

# *TAKING APART THE GOLF SWING*



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# Carolina Trace Country Club

## I. Ball Flight

- A. Path.
- B. Position of club face.
- C. Speed.
- D. Centeredness of hit.
- E. Angle of attack.

## II. Set Up

- A. Grip.
- B. Stance.
- C. Alignment.

## III. Back Swing

- A. Position 1.
- B. Position 2.
- C. Position 3.

## IV. Top Of Back Swing.

- A. Shoulders.
- B. Hips.
- C. Club Face.

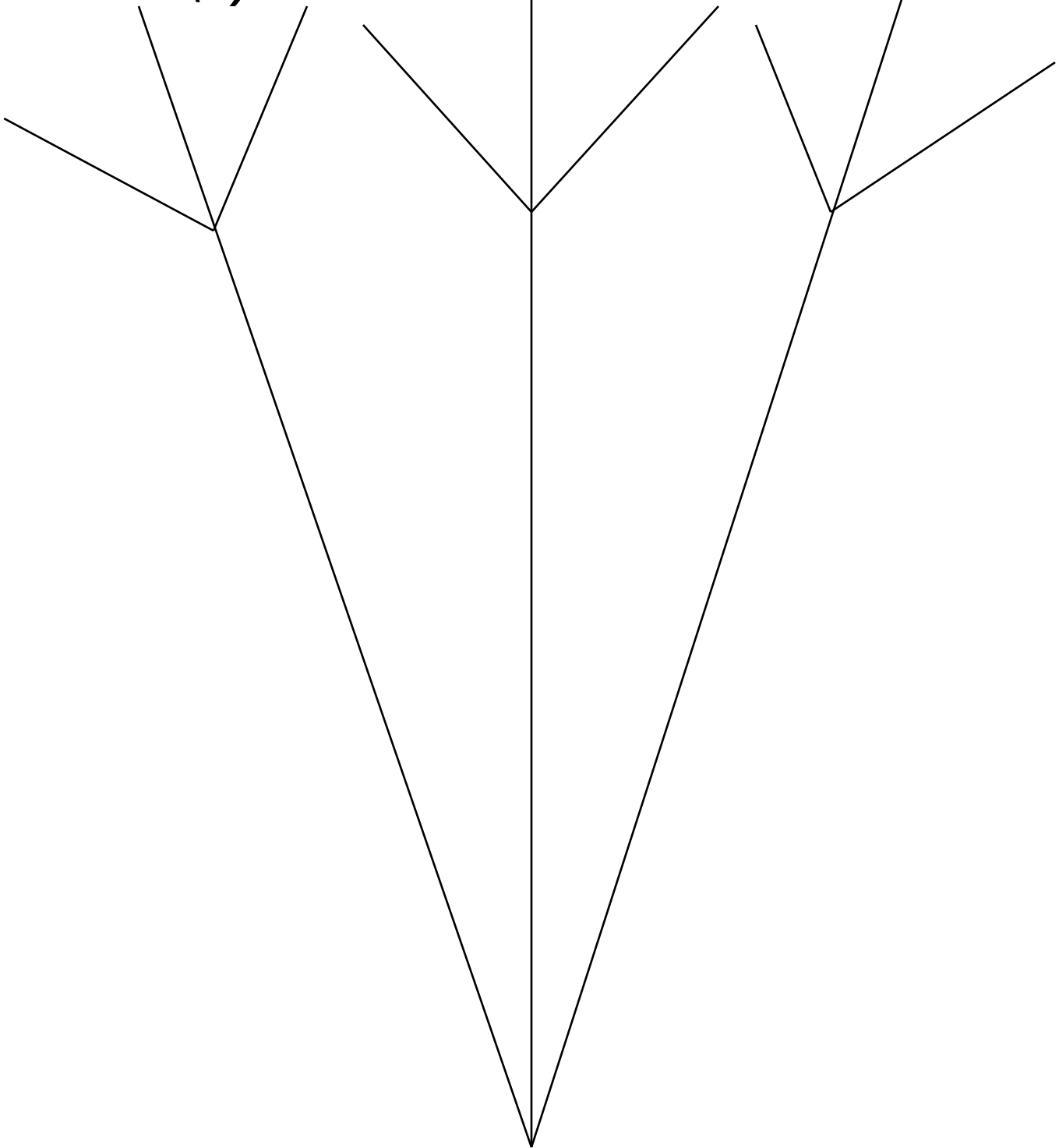
## V. Down Swing

- A. Position 5.
- B. Position 6.
- C. Position 7.
- D. Position 8.

## X. One plane vs. Two plane

- A. Understanding the difference.
- B. Which one is right for me?
- C. How tempo, rhythm and timing tie your swing together.
- D. Questions.

## **(9) BALL FLIGHT PRINCIPLES**



**THE GRAPHIC ABOVE DEPICTS THE (9) BALL FLIGHT PRINCIPLES  
IN OTHER WORDS THE (9) WAYS A BALL TRAVELS. THEY ONLY PER-  
TAIN TO DIRECTION AND NOT TRAJECTORY**

## Pre-Swing

### I. Grip:

1. Start with your left hand. Place the club under the heel pad of the left hand. The thumb and first fingers are close together and form a “V” which points to your right shoulder. (Right handed player, opposite if left.)

2. In the right hand the club fits in the base of the fingers, the thumb and first finger form together to form a “V” and that’s points to the chin. The hands may interlock, overlap or use a ten finger grip.

3. Grip pressure works from the back of the hands forward. Like a door hinge.

### II. Stance:

1. Start with the club straight out in front of you. Your arms and club should form a letter “Y”.

2. Bend from the hips and feel your tail bone raise upward and your knees lock back.

3. Set a slight knee flex.

4. Add a little tilt to the right.

### III. Aim:

1. Start by standing behind the ball looking at the target.

2. Draw an imaginary line from the target back and through the ball.

3. Pick out a small intermediate target about ten to twelve inches in front of the ball.

4. Aim the club at the intermediate target and then align your body to the club. Keep your shoulders, hips and feet parallel to the imaginary target line.

5. Your body should be aimed parallel left of the target.