

DUTCH HOLLOW CC

LADIES GOLF ACADEMY 2018-NOVICE GROUP

Week 1

Golf 101

1. Golf is fun. It is a time to relax, be happy, and enjoy friends. Golf is the best exercise.
2. Golf is the one game you can play for your lifetime. You have made a great investment.
3. Companionship, comradery, good conversation, and a good time are prerequisites to a good round of golf.
4. Solid fundamentals are the key to solid golf shots.

Grip



Shoulder Turn



Shoulder Turn

<http://www.pga.com/golf-instruction/instruction-feature/off-tee/more-powerful-swings-women-golfers-video>

Swing Sequence



- 1 Paula sets up to the ball with good stability in her legs, but keeps her arms and shoulders relaxed and soft. Because she's hitting a driver, she concentrates her weight on her left side.
- 2 She takes her arms and club back in a one piece move. This puts her in position to produce a tight coil between her upper and lower body.
- 3 Paula creates resistance by keeping her right knee slightly bent as she turns her upper body. This also allows the wrists to set naturally and the club to swing on a perfect plane.
- 4 As Paula reaches the top of her backswing, her shoulders have turned 90 degrees and her lower body has stayed almost perfectly still, this coil is how she generates her power.



-Let the club swing freely through the ball at impact.-

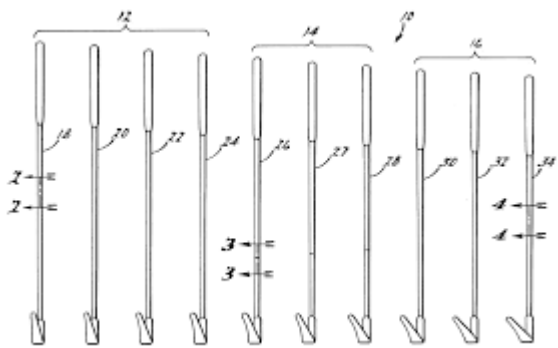
14 Clubs



Driver

Hybrid

Fairway Wood



The divot is on the target side of the ball. **Arrow** points at target.

Ball Position in Relation to Your Feet



Core Strength is the modern buzz word. Core: The engine of a solid golf swing.



A COUPLE THOUGHTS ABOUT THE TAKEAWAY AND BACKSWING

Your first move in your golf swing, after taking your setup, grip and aiming yourself towards where you want the golf ball to go, is your takeaway.

You take the club away from the ball into the backswing to build energy and power that you release into the golf ball at the impact zone, and to get the head and face of the club moving in the right direction when you make contact with the golf ball.

If you feel the weight of the golf club when you start back at the beginning of your backswing, you are probably doing something a little “off kilter” that will figure into your swing equation when you start back toward the golf ball.

I know because I do it myself.

Try to feel a “weightless feeling” in terms of the club as you start away from the ball. This is the beginning of the backswing. If you initiate your swing with a light feeling it will most likely carry over into the rest of the swing.

If you are “weightless” during your takeaway and backswing, you are using your large muscles and core muscles from the very beginning, and using the golf club in balance according to the way it is supposed to be used.

The design of the golf club also contributes to giving you the best feeling throughout your swing. If you feel weightless you are using the golf club properly, using gravity as a positive constructive force instead of fighting gravity, which gives a forced feeling of heaviness.

Simply, the more weight or heavier you feel when you swing the golf club, the more problems you are likely to encounter when you attempt to get the golf ball moving into the air and toward your target.