

DUTCH HOLLOW CC
LADIES GOLF ACADEMY 2019-NOVICE GROUP

Week 4

GOLF SHOT VISUALIZATION

Since you are at the beginning of your golfing experience and education, learn to use your mind and visualization processes as a source for energy and golf swing guidance.

There is no limit to the kind of golf shots you can hit. If you can visualize it you can hit it. Use your imagination when swinging a golf club.

Try to see the shot and feel the swing you want to hit before you hit it. Any shot, any time. It does not take a lot of time to go through the process. Stand behind the ball for a second or two and try to see the shot you want to hit.

Once the “picture” or your shot is in your mind, take your stance, align yourself to your target, then take a few practice swings, letting the “*feel for the shot of the moment fill your muscles*” as you take your practice swings.

The more you practice this technique, the better your golf shots will become.

Once you learn the proper fundamentals, the rest is finding a way to put the clubface on the golf ball.

Once you have a picture of the shot you want to hit in your mind, the next step is to translate that picture into the reality of a golf shot. Make your muscles do what your mind is telling them to do.

It takes a little practice, but once you get the hang of it you will be surprised at how your golf game starts to get better.

MORE ON FULL SWING POSITIONS





Chip Shot The standard

The ball is hit into the air and rolls forward

Distance in the air depends on distance from the hole

Bump and Run Let it ride

The ball has little height and a lot of roll

Use around the green instead of a chip shot

Pitch Shot Sitting pretty

The ball has a lot of height and sits for

Best played from 30-60 yards