



4. Quadriciceps stretch - Find an immovable object to

hold on to as you stretch. While standing on one leg, bend the knee and grasp the ankle of the non-support leg. Repeat the stretch on the other leg.

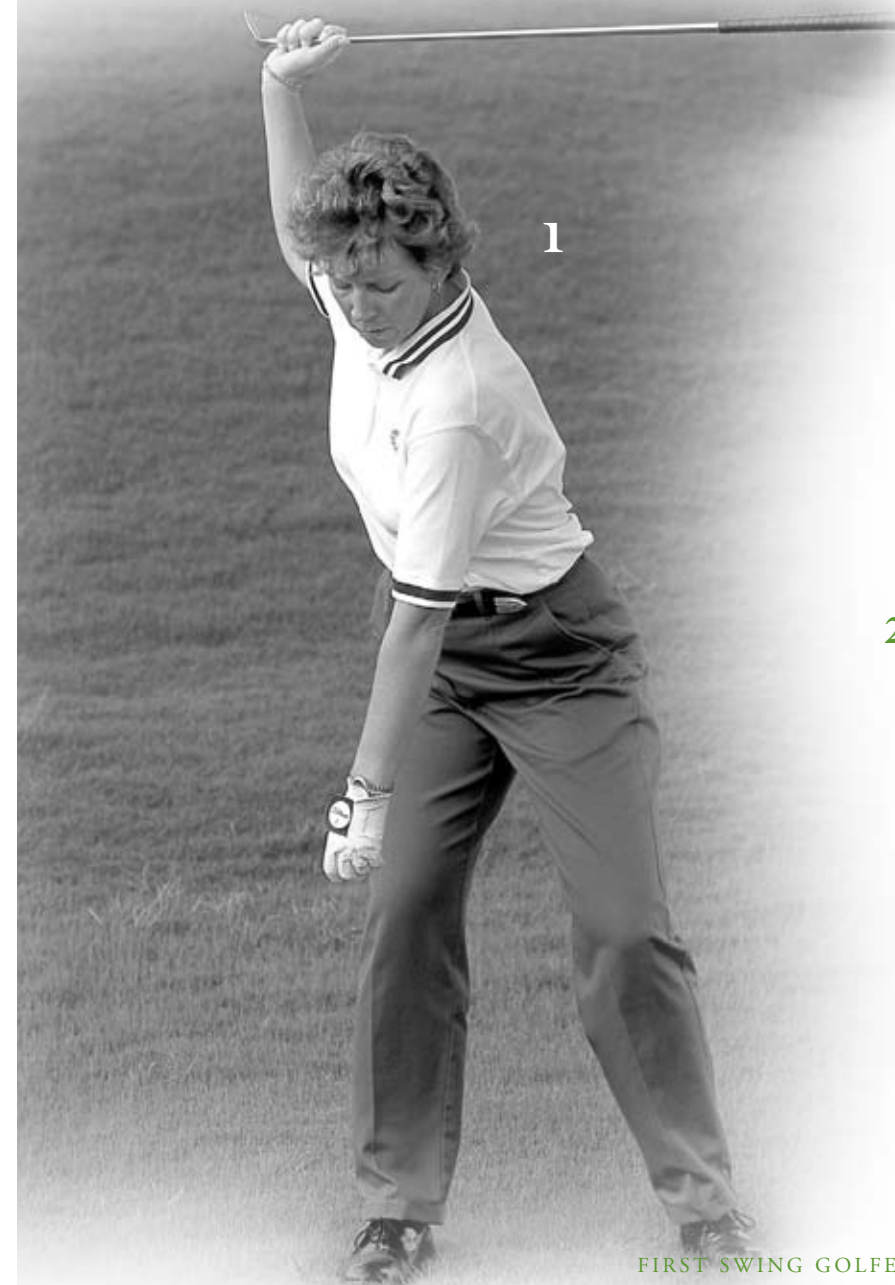
Practice Drills

The following drills are designed to teach you related concepts and help you get the most out of your practice time. Each drill is designed to improve your golf

swing mechanics and/or give you an idea about the swing itself.

Acceleration drills - A proper swing accelerates through the impact position. The term release is often used to describe this experience. To perform the acceleration drills follow the directions provided below.

1. Turn the club upside down and grip below the clubhead. Produce a swing and listen to the whoosh sound at the bottom of the swing or impact area. The louder the whoosh, the faster your swing.

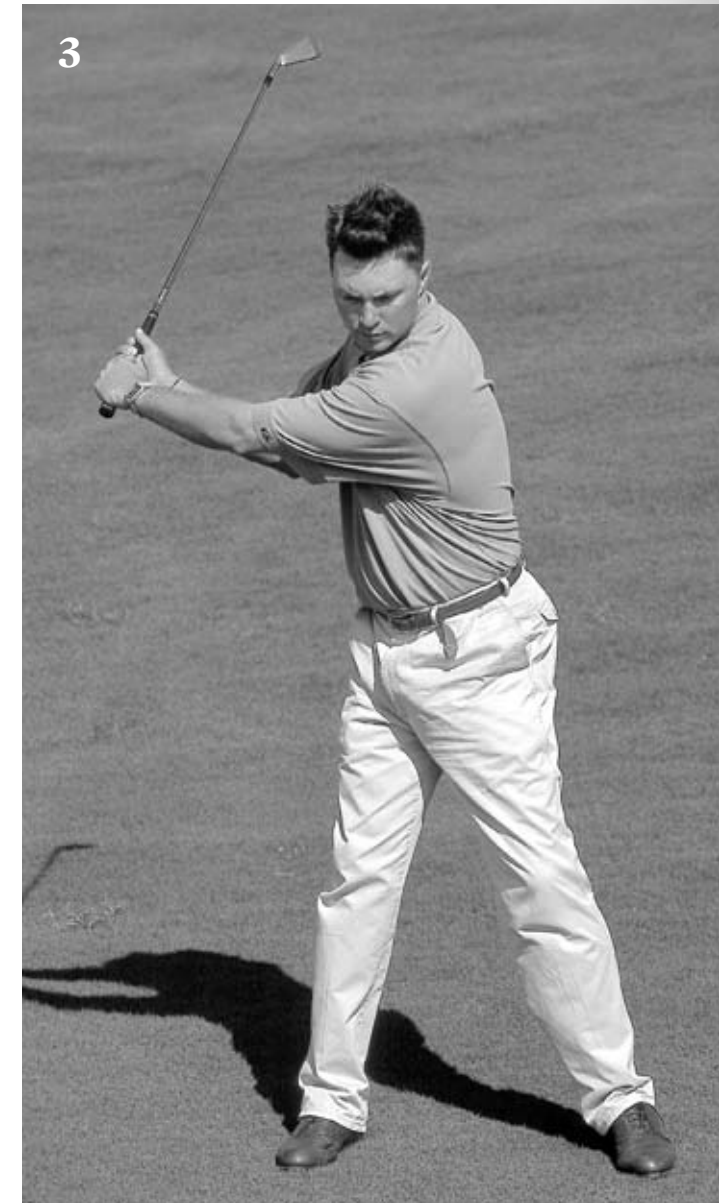


2. Repeat the whoosh drill with the club in the normal golf swing position. Focus on hearing the club accelerate at the bottom of the golf swing.



1. Baseball swing - Stand erect and make several baseball-type swings with your golf club. Notice the wrist and arm action. Continue to swing as you

bend over. Once you have reached the golf swing position repeat the drill.



Golf Swing Coordination Drills - These drills are a good way to learn to swing a golf club. They provide you with practice opportunities that allow you to coordinate your arm swing with your body movement.

Basic Golf Swing Exercise Drill

- Take your address position and place the palms of your hands together.



Swing arms back with body turn



Two thumbs up in line with shoulder tilt



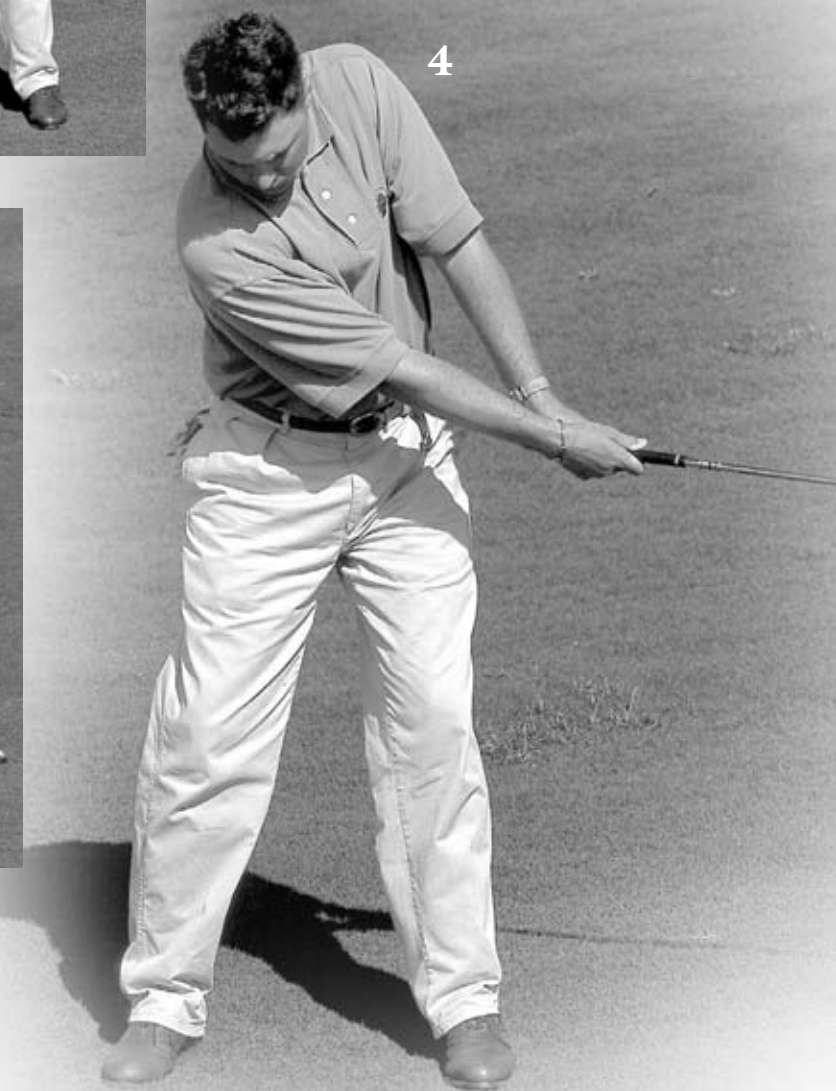
Turn and swing arms forward with body turn



Two thumbs up in line with shoulder tilt

Grass-Cutting Drill - Imagine that you are cutting grass with the clubhead. Let the club swing back and forth without stopping. Make sure you complete the whole swing each time. The non-stop swinging

helps you coordinate the timing of your arms, hands and body when making the swinging motion. Your hands and arms swing the club as your body pivots.



Rhythm and Tempo Drills - The golf swing is one continuous and rhythmic movement that starts smoothly back, changes direction at the top, and then speeds up gradually to the finish (SLOW-FAST-SLOW). The complete swing lasts from 2 to 3 seconds.

You can swing at different tempos (rate of speed) but you must always keep your swing in rhythm.

One and Two Drill - A proper swing accelerates through the impact position. The term release is often used to describe this experience. To perform the acceleration drills follow the directions provided below.



One



and



Two

CHAPTER 7

Testing Your Skills

Golf's ultimate test of skills is play on the golf course. Playing golf skill games will indicate where one needs to improve. Try these games to determine what skills you need to strengthen. Skill testing is also a way to chart your improvement.