The Grip

"A player with a bad golf grip doesn't want a good swing" - Ben Hogan

- Your thumb should be on the front of the grip, just a little to the right of center as you look down on it.
- The dots on the glove show the position the club should take in the grip. The club should be held more in the fingers than in the palm.
The Grip

- In the address position, looking down at your grip, you should be able to see the knuckles of the index and perhaps middle finger of your lead (top) hand.
- You should also see a "V" that is created by the thumb and forefinger of the lead hand, and that "V" should be pointing back toward your right shoulder.
The Grip

- Cover your lead-hand (top-hand) thumb with the lifeline of your other palm.
- Make sure that the "V" formed by the thumb and forefinger of your trailing (bottom) hand points toward your back ear/shoulder area. This "V" should be parallel to the "V" of your lead hand.
The Stance

- Feet slightly more than shoulder width apart
- Ball should be just inside the front foot
- Knees and hips should be flexed
- Back should be ~35 degrees flexed
- Weight should be evenly distributed
- Balance and stability are key

*Grip should be firm but not too tight
*Body should be relaxed
Backswing/Takeaway

- Initiated by the rotation of the upper body
  - Weight will be transferred to the back foot
  - Should not be initiated by the hands
- Back will maintain same angle through swing
- Shoulders, hips, hands and arm move together
- Shoulders should face away from the target
- Weight should be on the inside of the back foot
- Club should be no more than parallel to ground
- Front arm should remain straight
- Back elbow should remain close to the body
Backswing/Takeaway
Force Producing Phase/Downswing

- Weight shifts to the front foot
- Hips MUST rotate first
- Shoulders, then arms and then hands
- Head should remain still and looking at the ball
- The plane of the club head is steeper than take-away
- The front arm should remain straight
- Don’t grip the club too hard

*Give yourself time and room in which to hit the ball. Only in this way will maximum acceleration be reached at the right time, which is at and through the ball.*
Force Producing Phase/Downswing
Contact/Impact

- Hips and shoulders should both be facing forward
- Weight should now be on the front foot
- Club head should be square to the target
- Club head should be at its maximum velocity

*Elite golfers have club head speeds of 100mph
**Tiger Woods’ club head speed is 120mph
Contact/Impact

- At impact, the left arm is straight, and the right arm is almost straight. The hands are slightly in front of the ball.

- When it comes to pleasurable golf, solid, straight shots rule! The bottom line goal for the vast majority of golfers is to make solid contact with the ball and send it right toward your target.
Follow Through

- Should be long to prevent injury
- Whole body should face the target
- Club should finish over the front shoulder
- Should still be balanced

*Ball should no longer be on the tee!
Alterations/adaptations

- Not everyone has the same flexibility and strength as the professionals, therefore you need to adjust your swing:
  - Shorten the backswing
  - Continue to shift your weight, but don’t use as much rotation in the hips and shoulders
  - Bend the front elbow slightly to increase the range of motion of the club in the backswing
  - “Walk-through” the shot for your follow through
Most important?

- It doesn’t need to be textbook as long as it works!
Playing a Chip Shot

- Balanced ready position
- Weight in the middle of the stance or slightly on the front foot
- Short chip should have a short takeaway with minimal arm action (initiated from the shoulder girdle)
- As the length of the chip increases, more trunk rotation should be incorporated
- Arms should be extended with the wrists locked
Playing a Chip Shot

- Club should accelerate through the shot
- Follow through should be the same length as the takeaway
Playing a Sand Shot

- Balanced ready position with feet firmly planted in the sand
- Full swing should be taken with contact 1-2 inches behind the ball
- Idea is to have the ball hit the sand and the sand cause the ball to float onto the green
- Club should accelerate through the shot
- The club head should be slightly open
Playing a Sand Shot

- The ball should not be picked from the sand nor should the club make direct contact with the ball.