

SUPER FAST FIXES  
FOR THE MOST  
COMMON SWING  
FAULTS

# FAULTS, FIXES AND DRILLS

**TECHNICAL AND PHYSICAL FIXES  
FOR THE GAMES MOST ANNOYING  
SWING FAULTS**

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# WELCOME

Golf is an individual sport. Your body with all of its uniqueness affects the way that you will hold the golf club and address the golf ball. There is not one way for everyone to follow.

In this book, you will see ways to evaluate yourself in order to put your body in a position that creates **repeatable, efficient movement**.

Whether you are an aspiring collegiate or tour player or a weekend warrior, the fundamentals of the golf swing are imperative to consistent success. The way you hold the golf club, posture, and alignment affects all aspects of the golf swing. Since you have complete control over the set-up (more so than when the club gets moving), it is something to pay attention to.

We will cover all the critical fundamentals of the swing as well as what to do (or go back to) when things go wrong. This includes instruction and drills for common set up issues and swing fault concerns.

And the last thing to keep in mind....when things do go wrong as they often do, it is the result of only two things. It is either a technical issue or physical issue. In other words, if you are not swinging the club the way you want, it is because you are missing some technical knowledge on your execution or your physical constraints are holding you back from achieving it.

In this book, we explore both.

To your game...

# THE GOLF SWING

## GRIP and Your Arm Hang

We are not all built the same. Our arm hang, length of arms, torsos and legs affect the way we hold the golf club and the way we stand to the ball. The “two knuckle” rule is not a standard. As you can see by the three different ways the arms hang below; two knuckles would not be neutral for the person in the first picture or the person in the third picture. Neutral is dependent on your personal arm hang.



With your hands hanging naturally at your side, move your hand to the golf club and place it on the handle at the same angle that it was resting at your side. If your arms are turned in, with your knuckles facing out, you will see more knuckles at address than someone who has their palms at their side when just standing.

If after you place your hands on the grip (and all other things being equal) you are not moving the ball the way you want, you can correct by placing your hands further to the left or to the right to achieve the optimal ball curvature. Starting off in a position other than neutral will promote compensations in the golf swing that have a tendency to compile and thus make the swing less repeatable.

Once you have determined how your left hand should sit on the golf club, your right hand has to “match”. Since your hands are the only connection to the golf club, it is imperative that they work together. So, once you get your left hand on, place your right hand on so that the right hand faces the left. A good check point is if you were to remove your fingers from the golf club your palms should be facing each other.

Furthermore, the lines that are created between your index fingers and thumbs should be running parallel to each other. Again, depending on your arm hang, the lines may point just left of your right shoulder, at your right shoulder or just right of your right shoulder.

### **POSTURE: Athletic and Balanced**

Once you have your hands on, it is important that your posture is athletic. Balance is the key to efficient, repeatable motion and if you are too much on your heels or too much on your toes at address, your club and body will seek balance throughout the entire swing. Depending on where you start, you will either fall back or forward at the finish if you are not grounded from the beginning.

A very easy way to find your “center” is to get set in your current posture in front of a mirror (you want a side view –picture A) With your left hand, take a golf club and place it behind your right shoulder, the shaft should drop down and intersect your knee cap and the middle of your foot.

If the shaft is hanging in front of the knee cap (picture B), you torso is leaning too far forward and you could potentially be on your toes.

Conversely, if the shaft is hanging behind your knee cap (picture C), you are more than like getting too far back on your heels and you will also notice that

your rear-end is sitting outside of your heels. Neither of these positions are “athletic” and don’t promote athletic motion.

Again, neutral is your best friend and neutral is in the center of your feet where your arches are.



## ARM HANG- Revisited

At address, your arms need to hang directly in front of you. The triangle that is created by your shoulders and arms should sit in front of your body (picture A) rather than left (picture B) or right (picture C).

If the triangle is out of position at address, it will be difficult to get it back to the right position at impact. If the triangle is “bowed” and on the right side of the chest at impact, you will have a tendency to hit it heavy, thin, left and right. This is because your right wrist gets flipped underneath in a scooped position. (picture D)



A



B



C



D

If the triangle is bowed past impact with the left arm on top of the right, you will also have the tendency to hit it right, heavy or thin. (picture E)



E

There are other contributing factors to the triangle breaking down, but if you can start with it in front of your body, there will be more of a chance you can return it to a position of consistent impact.

### **ELBOW Position and Arm Hang:**

When you are facing the mirror in your address position, the triangle should hang in front of your body and the inside of your left elbow should be slightly exposed (visible).



Your arms have to rotate in the golf swing and they cannot do it if they are not hanging properly at address. Obviously, if they don't rotate on the way back, they cannot rotate on the way through.

This lack of rotation can cause the club to be closed at the top of the backswing and for the club to work steeply as well. If this happens in the backswing, the downswing will be affected as well as the ball flight. Some ball flights would include heavy, thin and high right shots.

Your body type will affect the way that your arms hang. If you have a large chest, the tendency is to get your arms sitting on the sides of your body. This

encourages your wrists to get involved when moving the club away rather than being able to move the triangle away.

Lastly, with regards to arm hang; your arms should hang naturally from your shoulders and the distance from your body to the butt end of the golf club is generally one hand length.

Depending on your arms; if they are long or short compared to your torso, the butt end will point just below the belt buckle, at the belt buckle or just above. You want to avoid excessive bowing or cupping of the wrists at address. A good frame of reference is that when looking in a mirror from a side view, you want to be able to see two lines; one line from the club head to the butt end and another from your hands to your shoulders. It should not be one line.



YES

## ALIGNMENT

Your feet, knees hips and shoulders should all be going the same way. If you get your body aligned at the target, your club face will be aimed right and more than likely you will hit a pull to get the ball to get back on line. The peril is that the one time you actually get properly aligned, you will make the same pull swing and end up very far left of your target. Alignment can affect the plane of the swing. Take the time to pick out an intermediate target (a



NO

target that is 12-18" in front of your ball- on the same line as your intended target).

Place your club down first and then step in with your feet. This sequence will promote better alignment and less miss hits due to poor alignment.

The fundamentals, regardless of your level of play are extremely important; aligning yourself slightly left or right can mean the difference between hitting the green or being the in the greenside bunker or hitting the fairway or catching the long rough, hazard or out of bounds. It is one of the simplest ways to eliminate a variable that wreaks havoc with the golf swing.

Finally, mirror work is very helpful. Because you don't have the opportunity to see yourself on the golf course, getting comfortable with your set-up and getting what you are feeling and what is real more closely aligned will promote more efficient, repeatable golf swings that will build confidence and lower your scores the fastest.

## **Understanding Your Ball Flight**

Every student of the game wants to hit it longer and straighter and would like to be more consistent. When I ask what is ailing them, the response varies.... “I am pulling it, hooking it, slicing it, etc”. I have learned over the years that the majority of the time, the student is truly not in tune with what is actually happening to their golf ball. This does not just apply to the average golfer; it rings true with single digit players as well as professionals.

As we previously, alignment is important. When you are practicing or playing, you need to pick a target. If you don't pick a target, it will be difficult to make a proper evaluation of your ball flight.

With regards to YOUR ball flight... if you have always hit a small cut, it is probably not the time to start trying to hit a draw and vice versa. Again, body type, injuries and natural set-up will influence what kind of ball striker you are.

Ultimately, we are trying to eliminate one side of the golf course. So, flipping back and forth as to what your “go-to” shot is going to be is not advisable nor will it lead to a consistent pattern of shots.

### **PATH vs. CLUBFACE**

The initial direction of the ball is determined by the forward swing path of the golf club through impact. The curvature of the ball flight is determined by the position of the clubface in relation to the club path.

So, if your ball starts left and curves to the right; that is a pull fade. If you ball starts right and curves left that is a push draw.

## **Making a Plan for Consistent Ball Flight**

Understanding your ball flight is a wonderful way for you to be your own coach.

Whether you are playing in the club championship, US Open or a quick 9 holes with your friends, the potential to hit a bad shot is real. In order to not hit two in a row, you can develop a one or two point list that addresses your tendencies.

For five rounds keep statistics as to where you are missing your tee shots and approaches with regards to direction. If you were confused as to your “tendency” it should be a bit more clear after five rounds.

Below are some typical flaws that I see that produce weak, inconsistent shot making that can obviously wreak havoc on your score and potentially produce injury. In addition to the flaws addressed are drills to assist you in reducing the shots that typically ruin a potentially good scoring round.

### **PULL FADE- The dreaded “over the top/out to in”**

The premise of a good golf swing is that it is efficient and repeatable motion. As I discussed in the previous chapter, your body type, skill level, and previous injury has to be taken in to consideration.

Obviously, when writing for the masses, every body type/injury/ and skill level cannot be addressed. That being said, if the above ball flight applies to you and the swing below (path) looks familiar, there is hope!!!

The swing below is from the top of the backswing through impact. The backswing is not shown as the purpose is to illustrate the path on the way down. However, the backswing does affect what happens on the downswing.



In the third frame, you can see the shaft going through the neck and in the sixth frame, notice the left arm “buckling” past impact.

## DRILL:

With your seven iron, take ten balls to a lie on the range where the ball is slightly above your feet. When hitting on this kind of lie, it is important to move your hands down on the handle to accommodate for the hill.

Before you hit balls, make some swings. Your swing may feel flatter than normal, this is a good sensation to have. When making the swings, take notice that your club is bottoming out in the same place that it started. If your club is still steep (or going through your neck in the downswing) you will hit the ground BEFORE your original address position.

## DRILL:





Compare the second frame in this sequence to the second or third frame in the first sequence. Also take note of the left arm in the 6th frame. Before the arm was buckling and the elbow was toward the sky. The arm has “folded” now and the elbow is toward the ground. In this case, the club has the potential to release AND the club is coming more from the inside (frame 3 in the second series vs. frame 4 in the first series).

### **Why do I come over the top?**

There are many reasons that one would have a steep plane and the club would work over the top or out to in causing a pull and depending on the club face a fade or draw.

For the sake of space of time, I will address two.

1. Lack of Arm Rotation
2. Improper Loading at the Top of the Backswing

## Lack of Arm Rotation

In the previous chapter, we spoke about arm hang and how at address, you should be able to see the inner part of your left elbow at address if you were facing a mirror. The elbow itself point at the left hip.

This is a neutral position and will allow the arm and club to rotate in the backswing. If the arm is already pre-rotated at address, the club and arm will have a tendency to work above the plane in the backswing, be under-rotated and cause the club to work steeply in the downswing.



The drill below can be done with a 5 pound dumbbell or a small medicine ball. A five pound weight is plenty; the weight of the ball will assist with the arm rotation.

Arm rotation affects body motion and the way the golf club swings. Again, the more efficient you are, the more repeatable the motion.

Here is a “before” picture when the arms were not getting rotated. Notice the arm hang in the first frame versus the first frame of the above sequence.

Furthermore, take notice of the impact position in each of the sequences (frame 5 of both sequences). Take note of the rotation on the left side of impact as well.



In the second sequence, you will notice the left arm on top of the right. In the drill sequence, the arms have rotated.

Remember, the golf swing is generally a mirror image from one side to the other.

If the arms cannot rotate on the backswing, they cannot rotate on the downswing.

Many times, this lack of rotation can also cause a hook along with the pull as the club stays closed throughout the golf swing.



## Improper Loading at the Top of the Backswing

As you read in the previous section on set-up, the address position can affect the loading in the backswing. If the load is not correct in the backswing, the downswing ends up being a series of compensations to get the club back on the ball.



When the right hip gets high and the torso pitches toward the target, it is VERY difficult to get the club back on the ball and the body and club in synchronization on a consistent basis.

There were always be an exception. You may know someone who has fabulous timing and be out of “synch” at the top and make it work. However, the person who has the fewest compensations and can get out of their own way is going to hold up better under pressure as there is less to manufacture.

In order to have consistent loading, the set-up is first issue to address. Neutral is best. The triangle in the center of the body and the weight is evenly distributed on your feet (50/50 left and right).

Past your set-up, narrow your stance. When the stance is narrow, the hips are more able to rotate rather than get high. If the hips rotate, the torso will have a tendency to follow.

#### DRILL:

Narrow your stance to force the hips to rotate thus loading the backswing.



Improper loading of the backswing can cause several shots; high and right with loss of distance and low left. If the body cannot move, we tend to recruit from the only place that can and that is the arms.

The arms, however, are not the engine of the golf swing; the entire core is (which is the key to rotation).

An easy way to remember loading is you cannot go left if you haven't gone right. Think of any other sport that you have played in the past; throwing a ball, returning a serve, etc. If you tried to do either of these things in the above fashion, the ball would very rarely be propelled forward with any kind of velocity.

The pictures above are exaggerated examples so that you, the reader can truly see how these errors cause inconsistency. It, however, doesn't take much for the body to get out of sequence.

If your body motion mimics the pictures in the least, you will have to manufacture something in the downswing in order to get the club back on the ball.

The one time that you have poor timing, that can be the difference between shooting under par or breaking 90 or 80 for the first time or even worse, missing the cut.

## **Fast Opportunities for Game Improvement**

Swing mechanics are important; they lead to more consistent ball flight and consistent scoring. However, the game of golf is scoring rather than swinging... below are six ways to improve your score right now... these drills and exercises will get you focused on scoring today while you work long term on making consistent/efficient body movement for the future.

### **Bunkers**

Maybe you are new to the game or have had inconsistent success out of a greenside bunker. Here is a great way to practice to build confidence. To assist students with their confidence, I initially use a plank of wood in the bunker to help with the feel of the club gliding through the sand rather than digging.

In the bunker, your set-up is the key to your success. Feet should be shoulder width apart and, slightly open to counteract the open face. The club-face needs to be open throughout the shot and by opening the blade prior to putting your grip on, the clubface has a chance of staying open through the hitting area.

Acceleration and an open club-face are the key to getting you out of the bunker.

In order to develop confidence, try the drill below the next time you have a chance to practice.

#### **DRILL:**

Get the board flush with the sand and at the front of the board, pile a handful of sand. Take your set-up and explode the sand out of the bunker and off the

board. This will make some noise but not hurt your golf club or you. After 5 to 10 shots, put a ball on top of the sand that is on the board and feel the same action.

Explode the sand out and out comes the ball. After you feel comfortable with those shots, remove the board and place a ball on a pile of sand in the bunker and make 5 to 10 shots.

When you are ready, place the ball in the bunker without the help of a pile of sand or the board.

Proper technique and confidence will lead to better bunker shots. By progressing through these steps, I know that you will be more confident the next time you hit a ball in to a greenside bunker.

## **Lag Putting**

Many golfers have a tough time gauging long distance putts. Long putts are difficult as a rule but even more so when not practiced.

Set-up is, as always, important. Getting yourself positioned in good posture, grip in the palms and facing each other. Set your sternum slightly behind the ball in order to get a better feel for the line and to allow the putter to swing on plane.

In addition to the drill below, make a habit of pacing off your putts during practice and during the round. The more familiar you are with how far 30, 40 and 50 feet actually are, the more likely you are to have success.

So, the next time you have 15 minutes, head to the putting green and play the “ladder game.”

## **DRILL:**

Place 15 balls the distance you want to work on from the fringe. The goal is to “build a ladder” from the fringe back to you. Putt the first ball to the fringe, the next just short of the first, etc... As you become more proficient, the balls are to be strung closer and closer together. When you “miss”, begin again. Play three times trying to beat your former score.

By building the ladder you are not only working on a specific distance to the fringe but also learning how to “die” putts in to the hole or in this case closer to the ball you hit previously.

## **Chipping: Low and Rolling VS. High and Soft**

Having the ability to hit different shots in different situations on the golf course is comparable to the different shots that you would hit on the tennis court or even in baseball... The terrain, pin placement, and the firmness of the greens will all play a part in what shot is appropriate.

Your set-up will dictate how the ball comes off the club whether it be high and soft or low and rolling. A common error I see is players trying to hit a higher/softer ball but set up with the ball back in their stance and their hands and weight pressed forward.

This is certainly one way to keep the ball down and roll but not too effective to get the ball to be higher and softer... If doing this with a wedge, you are effectively making it an 8 iron by removing some of the loft of the golf club.

So, if you would like to hit the ball higher and softer, change your set-up. Your ball position can be placed anywhere from the middle of your stance to just

inside your left heel (if you are a right handed golfer). Your hands hang in the center of your body and your weight distributed equally. Lastly, make sure that the leading edge of the golf club is not digging in to the turf. The club was meant to sit on its “back” or on the sole rather than on the leading edge.

Conversely, if you are trying to hit it lower and have it roll out move the ball back in your stance (just behind middle) and this will automatically get your hands and body weight slightly forward... there is no need to get the ball by the right foot and 80% of the weight forward... this does not promote consistency but rather digging the club into the ground or thinning the ball across the green.

### **No Pressure!! (Except in your feet)**

In order to not lose power and force throughout the golf swing, the feet must have continued ground pressure.

I see in both tour players and amateurs a loss of power due to the lack of pressure in their right heel at the top of their back swing. By feeling that load or pressure in the right heel at the top of the back swing, one is able to transfer the force from the ground to the golf club and then to the ball. If not firmly planted at address or too much on the toes, proper footwork cannot occur and the transference of force is lost.

In addition to the loss of power, the lack of foot pressure also contributes to the over the top move that we all try to avoid which leads to a weak slice and less distance. By getting the proper loading in the back swing, you have more of chance of keeping the club and body in balance and on plane resulting in more consistent ball striking.

## **DRILL:**

Try this the next time you are on the practice tee: Take some back swings with your left toe up in the air. Feel the amount of pressure you have in your right heel at the top of your back swing.

Position yourself in front of a mirror to see the difference. You should feel much more “loaded” and behind the ball, ready to make a powerful and dynamic downswing. You can make a downswing allowing that left toe to replant.

For added affect, turn the golf club upside down and grip it on the shaft just above the club head. You may find that when you load in that right heel, you can hear a definitive swoosh when making the down swing. This feel along with a feel of pressure in your right quadricep and rear-end is a good indication of proper loading.

## **Putting- Less wrists, more triangle**

Improving one’s putting is a quick and effective way to drop one’s handicap. Being consistent on the putting green can be achieved by creating a simple and repeatable motion each time.

I have observed many of my students using a lot of wrist action during the putting stroke. Poor posture and grip are typically two culprits as to why the wrists get involved in a shot that should be controlled by the back, shoulders and core.

The key to proper posture in the putting stroke is getting your arms to hang underneath your shoulders and putting the handle of the putter in the palm of your hands. By doing so, you will be less inclined to be “handsy” or “wristy” in

the putting stroke. However, if you still are having problems feeling the back, shoulders and core (abdominal area) assisting in making the putter move in a pendulum type motion, try the following drill.

### **DRILL:**

Take a golf ball and place it between the grip of the putter and the inside of right forearm, just above your wrist. If your wrists break down, the ball will fall out, giving you immediate feedback. Keeping your wrists and hands out of the putting stroke will encourage the shoulder/arms triangle to stay intact, thus creating a simple and efficient putting stroke.

This simple drill, with proper execution, will produce a more consistent path with your putter thus resulting in a more consistent ball roll and hopefully, more putts being made.

### **LACK OF CLUBHEAD SPEED**

So, you want to hit it further.... If the club is being controlled in the back swing; you are trying to “place” it, it cannot travel very quickly. If it is not traveling quickly, there is going to be very little momentum to propel the ball forward.

Width in the golf swing is great; however, it has to be coupled with the turning of the torso and the “setting “ or “wrist cock” in the golf swing in proper sequence.

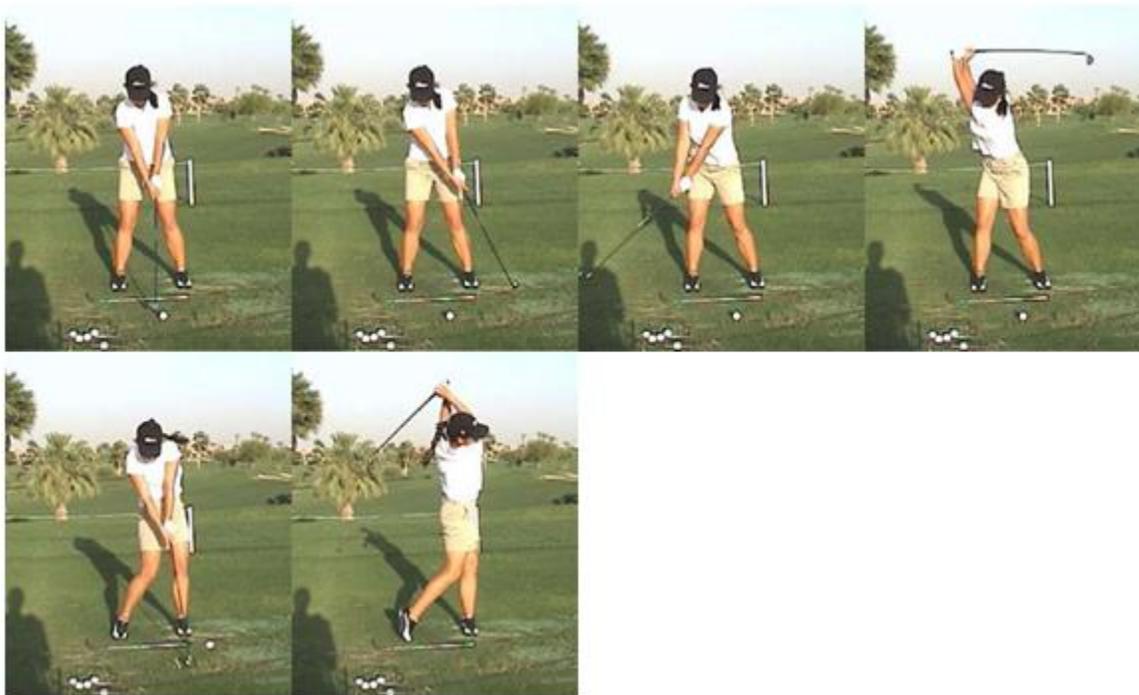
Two drills that are fantastic for “synching” the body and club as well as increasing club head speed are as follows. You can actually hit balls like this but do it while using a seven iron and place the ball on a tee. If the ball is on a tee, you are more likely to focus on the drill rather than hitting the golf ball.

## 1. Start Forward

## 2. Push Down/Pull up

1. Start forward- this is a fantastic drill for momentum and “synching up” the golf club, arms and torso. Hover your club above the teed up ball.

Swing the clubhead forward 12-18 inches (keeping your torso square to the ball) and then back over the ball to the top of your backswing and then through to your finish. This is ONE motion and basically you are pushing the golf club forward and getting the club moving rather than starting from a static position.



2. To get the club moving earlier off the ball and to get your torso moving as well, get set up to the golf ball and when you move the club away, push down on the handle with your left hand while you are pulling up with the right and make your turn to the top of your backswing.

The club gets to the top of your backswing much quicker, with the assistance of your turn, thus creating more swing speed and hopefully, more distance.

\*\* The important part of this drill is that you still have to turn. If you don't turn and just "pick the club up", you will lose distance as you have eliminated your power source.

The game of golf is truly from 100 yards in. Hitting the driver in play is certainly important but having the ability to score with your short irons and putter is truly where the game is won.

# PUTTING IMPROVEMENT

Ever wonder what it would be like to putt like a pro?

Name a golfer who doesn't dream of hitting every drive in the middle of the fairway, longer and slightly further than the one just hit.

Imagine flying every iron shot toward the flag and that crystal clear vision of rolling putt after putt right into the hole.

Dreaming is an essential part of the game of golf for which complete mastery is unattainable. Yet golfers always work toward that unmistakable feeling of hitting the ball just right, even for a moment and building up to that elusive perfect round or picture perfect score.

The truth is more strokes are lost on the short game than in any other way. Even more to the point is the number of strokes lost in putting alone. Having the perfect drive with an ideal landing spot is just the beginning. Keeping your putts to regulation can make all the difference in saving your hole, your round and your score.

When you're ready to go low, just like a pro, here are the putting tips you will need to make it happen. All the great masters of the putting stroke know they need solid technique, a steel trap mind and a body for golf.

Now, it's time to explore all the commonalities of great golfers.

## **A Look at the Pros**

Take a look at the following chart which shows the current PGA leader board for PGA pros regarding putting statistics. In first place is Jordan Spieth with only 27.82 putts per round. If your goal was to make the top 100 on tour, you only need to average 29.26 putts per round over approximately 70+ rounds! Pretty impressive, right?

## PUTTS PER ROUND

Y-TD-statistics through: **Through Week Ending: 10/10/2016, Oct 9, 2016**

*Titelise* indicates golf ball usage

RANK THIS WEEK	RANK LAST WEEK	PLAYER NAME	ROUNDS	AVG	TOTAL PUTTS	TOTAL ROUNDS	LOW TOTAL PUTTS
1	1	Jordan Spieth <i>Titelise</i>	80	27.82	2,114	76	21
2	2	Brendon Todd <i>Titelise</i>	66	27.86	1,755	63	21
3	3	Steve Stricker <i>Titelise</i>	53	27.96	1,482	53	24
4	4	Jonas Blixt <i>Titelise</i>	79	27.99	2,127	76	22
5	5	Bryce Molder <i>Titelise</i>	80	28.01	2,185	78	22
T6	T6	Aaron Baddeley <i>Titelise</i>	93	28.06	2,497	89	21
T6	T6	Jason Day	76	28.06	1,936	69	22
8	8	Stuart Appleby	71	28.14	1,942	69	23
9	9	Phil Mickelson	75	28.21	2,031	72	21
10	10	Jon Curran	99	28.28	2,800	99	23

To put this in perspective for the average golfer, consider this.

A golfer that averages a score of 85 hits 5 greens in regulation, 46% of fairways, has 33.7 total putts, 0.8 birdies per round, and 6.6 pars.

A golfer that averages a score of 100 hits 0 greens in regulation, 11% of fairways, has 38.3 putts, 0 birdies, and 1.3 pars.

\* [Source](#): Probable Golf Instruction

Now, how about your putting statistics?

If you either never track your putts or haven't in a while, this is a great time to start. To keep accurate stats, you only need to keep a separate line on your score card for the total number of putts per hole, for 18 holes.



Then, do this for a minimum sampling of 5 rounds of golf. This will be the first step is beginning to understand what kinds of patterns you've developed so you know exactly what to start working on as well as monitoring your progress of improvement.

Here is a chart you can use to get you off to the right start. Use the rating system below to give yourself a number based on the 2 separate categories: putting and setup.

Ratings:

Excellent = 1, Very Good = 2, Average = 3, Fair = 4, Poor = 5

PUTTING	SETUP
___ 1. Short putts	___ 1. Posture
___ 2. Long putts	___ 2. Knee flex
___ 3. Right to left	___ 3. Spine tilt
___ 4. Left to right	___ 4. Weight distribution
___ 5. Downhill	___ 5. Preshot routine
___ 6. Uphill	___ OVERALL SETUP
___ 7. Distance control	
___ 8. Technique	
___ OVERALL PUTTING	

## The Putting Stroke

There is nothing more important in putting than making sure you are following the basic fundamentals of posture, grip and alignment. Once you have a solid foundation, you can begin exploring different drills and techniques that help you continue to improve at a rapid pace. If you establish a consistent set up, you are more likely to produce a putting stroke you can count on from one hole to the next and one that holds up under pressure.

The two most important elements of putting are learning how to control distance and direction. *Direction is controlled by your clubface and the path of your stroke.* By establishing a solid grip, your clubface has a better chance of staying square and following the intended path along the target line. A good set up will ensure your putting stroke will be consistent along the path, both back and through.

This leads us to distance control. *Distance is controlled by the length of your backswing and the tempo of your stroke.* When we talk about length, we are referring to how far back you take your club in the backstroke.

Tempo refers to the total amount of time it takes to move your putter from start to finish in your stroke. Interestingly, all golfers can have slightly different versions of tempo.

Some tempos are more relaxed with a nice smooth back and forth sweeping motion while others tempos may be more energetic and punchy, with a faster pace both back and through. Neither is more correct than the other. It usually reflects on the golfers' personality or even the way they have learned to play golf.

Once you have mastered distance and direction, you get to the fun and challenging part of putting-the art (and science) of reading the greens.

Let's start by going through the fundamentals of distance and direction.

## **The Set Up**

-Hands should sit under the shoulders and arms and elbows resting on the side of your body.

-The thumbs sit on top of the grip and the palms of both hands oppose one another.

-Slight knee flex and bend over from the waist and hips.

-The eye line is over or slightly inside the ball.

-Ball position is forward in the stance under the left eye. This controls the path of the putter.

-Your stance is square to slightly open depending on how you see your target line.

-The shaft of the putter sits at 90 degrees to the target line.

-Your posture is created by the length of the putter and your weight is 50/50.



## **The Stroke**

-The path moves back straight and through for short putts and gradually moves inside on long putts.

-Direction starts with a square putter face at set up.

-You control the face with the grip and the path with the movement of your shoulders and forearms.

-Keeping your head and lower body still and quiet throughout the stroke will help produce better results under pressure.

### **Key Points**

- The length of the backswing controls distance.
- The tempo of the stroke changes with the speed of the green.
- Trust the read of the green from the lowest point of the green.

### **Purposeful Practice**

One of the best ways to make sure you are improving rapidly with your putting techniques is to make sure that every practice session has a purpose. It is still common today to see golfers wandering around aimlessly on the putting green in the name of 'practice', but without any real mission or sense of purpose.

Here are some great ways to make your putting practice sessions count.

- 1) Start by tracking all your putts for the next few rounds you play to get a sense of where you need to improve most. Statistics don't lie so you will be able to quickly observe the most critical mistakes you are making.
  
- 2) Focus on the 'money putts' for fast improvement. Some of the biggest money shots are from the 5 to 8 foot range. Begin by placing 4 or 5 balls about 5 feet out from the flag. Taking one ball at a time, practice putting to the hole. When you get them all in, step back to 6 feet. Continue out to 8 feet, then start all over again from a different slope of the putting green or from a different angle of attack.

3) Change your thinking about how you approach your putts. The majority of all golfers, think in terms of numbers, for example, 'I'm putting for Birdie or putting for Par'. This is one of the worst things a golfer can do! Instead, practice on making a good solid stroke. It relieves the pressure and puts the emphasis in a more positive and productive place.

# PHYSICAL FAULTS AND FIXES

## **Swing Fault #1: Need More Separation Between Upper and Lower Body**

Most golfers are now aware of one of the most critical ways to get more distance - the 'x' factor. The x factor is the simple equation noting the difference between the amount of hip rotation as compared to the amount of shoulder turn a golfer can get in their backswing.

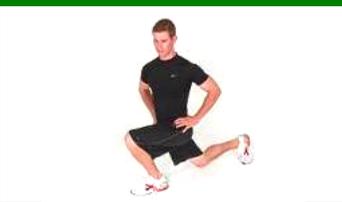
In an interview done with Tiger Woods' long time coach, Butch Harmon, he claimed (when referring to the swing of Tiger Woods), "The shoulders are past 90 degrees and hips turn only about 30 degrees. This combination of a big shoulder turn and modest hip turn creates power. At this point of the swing, he's like a rubber band wound tightly. His great flexibility keeps him in balance."

This program will focus on helping you get a better shoulder turn as well as achieve better separation between the upper body and lower body. It will include both exercises and stretches that can be performed up to several times weekly.

The exercises and stretches should be performed in *supersets*. Begin by performing the number of repetitions for each exercise, then immediately move to the second exercise in the pairing. After you perform one set of both

exercises, rest 30 seconds, then repeat again. Now, move to the second superset. Continue until all exercises in the supersets have been completed.

### NEED MORE SEPARATION Workout Program

Exercise	Substitution	Repetitions	Rest	
A1. Lunge to Rotation		12 to 15		
A2. Kneeling Cable Rotation	Use a fitness band	12 to 15 ea side	Rest 30 sec, then repeat A1 and A2 again	
B1. Mid Back Stretch		10 ea side		
B2. Hamstring Stretch		10 to 12 ea side	Rest 30 sec, then repeat B1 and B2 again	
C1. Single Arm Chest Press		12 to 15 ea side		
C2. Plank to Rotation		6 to 8 ea side		

C3. DB Row		10 to 12 ea side	Rest 30 sec, then repeat C1, C2 and C3 again	
D1. Lateral Stretch		10 to 12		
D2. Back and Glutes		10 to 12	Rest 30 sec, then repeat D1 and D2 again	
E1. Side Plank		6 to 8, hold plank 20 sec per side		
E2. Windmill		10 to 15		
E3. Weighted Ab Crunch		15 to 20	Rest 30 sec, then repeat E1, E2 and E3 again	

## **Swing Fault#2: Difficulty Maintaining Spine Angle through Swing**

Getting into good golf posture to make a good quality swing is not a problem for many golfers. However, staying in the same posture repeatedly can be a challenge!

The following exercise program is designed to build strength endurance in your postural muscles to help you stay in your golf posture longer and with greater ease.

It is important to keep really good golf posture while performing the following exercises. Remember that quality always supercedes quantity with exercise routines. So, if you are asked to perform 10 repetitions of an exercise and you can only perform 7 or 8 before you lose posture, then only perform the 7 or 8 and work up to 10. The goal is to perform each exercise with excellent posture and this will help re-enforce the design and effectiveness of this program for you.

Here are the elements of good posture:

- keep your abs tucked in or slightly tightened throughout an exercise
- always breathe out on exertion (this will be the most difficult part of an exercise)
- keep your head and neck aligned over the top of your shoulders (if you notice your head and neck slightly forward of this position, try and bring it back to neutral)
- your back should remain flat (not too much arch)

-check position of knees and make sure they never extend over the top of the toes when bending or squatting

The exercises and stretches should be performed in *supersets*. Begin by performing the number of repetitions for each exercise, then immediately move to the second exercise in the pairing. After you perform one set of both exercises, rest 30 seconds, then repeat again. Now, move to the second superset.

## MAINTAINING SPINE ANGLE Workout Program

Exercise	Substitution	Repetitions	Rest	
A1. Plank to Row		12 to 15 ea arm		
A2. Hip Adductor Walks		12 to 15 ea way	Rest 30 sec, then repeat A1 and A2 again	
B1. Mid Back Stretch		10 ea side		
B2. Hamstring Stretch		10 to 12 ea side	Rest 30 sec, then repeat B1 and B2 again	

C1. Squat		12 to 15		
C2. Plank		3 reps, hold 30 to 45 sec	Rest 30 sec, then repeat C1 and C2 again	
D1. Lateral Stretch		10 to 12		
D2. Lower Back and Glutes		10 to 12	Rest 30 sec, then repeat D1 and D2 again	
E1. Side Plank		6 to 8, hold plank 20 sec per side		
E2. Core Shoulder Swings	Use light weights	12 to 15		
E3. Squat to Row	Use cable or fitness band	12 to 15 ea side	Rest 30 sec, then repeat E1, E2 and E3 again	

## Swing Fault #3-Hooking the Ball

Hooking or 'pushing' the ball is another common complaint among golfers worldwide. Not only is it a highly common swing flaw, but it can be detrimental to your overall game as well.

A hook is characterized by an in to out swing path. If you are looking for verification of this pattern, take a look at your divots on the fairway or on the driving range. If you happen to notice your divots pointing to the right of the target with consistency, you are hitting the ball with an in to out swing.

To correct this swing fault from a physical perspective, we will focus on opening up the chest and shoulders, gaining full hip mobility and strengthening your core.

The exercises and stretches should be performed in *supersets*. Begin by performing the number of repetitions for each exercise, then immediately move to the second exercise in the pairing. After you perform one set of both exercises, rest 30 seconds, then repeat again. Now, move to the second superset. Continue until all exercises in the supersets have been completed.

# FIX YOUR HOOK Workout Program

**Exercise                      Substitution                      Repetitions                      Rest**

A1. Squat		12 to 15		
A2. DB Side Plank		12 to 15 ea way	Rest 30 sec, then repeat A1 and A2 again	
B1. Mid Back Stretch		10 ea side		
B2. Shoulder, Back and Hips Stretch		10 ea side	Rest 30 sec, then repeat B1 and B2 again	
C1. Fit Band Cross Body		10 ea side		
C2. Fit Band Cross Body Pull		10 ea side	Rest 30 sec, then repeat C1 and C2 again	
D1. Hip Stretch		10 to 12		

D2. Hamstring Stretch		10 to 12 ea side	Rest 30 sec, then repeat D1 and D2 again	
E1. Squat to Row	Use cable or fitness band	12 to 15 ea side	Rest 30 sec, then repeat E1, E2 and E3 again	
E2. SB Push Ups		10 to 12		
E3. MB Double Crunch		15 to 20	Rest 30 sec, then repeat E1, E2 and E3 again	

## **Swing Fault #4 -Inability to Transfer Weight**

Having a good 'pivot' is one of the most fundamental movements in the golf swing. Without good body motion back and through, golfers will have a frustrating and difficult time getting their club on plane and their clubface square at impact. The basic pivot helps golfers get a stretch in their torso so they can get into a nice coil in their backswing as well allow their body to make a proper weight shift from one side to the other.

There are many swing faults which occur when a golfer has difficulty with the pivot. This includes: lateral sway instead of a hip rotation, a reverse pivot, difficulty loading your right leg (or the leg you load at the top of your backswing) and hanging back on your right leg at finish as opposed to shifting your weight again for the point of impact and as you transition to the follow through.

The following exercises focus on good body motion, optimal hip and shoulder mobility and separation. Use these exercises and stretches to get the motion you need for a great looking (and feeling) golf swing.

The exercises and stretches should be performed in *supersets*. Begin by performing the number of repetitions for each exercise, then immediately move to the second exercise in the pairing. After you perform one set of both exercises, rest 30 seconds, then repeat again. Now, move to the second superset. Continue until all exercises in the supersets have been completed.

## INABILITY TO TRANSFER WEIGHT Workout Program

Exercise	Substitution	Repetitions	Rest	
A1. DB Squat to Press		12 to 15 ea arm		
A2. Single Leg DB Deadlift		10 to 12 ea leg	Rest 30 sec, then repeat A1 and A2 again	
B1. Glute Stretch		5 ea side		
B2. Hamstring Stretch		10 to 12 ea side	Rest 30 sec, then repeat B1 and B2 again	
C1. SB Push Ups		12 to 15		
C2. Side Plank Crunch		6 to 8 ea side	Rest 30 sec, then repeat C1 and C2 again	
D1. Lateral Stretch		10 to 12		
D2. Shoulders, Back and Hips		10 to 12	Rest 30 sec, then repeat D1 and D2 again	

E1. Full Body Reach and Lift		10 to 12 ea side		
E2. Ball Squat and Rotate		10 to 12 ea side		
E3. Fit Band Back Row	Use cable or fitness band	12 to 15 ea side	Rest 30 sec, then repeat E1, E2 and E3 again	

## **Swing Fault #5-Excessive Rolling of Feet**

Many golfers have excessive movement throughout their swing and this creates tremendous opportunities for inconsistencies.

Most golfers are aware of the power chain in golf. By studying biomechanics, we have learned that power comes from a kinetic chain of well built and conditioned joints and muscles. This starts from the ground up which means that power begins with your feet and ankles providing a solid base of support for your body and then following the sequence up-stability of the knee, hip strength, core strength, shoulder mobility and into the hands and wrists.

This program focuses on building lower body stability giving you the strength and support you need to produce more power. You will notice a preference towards one legged exercises which force you to even out any strength discrepancies in your lower body.

The exercises and stretches should be performed in *supersets*. Begin by performing the number of repetitions for each exercise, then immediately move to the second exercise in the pairing. After you perform one set of both exercises, rest 30 seconds, then repeat again. Now, move to the second superset. Continue until all exercises in the supersets have been completed.

## EXCESSIVE ROLLING OF FEET Workout Program

Exercise	Substitution	Repetitions	Rest	Sets
A1. Single Leg Squat		12 to 15		
A2. Lateral Lunge	Place golf clubs across shoulders	12 to 15 ea leg	Rest 30 sec, then repeat A1 and A2 again	
B1. Shoulder, Back and Hips Stretch		10 ea side		
B2. Back, Glutes, Hamstrings		10 to 12 ea side	Rest 30 sec, then repeat B1 and B2 again	
C1. Upper Body Walk Around		10 to 12		
C2. Single Leg Dumbbell		10 to 12 ea leg	Rest 30 sec, then repeat C1 and C2 again	
D1. Hip Flexors and Quad Stretch		10 ea side		
D2. Hamstring Stretch		10 to 12 ea side	Rest 30 sec, then repeat B1 and B2 again	
E1. Shoulder Stabilizers		8 to 10		

E2. Squat to Rotate	Use light weights	12 to 15 ea side	Rest 30 sec, then repeat E1 and E2 again	
F1. Sumo Squat		12 to 15		

## **Swing Fault #6: Need More Drive Distance-Power**

Increasing drive distance and creating more power throughout the entire golf swing are among the most elusive qualities many golfers are looking for. Golfers are looking to make really good quality solid contact with the ball and to do it repeatedly, and over a period of time.

By studying biomechanics, we have learned that power comes from a kinetic chain of well built and conditioned joints and muscles. This starts from the ground up which means that power begins with your feet and ankles providing a solid base of support for your body and then following the sequence up-stability of the knee, hip strength, core strength, shoulder and mid back mobility and into the hands and wrists.

This program was designed to make sure you are building good strength from the ground up without neglecting any of the muscles or joints that affect the golf swing or your ability to make a good connection with the ball.

The exercises and stretches should be performed in *supersets*. Begin by performing the number of repetitions for each exercise, then immediately move to the second exercise in the pairing. After you perform one set of both exercises, rest 30 seconds, then repeat again. Now, move to the second superset. Continue until all exercises in the supersets have been completed.

## DRIVE DISTANCE - POWER Workout Program

Exercise	Substitution	Repetitions	Rest	
A1. Plank to Row		12 to 15 ea arm		
A2. DB Split Squat		12 to 15 ea side	Rest 30 sec, then repeat A1 and A2 again	
B1. Mid Back Stretch		10 ea side		
B2. Hamstring Stretch		10 to 12 ea side	Rest 30 sec, then repeat B1 and B2 again	
C1. Hip Adductor Walks		12 to 15 ea way	Rest 30 sec, then repeat A1 and A2 again	
C2. Bench Push Ups		10 to 12	Rest 30 sec, then repeat C1 and C2 again	
D1. Shoulder, Back and Hips Stretch		10 ea side		
D2. Back, Glutes, Hamstrings		10 to 12	Rest 30 sec, then repeat D1 and D2 again	

E1. Cable Rotational Row	Use fitness band	8 to 10 ea side		
E2. Cross Body Shoulder Raise	Use light weights	12 to 15		
E3. Weighted Crunch		10 to 12	Rest 30 sec, then repeat E1, E2 and E3 again	