Setup			Posture: How far should you be from the ball	Drill #
<p>Leave your right arm hand, bring your left hand where it meets your right to form your grip.</p>				10



Setup	✓	✗	Balance drill	Drill #
Lean club on your thighs.				11
Setup	✓	✗	Alignment	Drill #
Feet, knees, hips, shoulders and eyes parallell to target line.				12
Setup	✓	✗	Body Tilt	Drill #
Hit the ball higher and farther with your driver with the proper body tilt.				13
Setup	✓	✗		Drill #
				14
Setup	✓	✗		Drill #
				15



The Swing	✓	✗	Impact: Understanding Ball Flight	Drill #
Understanding ball flight to be able to correct the direction of your shots.				16

The Swing	✓	✗	Follow Through—Arm Extension Drill	Drill #
Improving your follow through.				17


The Swing	✓	✗	Finish Position	Drill #
Transferring your weight from the right leg to the left leg. Keep your spin angle. Keep finish position for 5 sec.				18

The Swing	✓	✗	Weight Transfer Drill	Drill #
This drill can be done a few minutes every day till you feel the weight transferring from one leg to the other.				19

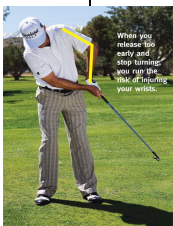

The Swing	✓	✗	The Chair Drill	Drill #
This drill can possibly make you understand the importance of weight transfer.				20



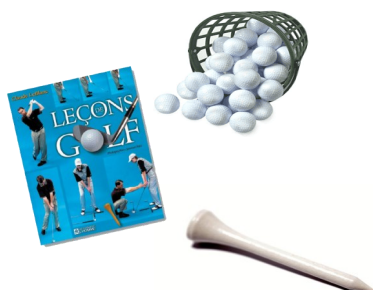
The Swing	✓	✗	Backswing - Wall Drill	Drill #
Maintain your posture during the backswing. Arm & Shoulder Turn 45 degrees Irons				21

The Swing	✓	✗	Backswing - Wall Drill	Drill #
Maintain your posture during the backswing. Arm & Shoulder Turn 45 degrees Irons				22

The Swing	✓	✗	9 to 3 o'clock Drill , Towel Drill & Ball Drill	Drill #
Make sure the club face of the club is pointing vertically at 9 and 3 o'clock. Fingers pointing at my stomach. Try keeping ball between arms for better direction.				23

The Swing	✓	✗	Lag Drill	Drill #
This drill can be done a few minutes every day till you feel the proper release during the downswing.				24

The Swing	✓	✗	Backswing - Irons	Drill #
Backswing at 45 degrees with irons for better accuracy.				25



The Swing	✓	✗	Right arm at the top of Backswing	Drill #
Backswing: Place your arm in the correct position:				26



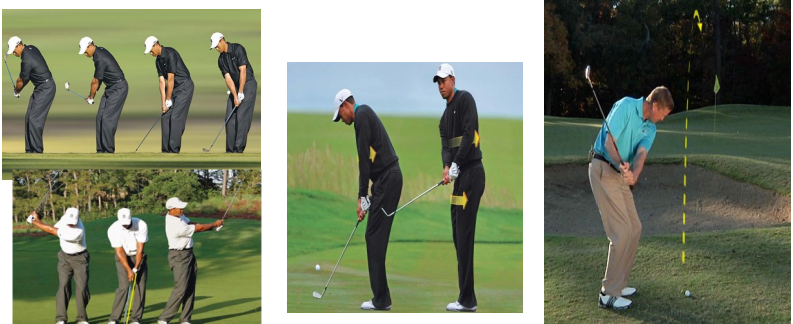

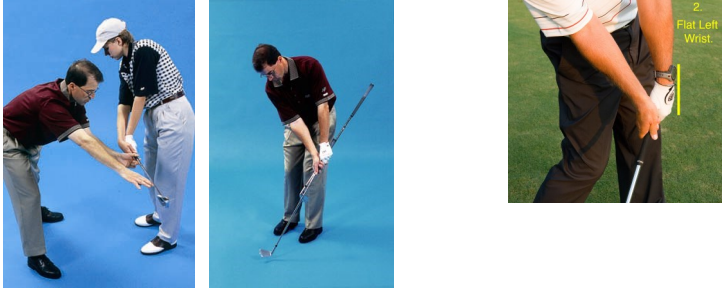
The Swing	✓	✗	Right arm at the top of Backswing	Drill #
Backswing: Place your arm in the correct position: Practice with a dombell				27

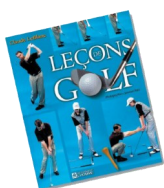
The Swing	✓	✗	Cocking your wrist to early?	Drill #
Backswing: Place ball a foot behind your original ball. Try to sweep the ball during backswing.				28

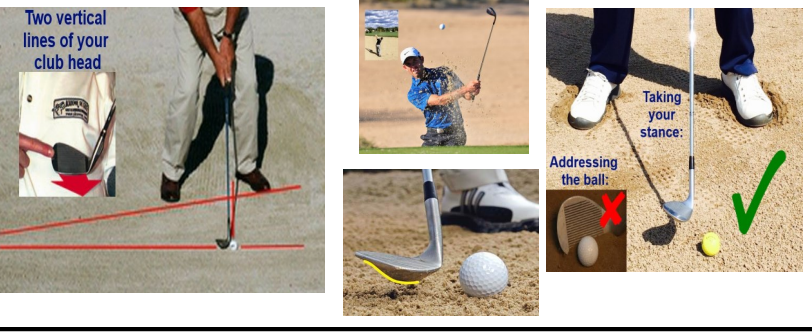

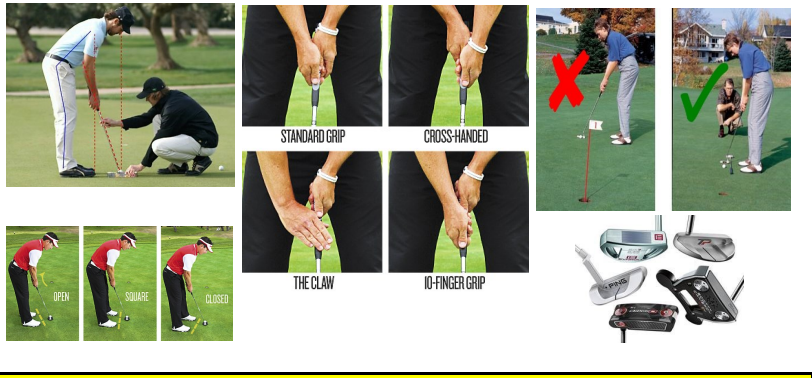


The Swing	✓	✗	Improve your backswing	Drill #
Maybe lift your chin to help your shoulder to turn better. KEEP YOUR CHIN UP Just before you start your swing, raise your chin.				29

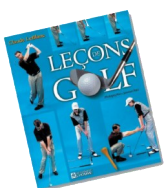
The Swing	✓	✗	Plane of the swing	Drill #
Backswing: Try keeping your club at the same angle during the backswing as it was at address.				30



<p>Balance</p> <p>Never sacrifice balance for distance.</p> <p>Weight on toes = left of target.</p> <p>Weight on heels= right of target.</p> <p>Ball of feet = center</p>	<p>✓</p>	<p>✗</p>	<p>Balance Drill</p> 	<p>Drill #</p> <p>31</p>
<p>Pitching</p> <p>Haft swing, from 9 o'clock to 3 o'clock.</p> <p>Not breaking your wrists will able the ball to roll more on the green.</p> <p>SW- PW</p>	<p>✓</p>	<p>✗</p>	<p>Pitching with roll</p> 	<p>Drill #</p> <p>32</p>
<p>Pitching</p> <p>3/4 swing, from 10 o'clock to 12 o'clock.</p> <p>SW - 56 or 60</p>	<p>✓</p>	<p>✗</p>	<p>Pitching with less roll</p> 	<p>Drill #</p> <p>33</p>
<p>Chipping</p> <p>Weight on left side, short swing from 7 to 5 o'clock. No breaking of wrist.</p> <p>Use different clubs depends on distance from hole.</p>	<p>✓</p>	<p>✗</p>	<p>Technique of chipping</p> 	<p>Drill #</p> <p>34</p>
<p>Chipping</p> <p>Using two clubs as shown will help you better understand the chipping stroke. The club should not hit your body when doing your swing.</p>	<p>✓</p>	<p>✗</p>	<p>Two Club Chipping Drill</p> 	<p>Drill #</p> <p>35</p>



Sandplay	✓	✗	Technique of Sandplay	Drill #
Open stance, open clubface. Finish with club pointing vertically. Ball position slightly forward.				36
Sandplay	✓	✗	Sandplay Drill	Drill #
(Circle around the ball, hit 1/2 inch behind ball.) Practice in sand 30 min. +				37
Putting	✓	✗	Setup of Putting	Drill #
Proper setup: 1- Alignment 2- Foot Position 3- Ball Position 4- Posture 5- Grip Preferences in putting!				38
Putting	✓	✗	Technique of Putting	Drill #
Preferences in putting! Use larger muscles to make stroke. No wrists				39
Putting	✓	✗	Distance and Direction Drills	Drill #
Distance or Direction ?				40



Routine	✓	✗	USE VISUALIZATION	Drill #
Use visualization to mentally prepare for your shot.				41
Routine	✓	✗	ADOPT A ROUTINE	Drill #
Adopt any routine before hitting every shot. This will prepare your body and mind to better make your shot.				42

Accuracy	✓	✗	Keep lower body quiet—Basket Drill...	Drill #
Keep lower body quiet, do not move too much the hips, knees or feet during backswing.				43

Accuracy	✓	✗	Wider Stance for Accuracy	Drill #
Also try it with your Pitching Shots				44

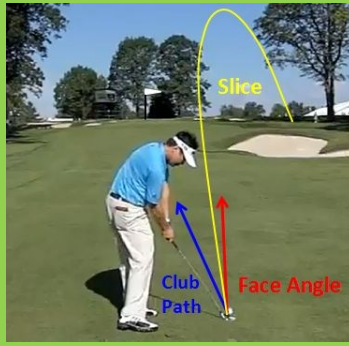
Accuracy	✓	✗		Drill #
				45



Student Evaluation Sheet:



SLICE

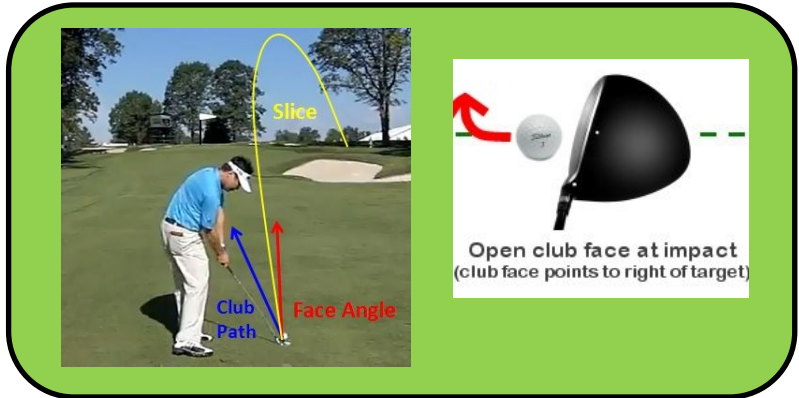


SLICE	✓	✗	Cross Feet Drill	Drill #
Improving turning of the hands during the impact zone. Feel the turning as it should be happening.			<p>Practice this drill a few minutes as often as possible during your day.</p>	46
SLICE	✓	✗	FEEL YOUR ARMS ROTATE	Drill #
Feel the turning of the arms, wrists and hands. Feel the turning as it should be happening.			<p>Feel the arms, wrists and hands rotating</p> <p>Practice this drill a few minutes as often as possible during your day.</p>	47
SLICE	✓	✗	Holding the club to tight—Bad Grip	Drill #
Grip to tight or bad grip will cause to slice			<p>TOO TIGHT 180°</p>	48

SLICE	✓	✗	Swing Path (outside to inside)	Drill #
Understanding club path for straighter shots.			<p>The 9 Ball Flights</p> <p>Club Square to Path, Club Open to Path (Little), Club Open to Path (Lot)</p> <p>Outside-In Club Path</p>	49



Student Evaluation Sheet:



SLICE

SLICE	✓	✗	Turning of the hands & arms	Drill #
Feel the turning of the arms and wrists during the motion of the swing.				50
SLICE	✓	✗	OFF BALANCED	Drill #
Finishing with weight on heels. Try to keep your weight on the balls of your feet.			<p>Weight - Towards Heels</p>	51
SLICE	✓	✗		Drill #
				52
SLICE	✓	✗		Drill #
				53

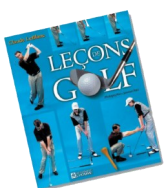


Student Evaluation Sheet:



HOOK

HOOK	✓	✗	NOTES	Drill #
				54
				55
				56
				57



Student Evaluation Sheet:



COURSE MANAGEMENT

COURS M.	✓	✗	NOTES	Drill #
Play the shot you can play 9 out of 10.				58
COURS M.	✓	✗	NOTES	Drill #
CHECK THE WIND				59
COURS M.	✓	✗	NOTES	Drill #
PLAN YOUR GAME AT THE COURSE YOU PLAY!				60
COURS M.	✓	✗	NOTES	Drill #
				61



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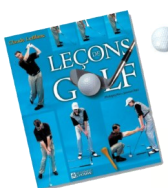


MuscleMemory



EXERCISES

EXERCISE	✓	✗	Muscle Memory	Drill #
Work on your finish position. When hitting the ball properly, hold your finish position for 5 seconds. (Building muscles memory)				62
Use your clubs and flex your wrist upwards and downwards.				63
Work on your positions. When hitting the ball properly, hold your finish position for 5 seconds. (Building muscles memory)				64
				65



Student Evaluation Sheet:



MuscleMemory



EXERCISES

EXERCISE	✓	✗	Shoulder Turn	Drill #
IMPROVE YOUR SHOULDER TURN FOR A BETTER GOLF SWING.				66
EXERCISE	✓	✗	Ball Drill	Drill #
KEEP YOUR FOREARMS CLOSE FOR BETTER DIRECTION. (One piece shoulder turn)				67
EXERCISE	✓	✗	One leg shoulder turn	Drill #
Promotes a better shoulder turn.				68
EXERCISE	✓	✗	Elastic and ball backswing drill	Drill #
Isometric exercise for your backswing. Builds muscles and helps to have a repeatable backswing.				69





Learning golf: 学习高尔夫

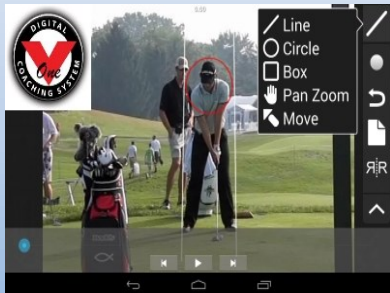
Perfect Golf Swing: 完美的高尔夫挥杆

Setup	✓	✗	Posture: Keep right leg flexed during motion.	Drill #
Right leg is always flexed during setup and swing.	1			

Setup	✓	✗	90 degree angle - Spine Angle	Drill #
Posture: Keep your spine angle during motion.	2			

Setup	✓	✗	Arm Extension	Drill #
Posture: Keep arms extended during motion.	3			

Using Technology: 运用新科技技术



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Learning golf: 学习高尔夫

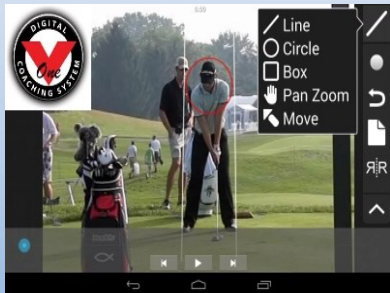
Perfect Golf Swing: 完美的高尔夫挥杆

The Swing 挥杆	✓	✗	Weight Transfer Drill 重心转移训练	Drill #
<p>A few minutes every day till you feel the weight transfer.</p> <p>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</p>				14

SLICE	✓	✗	Cross Feet Drill +—双脚交叉练习	Drill #
<p>Turn the hands during the swing. Feel the turning.</p> <p>在挥杆的时候感觉到杆头重量，让杆头自然转动</p>				

SLICE	✓	✗	Swing Path (outside to inside)	Drill #
<p>Outside to inside path will result in a slice.</p>				

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