



Headstart Golf Review

Warmup Drills

1. Transferring your weight through by throwing the imaginary medicine ball forward. Focus on keeping good golf posture, balance, and finish with your back heel off the ground, belt buckle and chest pointed at the target.
2. In the warm-up for putting, stroke one ball and then follow that by putting two more balls to the same location. This works on the pendulum and speed of the greens.



Putting

1. **Putting stroke is similar to a pendulum**



- a. there should be no acceleration through the impact of the ball
- b. rock your shoulders to move the putter head (do not use your wrists to hit the ball)

2. Recall us practising stroking the putter head from your back foot to your front foot

- a. This shows us that the length you take the putter back is the same as the length you take it on the follow through

3. Alignment is very important!!! (we certainly want to be aimed properly)

- a. A drill to work on this where you lay two clubs parallel to one another in line with the hole (should look like train tracks). Line your shoulders, hips, feet and the line on your putter up with your clubs that you have laid down. Use these to guide your putter straight back and through while hitting the putt. You should only be approx. 3 feet from the hole when doing this drill.

4. Slopes in the greens (golfers call it 'break')

- a. When reading a putt, always take gravity into account
- b. The ball will always want to roll down the hills on the green
- c. When on the side of a hill the ball will 'curl' and therefore you may have to aim either left or right of the hole to get it in
- d. Also uphill putts will require a longer putting stroke and downhill putts will require a shorter stroke (remember we DO NOT want to *hit* the ball using our wrists but rather *stroke* it by rocking our shoulders and arms)

5. How do we mark the golf ball?



- a. Sometimes when playing with other golfers, our ball will be in the way of other people's line to the hole. This is why we use a coin or some other form of a ball marker.
 - b. Without moving the ball, place your marker directly behind the ball
 - c. Before removing the ball marker always make sure your ball is back in front of where it was before having to mark it.
 - d. Once the ball is placed back on the green, you are okay to remove your marker
 - e. This is the official way to mark and replace your golf ball (some golfers are more picky than others about doing it properly)
6. **Keep your head down!!!**
- a. A doctor is going to keep his eye on where he is making the incision during surgery so your putting stroke should be no different. In both scenarios, keeping your head down allows for a more precise action!

“Remember to be mindful of the green surfaces and do whatever you can to keep them in good shape!”

Full Swing

Position 1

- Half way up the back swing
- Toe of the club pointed to the sky
- The end of the grip pointed at the intended target.



Position 2

- Take club to the top of swing (behind your head)
- Keep the front arm as straight as possible and the back arm should be bent to approx. 90 degrees (similar to a server at a restaurant).

Position 3

- Half way down the swing, the butt end of the grip should be pointing in the area of your golf ball.
- This is the point in the swing when your weight should be transferring to the front foot.

Position 4

- A nice finish to the swing.
- Your belt buckle should now be pointing at the target with the majority of your weight on the front foot.
- The heel of your back foot should be pointed to the sky at this point of the swing.



Driving

1. The Setup



- a. feet, hips, shoulders and club face should all be pointed at your target (laying one of your longer clubs on the ground will help line you up)
- b. Stand a little farther away than other clubs since it's your longest club
- c. Ball position should be lined up with your front foot
- d. Front shoulder should be slightly higher than the back shoulder
- e. Approx. half of the golf ball should be above the driver head when teeing it up
- f. Feet should be shoulder width apart

2. Refer to the four swing positions learned

“Fairway woods and hybrids work very similar to the driver with the only difference being that the ball is usually not teed up. Practice brushing the grass with your club before taking your swing!”

Irons

1. The Setup

- a. alignment should be similar to that of a driver (feet, shoulders, etc.)
- b. Ball position should be in the middle of your feet (your ball position can move a little more forward when using longer irons but should still be close to middle)
- c. You should feel that you are hitting down at the ball rather than helping it up into the air. The clubs are built to help the ball into the air!



d. Divots are a good thing as long as you hit the **ball first**

2. Refer to the 4 swing positions learned

Chipping

1. The Setup

- a. Stance should be more narrow than normal (feet closer together)
- b. Stand closer to the ball and think of chipping more like a putt
- c. Shaft of your club should lean towards the target
- d. Hands should now be in front of your club head and they should stay there throughout the shot (don't break your wrists)
- e. Most of hitting the ball should come from rocking your shoulders similar to what we learned from putting
- f. The longer the shot, the longer the swing (don't try to speed up your chip swing)

**Recall that pitching is very similar to chipping*

The Grip

Three options:

1. Interlock
2. Overlap
3. 10 Finger (baseball grip)





Which grip you use is completely preference, however, what is not preference is how hard/firm that you hold onto the grip. Your grip pressure should be similar to how one would hold a live animal, not too hard that you kill it but just hard enough to keep it from getting away.

Final Note:

A lot of information has been learned and it is very easy to get overwhelmed with it all. Please keep in mind that not even Brooke Henderson could hit it well when thinking about all of these things at once, so it is important to only work on one or at most two things at a time when practicing on your own. Golf is extremely hard so it is important not to get overly frustrated. Once you get a little practice in, it is amazing how you will begin to see your game improve.

Keeping your head down is one of the old clichés that we always hear at the golf course. With all areas of the game it really is the most important part. Sometimes you could do everything right, but taking your eye off the ball may produce a really poor shot. Picking a specific spot on the ball, such as, a logo or even a piece of dirt will help you refrain from lifting your head during a shot.