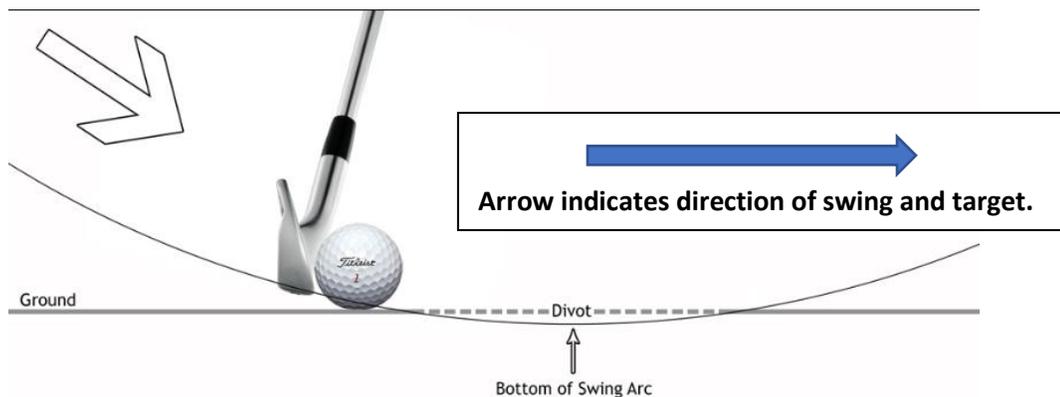


DUTCH HOLLOW CC
LADIES GOLF ACADEMY 2019-NOVICE GROUP
Week 3



Pay attention to the red circled positions. Backswing, waist high downswing, impact and waist high follow through. This illustrates a full release of the clubhead through impact into the full follow through. The yellow arrow line shows the head is still over the right knee through impact and the yellow line on the last frame shows a solid left side, indicating a nice circular rotation of the shoulders through the swing, instead of a more up and down motion.



Above-Correct place to take a divot



Review of the proper way to take your grip!

Some things to know.

1. You may have a maximum of 14 clubs in your bag when you play.
2. The driver is usually the longest club in your bag.
3. The putter used to be the shortest. Still is for some people.
4. You use the longer clubs (woods, hybrids) the farther you are from the green. Shorter clubs as you get closer to the green. You may find a particular club or clubs that you hit better than others. Those are your go-to clubs.
5. If golf is going to survive, pace of play is important. You don't have to run but play your next shot in a timely fashion. The goal is to keep moving. Socialization is important, but you can socialize in between shots. When it is your turn to play, get the job done!
6. As you sort through all your newfound golf swing knowledge, only work on 1 or 2 things at a time. Find a key that makes sense and work with it. When you are playing on the course, swing your swing. Just play. Focus on your swing key, and then make your swing and hit your shot.