



New Golfer Instruction Summary

Putting: (STAR)

- Stable lower body
- Twice as much follow through as backstroke
- Aim the putterface at intended target
- Rock the triangle and roll the ball

Drills:

- Down the lanes – Alignment
- Through the hoops – Directional control and green reading
- Bulls eye – Distance control
- Along the strips – Roll the ball on line

Chipping: (HOW & Y)

- Hands forward
- Open stance
- Weight forward
- Y swinging motion

Drills:

- T-drill – alignment, ball position, clubface position, hand position
- Through the hoop – direction and contact
- Splashdown – direction and distance control

Pitching: (LOFT)

- 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

Drills:

- Overs – trajectory control
- Bulls eye – direction and distance control





Full Swing: (ACE)

- Athletic posture
- Circular hand path
- Eyes follow the flight of the golf ball

Drills:

- Hula hoop – circular path
- Sun up/ Sun down – clubface rotation
- Trail arm whoosh – acceleration through impact

