



NOTES:

SET-UP KEYS

- Hinge from hip joints, not waist with straight back and soft knees
- Shoulders over toes
- Club's shaft points to belt buckle area
- Head inline with sternum
- Weight balanced on both feet
- Weight pressure points inside and balls
- GET GROUNDED: Jump and land to feel the ground
- Ball positioned according to club
- Sternum positioned according to club
- Pre-set back knee and foot inward to promote load

Groove Set-up

- Partner Checklist - grab a pal and check each other
- Shafts to groove ball & sternum position

Groove Contact

- Club under Shaft Drill to keep club low past impact
- Frisbee for crisp contact
- Pelvic Punch to drive with core
- Hanger for impact
- Impact bag

Groove Tempo

- Orange Whip
- 25-50-75-100
- Goldilocks and the 3 balls for grip pressure

WEDGES & IRONS

SEQUENCE

BACKSWING

- Back facing target and angled away
- Lead shoulder over back foot & angled slightly down
- Spine angled away from target
- Clubface square
- Arm straight and inline with shoulder
- Hip still creased and knees still flexed
- Sit into your back hip - back leg is stabilizer

DOWNSWING

- Bump shift to front side in a squat position
- Upper is passive as club drops down (not out)
- Impact position: front side inline and stacked, front
- Wrist beginning to turn under
- Head is crazy stable

RELEASE

- Catch raindrops or hide ballmarker on glove
- Head is still crazy stable
- Turn into your front side - lead leg now the stabilizer

FINISH

- Still in posture
- Club rehinges
- Wrap so beltline is left of target
- Balanced and back foot on toe - you can lift back foot

Long Game Keys

TAKEAWAY

- Thumb a ride or Fonzi "Aaaaahhhh!"
- Maintain connection with front arm on chest
- Back moving away from target
- Halfway back: clubface angle matches spine angle
- 80% weight pressure transfers to inside of back heel

DRIVER

LAUNCH SET-UP KEYS

- Ball positioned off lead heel
- Sternum positioned at the edge of the driver's head for square
- Stance slightly wider than shoulder-width
- Shaft inline with hands - no forward press
- Check clubface for square (not open or shut in relation to the target line)
- Look up to sky before take-off - visualize ball sailing into clouds

Groove Set-up

- Partner Checklist - grab a pal and check each other
- Shafts to groove ball & sternum position

Groove Contact & Tempo

- 25-50-75-100
- Orange Whip
- Goldilocks and the 3 balls for grip pressure

Groove Clubhead Speed

- Stomp Drill
- One-legged swings
- Skip a rock or throw a frisbee
- Pump Drill