



Advanced Golfer Instruction Summary

Putting: (PASS)

- **P**osture
- **A**rm and puttershaft alignment
- **S**tyle of stroke (arc or straight back and through)
- **S**table head and stable lower body

Preshot Routine:

- Survey line of putt
- Align logo of ball to where you think ball will begin to break down towards the hole
- Align putterface in same direction as logo

Drills:

- Railroad tracks – straight back and straight through stroke
- Putting arc – arc stroke (along the table top)
- Baseball putting
- Leapfrog
- Long putting drill

Chipping: (WOLF) - (Setup = Impact)

- **W**eight on front foot
- **O**pen stance
- **L**ean shaft towards target
- **F**eet close together, trail knee angled in slightly towards target

Controlling Motion:

- Shoulders control the stroke, wrists and arms must remain in position
- Match the swing shape to the desired shot

Drills:

- Shaft on ground drill – alignment and path
- Second ball drill – angle of approach





- Through the bag – utilize various clubs

Pitching: (LOFT-E)

- L-shape between arms and shaft during backswing
- Open and close the clubface
- Finish with weight on front leg
- Touch the ground to strike the ball
- Extended trail arm

Controlling Motion:

- Shoulders control the motion
- Trail arm remains extended
- Vary ball position to change trajectory

Drills:

- Uneven lies drill
- Play ball as it lies
- Staggered clubs drill – distance control

Full Swing: (PAST)

- Posture – neutral spine
- Angles minimized
- Shoulder plane set early in the backswing
- Trail arm remains extended until hip high – creates swing width

Overall Motion:

- Develop a consistent pre-shot routine – ‘look under’ approach
- Plane must compliment the pivot
- Rotate shoulders 90 degrees to spine angle
- Focus on finish position as opposed to the golf ball

Drills:

- Trajectory drill
- Shaping drill
- Uneven lies





- Accuracy competition

