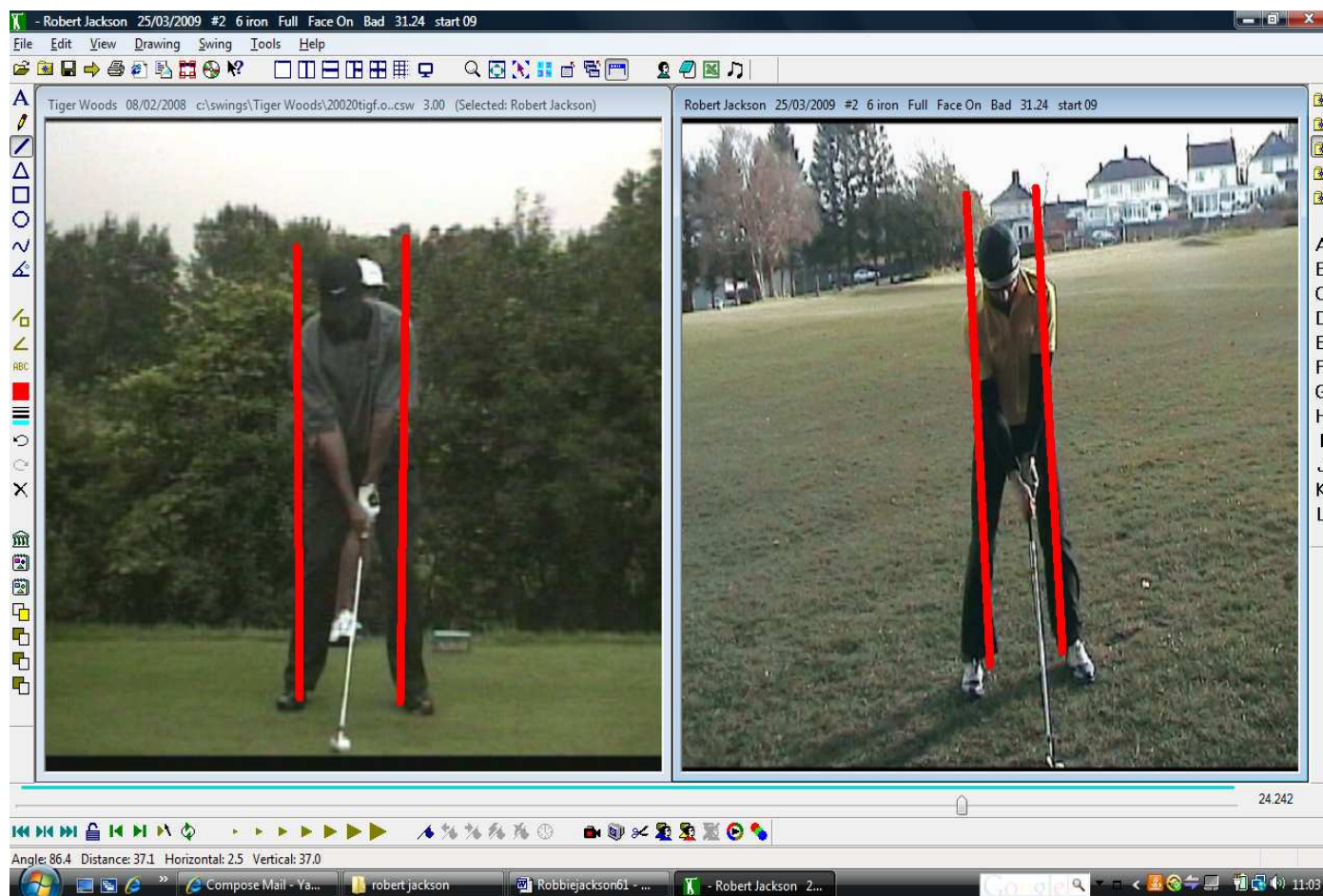


EVALUATION SHEET



ONLINE LESSON

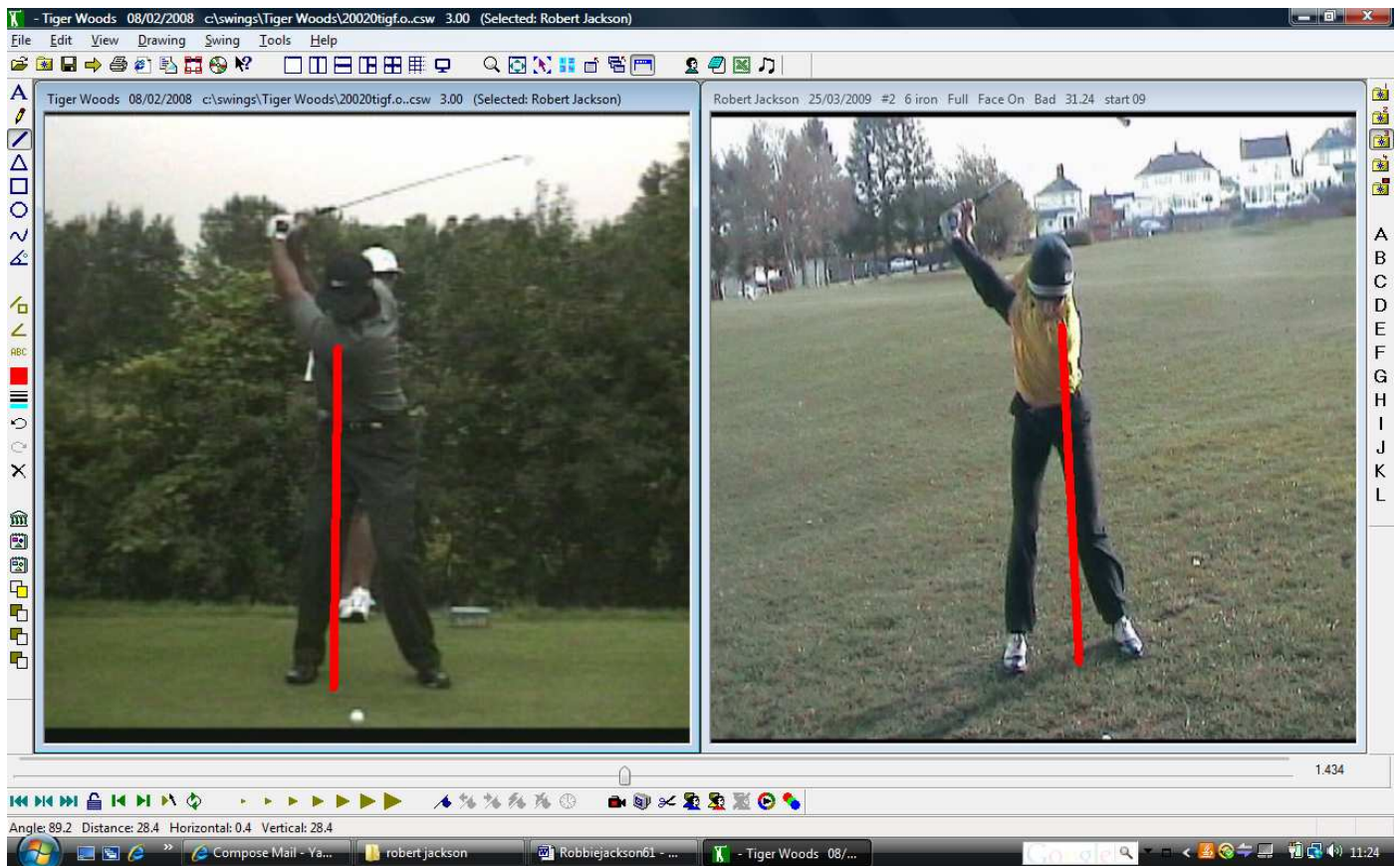
Pupil: Robert Jackson
Handicap: 3
Faults: Push Shot and pulls

LESSON 1

At the set up position the set up is in a good solid position the head is central and the weight is evenly distributed in the stance, the grip is excellent, however the stance width is extremely narrow, we are looking for the feet to be shoulders width, this is measured from the inside of the feet, and a you can see the stance is well inside the width of the shoulders.

Compare this to Tiger Woods set up, you can clearly see his feet are wide at the set up, this will allow the weight to transfer from right to left in the swing.

This is one of the simplest and most effective ways of creating power, you must create weight transfer if you are to gain control over the ball flight but also this is essential to distance in the swing.



This set up position now starts to create problems in the swing as the body tends to stay static and there is no real weight transfer due to the fact that you have not created a wide base for the weight to be transferred as a result you get stuck on the left side at the top of the swing as shown above.

Because of the narrow stance the left shoulder has tilted downwards and the weight shown by the red line is clearly in front of the golf ball and on the left side, this now means that the weight has to now move backwards and as a result there is a loss of power as the weight should be moving forwards through the ball like as if you were throwing a ball your weight moves towards the target.

Compare this position to that of Tiger whose weight is clearly coiled onto the right side at the top of the swing, he is now ready to deliver the weight forward through the shot.

PRACTICE

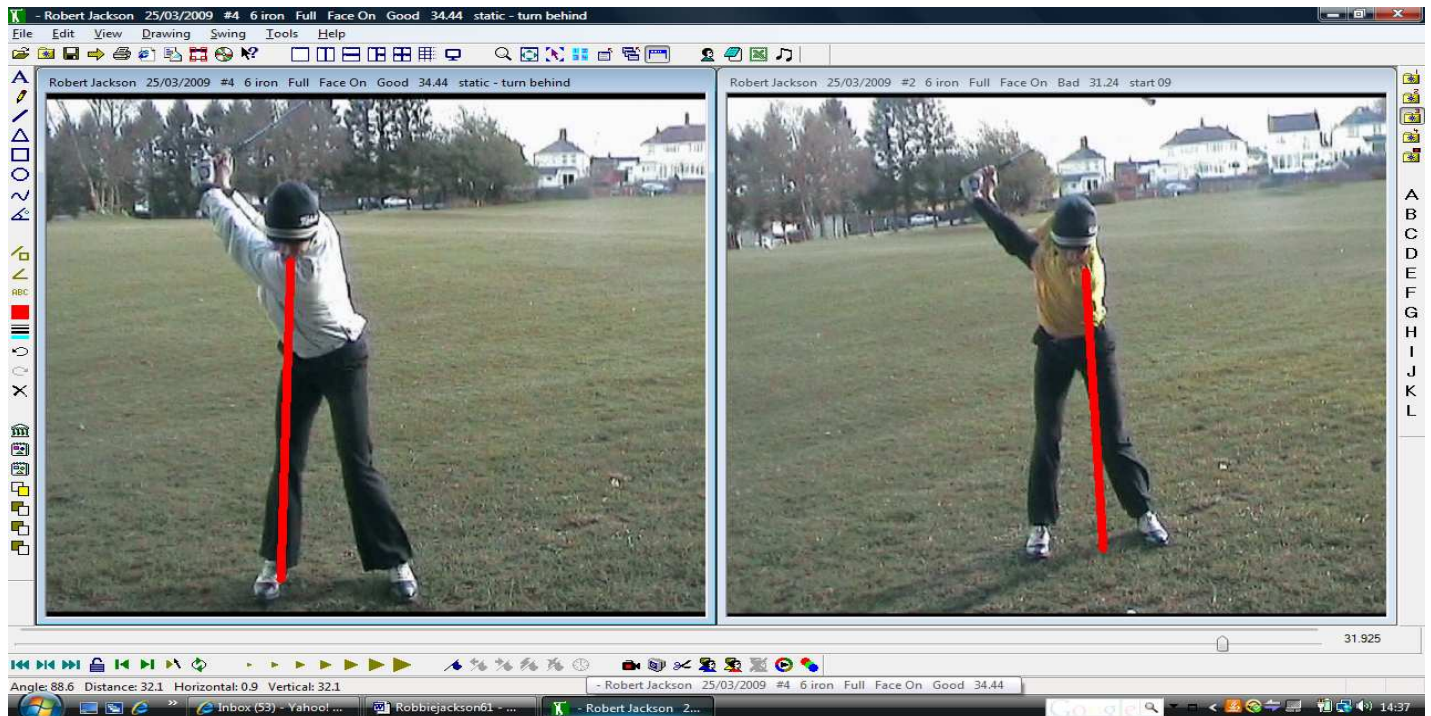
You must now practice feeling the stance shoulder width so that the inside of the feet are in line with the outside of the shoulders with and iron and slightly wider with the driver.

Check this by taking your stance then holding the club against the inside of the feet in a vertical position and seeing if the club is inside the shoulders.

SWING MOVEMENTS

As you can see from the above still the left shoulder has moved downwards and this has now caused the weight to be trapped on the left side. We must feel the weight rotating back onto the inside of the right foot at the top of the swing.

You must feel as the club is taken back the feel of the left shoulder rotating back towards the position of the right shoulder was at set up. This will stop the left shoulder from staying static and tilting downwards.



Now if you look at the difference in the 2 positions the left side and left shoulder has rotated beautifully back onto the right side you have now created a wider fuller turn with weight transfer loaded onto the right side ready to be rotated through the ball.

PRACTICE

You must now practise this feel of the left shoulder rotating back onto the right side.

If you can get somewhere where you can swing in front of a mirror so that you are facing the mirror with you chest, you can swing in the mirror and check that the position is correct, this is a great way of building feel whilst ensuring the visual is correct.

Next online lesson recommendation – 2 weeks- (minimum 3 practise sessions)

Mark Govier

PGA Professional/performance Coach
Elitegolfcoach.com

