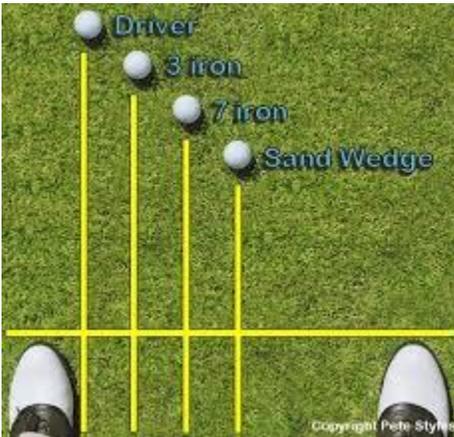


DUTCH HOLLOW CC

LADIES GOLF ACADEMY 2018-NOVICE GROUP

Week 2

Ball Position



Setup



Shoulder Turn



Half Way Back



Top of Backswing



Left: club points down the target line at the top of the backswing. Notice the triangle between the elbows and the hands.

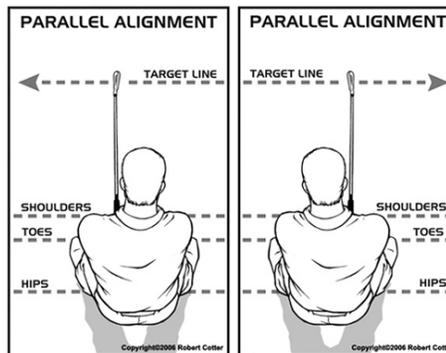
Right: Notice the triangle is still halfway back and halfway through.



Notes from Monday May 7, 2018. I played 18 holes on this date and really gained an understanding of how important the correct use of the left hip is in the golf swing. Having limited success with my shotmaking I finally took stock of what I was doing and noticed that my left hip was hurting bad and was totally locked up. All that was moving in my swing was my arms and to a lesser degree my shoulders. As I stood on the 8th tee I did this move (watch) and felt at least slightly more comfortable with what I was doing. The ensuing driver shot carried straight down the middle about 220 yards. From there on in I repeated this move (watch) if for no other reason than to get my left hip muscles stretched, and to get the left hip moving, as a power source, to facilitate the weight shift, and to make room for my arms to swing toward the target. My swing once again became automatic as I started hitting really quality shots again without having to think about it, rebounding from the depths of despair.



Hitting Down Through the Ball Properly



Use Your Body for Power. Every good golfer knows that power comes from the body, not the arms. To learn to power the club with your body instead of your arms and hands, put the club behind the ball at address, with your body in a dead-stop position. Without taking a backswing, try to drag the ball into the air.