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"TEACHER AND GOLF SWING COACH"

TIPS FOR LEARNING AND MAINTAINING CONSISTENCY

THE GRIP

THE "GRIP" (HOW YOU HOLD ON TO THE CLUB) IS THE SINGLE MOST IMPORTANT THING IN GOLF. THIS IS VALIDATED BY THE FACT THAT NO PART OF YOUR BODY CONTACTS THE BALL, HOWEVER YOUR HANDS HOLD ONTO THE CLUB THAT STRIKES THE BALL. PRACTICE YOUR GRIP OFTEN, UNTIL IT IS SECOND NATURE TO HAVE A CONSISTENT, CONFIDENT GRIP. MAKE IT A HABIT TO COMPLETELY RE-FORM YOUR GRIP BEFORE EACH SWING, ESPECIALLY DURING PRACTICE SESSIONS. NOTE: IT IS IMPORTANT TO FORM THE GRIP WITH ARMS EXTENDED FORWARD ABOVE THE WAIST AND WITH THE CLUB ANGLED UPWARD.

TARGET CONCEPT

ALWAYS HAVE A TARGET FOR EACH SWING THAT YOU MAKE. AS PART OF YOUR PRE-SHOT ROUTINE AND BEFORE TAKING YOUR STANCE, APPROACH THE BALL FROM BEHIND. PICK OUT A SPECIFIC TARGET LINE SUCH AS TO THE CENTER OF THE FAIRWAY, THE RIGHT OR LEFT SIDE OR CENTER OF THE GREEN, OR THE CORNER OF A LEFT OR RIGHT BENDING HOLE, AND VISUALIZE YOUR INTENDED LINE OF BALL FLIGHT. AGAIN, AFTER TAKING YOUR STANCE AND BEFORE STARTING THE SWING, BE SURE TO LOOK DOWN THE LINE OF FLIGHT TO THE TARGET AT LEAST ONE MORE TIME. THIS WILL ELIMINATE THAT AFTER SWING THOUGHT OF WONDERING "WHY DIDN'T THE BALL GO IN THE DIRECTION THAT I WANTED TO GO TOWARDS". NOTE: ON THE PRACTICE RANGE FOCUS ON A SPECIFIC TARGET SUCH AS THE 150 YARDAGE SIGN.

SWING THINGS

SIMPLICITY IN EACH GOLF SWING IS ACHIEVED BY PERFORMING TWO MOVES. THESE MOVES BEING "THE BACK SWING" AND THE "FORWARD MOTION". ESSENTIAL TO THE SUCCESSFUL SWING IS ACCOMPLISHMENT OF TWO KEY POSITIONS—A: *THE TOP OF THE BACKSWING WITH THE CLUB AND ARMS EXTENDED TO THE BACK SHOULDER* AND B: *THE FINISH POSITION WITH THE CLUB OVER THE FORWARD SHOULDER. IT IS A MUST TO HOLD THE FINISH POSITION FOR A PICTURE POSING COUNT OF THREE.* MOST IMPORTANT, AT THE FINISH POSITION, YOU MUST BE BALANCED AND STANDING UPRIGHT. SIGNIFICANT TO THIS BALANCED POSITION IS HAVING THE MAJORITY OF YOUR BODY WEIGHT TRANSFERRED TO THE FORWARD FOOT IN YOUR STANCE. THE FINAL ASPECT OF ATTAINING THIS POSITION IS THE MOVING OF THE TRAILING KNEE TOWARDS THE FORWARD KNEE AND PIVOTING UP ON THE TOE OF THE TRAILING FOOT. NOW CHECK YOUR POSITION BY NOTICING THAT YOUR BELT BUCKLE IS POINTING AT THE TARGET AND AGAIN THAT YOU ARE COMPLETELY BALANCED. NOTE: THE BACK SHOULDER MUST BE POINTING AT THE TARGET AT THE FINISH POSITION.

CHIPPING THOUGHTS

YOUR GOAL FOR EACH AND EVERY CHIP SHOT SHOULD BE TO GET THE BALL CLOSE ENOUGH FOR A ONE PUTT. ADDITIONALLY, THE LOWER BODY NEEDS TO BE QUIET—MEANING-COMpletely STILL FROM THE WAIST DOWN. PICK A SPOT TO CHIP THE BALL TOWARDS AND BALANCE YOUR WEIGHT MORE TO THE FORWARD FOOT. THEN, LAST BUT NOT LEAST-MINIMIZE WRIST ACTION AND LET THE CLUBHEAD DO THE WORK.

PUTTING BASICS

FOR PUTTING USE A GRIP AND STANCE THAT IS COMFORTABLE. EACH INDIVIDUAL SHOULD DEVELOP THEIR OWN STYLE. ESSENTIAL, IS TO HAVE THE ARMS EXTENDED (DOWNWARD) FULLY WITH THE EYES OVER THE BALL (THIS PROMOTES BETTER VISUALAZATION OF THE LINE OF EACH PUTT) AND TO HAVE THE SOLE OF THE PUTTER HEAD FLAT TO THE GREEN SURFACE. NEXT, REMEMBER "DON'T GRIP IT TIGHT". NOTE: A DRILL FOR PUTTING DISTANCE CONTROL (THE MOST IMPORTANT ASPECT OF PUTTING) IS TO PUTT TO A TEE PLACED AT THE EDGE OF THE GREEN FIRST FROM 5 FEET THEN 10 FEET UNTIL YOU HAVE GOOD DISTANCE CONTROL OUT TO THE DISTANCE OF 25 OR 30 FT.

PRACTICE ROUTINE

A SOLID ROUTINE IS VITAL TO YOUR GOLF PRACTICE SESSIONS. START BY LOOSENING UP – EXCERSISE, STRETCH, FOCUS ON THE BASICS, "THE GRIP, AIMING AT A TARGET AND YOUR SET-UP POSITION AND POSTURE". AS A KEY TRAINING AID FOR ALIGNMENT--POSITION A CLUB ON THE GROUND BETWEEN YOUR TOES AND THE BALL POSITION. THIS CLUB SHOULD BE PARALLEL LEFT TO THE TARGET.

THE PRACTICE RANGE SESSION SHOULD START WITH SHORT IRONS AND ADVANCE THROUGH THE SESSION TO SWINGING WITH LONG IRONS AND/OR YOUR HYBRIDS, THEN TO A FEW SHOTS WITH FAIRWAY METALS, THEN TO THE DRIVER. AT THE CLOSE OF EACH SESSION COOL DOWN BY DOING SOME SOFT WEDGE SHOTS TO THE 50 YARD SIGN OR MARKER. NOTE: THE PRE SHOT ROUTINE SHOULD BE CONSTANTLY REPEATED THROUGHOUT YOUR PRACTICE SESSIONS TO MIRROR HOW IT IS ACCOMPLISHED DURING PLAY ON THE COURSE.

NEXT GO TO THE CHIPPING GREEN AND DO SOME CLOSE RANGE CHIPPING JUST 2 TO 4 FEET OFF THE EDGE OF THE PUTTING SURFACE. THEN ADVANCE TO PITCH SHOTS FROM 30 TO 50 YARDS OUT. THE FINAL KEY IS TO CONCENTRATE ON PUTTING, BEGINNING BY STROKING THE BALL TOWARDS A TEE PLACED ON THE EDGE OF THE GREEN, FIRST FROM FIVE FEET, THEN TEN, FIFTEEN AND OUT TO 30 FEET. NEXT WORK WITH THOSE SHORT GIMME PUTTS UNTIL YOU CAN MAKE TEN OR MORE WITHOUT MISSING. FINISH UP BY STROKING A FEW MEDIUM AND LONG LENGTH PUTTS, BUT JUST FOR THE FEEL TO GET THE BALL ROLLING FOR THE GREATER DISTANCES.

REMEMBER THAT 90% OF YOUR TOTAL PRACTICE SHOULD INVOLVE THE SHORT GAME!

"Expert in the Game and Business of Golf"