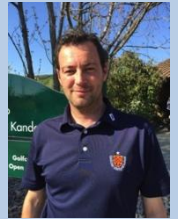


Quick Start Golf Tips

PGA Head Professional Adam Lambe



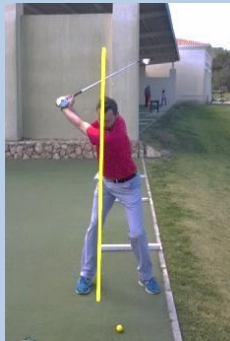
The Full Swing – Posture

1. Bend your upper body forward from the pelvis
2. Keep your spine in a natural position
3. Slightly bend your knees
4. Check that the arm pits are directly above the balls of your feet for optimal balance
5. Lift your chin up from the chest
6. Let your arms hang naturally down



Head position part 1

1. Try to keep your head in a stable position throughout your backswing, this will help aid consistent contact



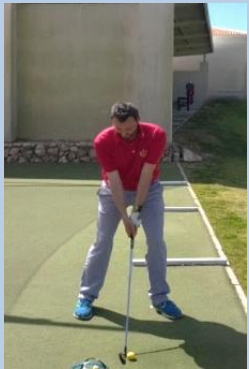
Head position part 2

1. Try to imagine a line drawn up from the ground which passes inside your right knee and your right ear (for a right-handed golfer). As you rotate back, your head should stay as close to this line as possible
2. A stable head position is one thing all good golfers have in common



A stable right knee position

1. In order to create stability and build up energy in the backswing, it is vital that the right knee (for a right-handed golfer) is strong and stable.
2. The moment the leg straightens, energy is lost with the ground and balance becomes a problem
3. Weight transfer (a key element of a powerful golf swing) is impossible with a straight right leg
4. A locking or straightening leg position can also lead to rotation issues and lower back problems
5. For the optimal build up of energy in the backswing, the right leg should stay strong and resist the rotation of the upper body



Practice Exercise

A great exercise to feel a stable head position as well as an in- to-out swing path:

1. Stand shoulder width with a 7 iron
2. Pull the right foot about 30 cm back behind you, stand up on the toes of that foot (here you should feel your body weight mainly under your left leg)
3. Begin the backswing keeping your head in a stable position, this will give you the sensation of a centered rotation
4. During the forward swing, feel like the club swings out to the right of the target. In order to feel power from the ground use the straightening of the left leg to increase speed (vertical ground force)
5. This exercise will also help you to feel your body weight under your left leg at impact