

StrokeSavers Syllabus Version 2



These notes are intended for your review after each lesson. Please do not read ahead, because it will be confusing. I will mention as few techniques as possible in your lesson, so you may see items in the notes that we did not discuss. That is likely because you were doing well, and I didn't want to damage your success with too much information.

This syllabus lists techniques for various golf skills. Performing them is conscious competence. The goal is for you to learn to move the ball from where it lies to your target with unconscious competence. That is when you trust your brain to tell your body how to move to advance the ball. Fall back on these techniques only when that fails.

I. Putting - no wrists

A. First priority

1. Strike the back of the ball with the center of the clubface that is square to the target line

a) Consistent feedback

b) Square face is more important than path

2. The putter must accelerate a little

3. Pool shot examples

B. Stance

1. Athletic posture

2. Eyes over ball

3. Shoulders and arms form a triangle

4. Grip pressure = 1

5. Handle runs through lifeline of palms

6. Establish target about one inch in front of the ball

C. Swing

1. Arms connected

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2. Elbows touching body
3. Use big muscles
4. Rock the shoulders and chest triangle
5. Stay connected – biceps to pectorals

D. Technique

1. Control distance with length of backswing
2. Tick tock tempo
3. Roll the ball over the one inch target
4. Hold your follow through
5. Keep your eye on the one inch target and listen for the ball to fall in the hole
 - a) *Prevents sway*
 - b) *Promotes a natural follow-through*

E. Lag putting

1. Zone system
 - a) *Distance is more important than line*
 - b) *Zones are three paces each*
2. Five backswing lengths for five zones
 - a) *Halfway to insole*
 - b) *To insole*
 - c) *To outer sole*
 - d) *Handle to crease in pants*
 - e) *Handle to outside of thigh*
3. Move target to adjust for slope
4. Goal is to move from conscious competence to unconscious competence
5. TLAR system (That Looks About Right) and routine

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a) Stand away from the line of the putt at about the center point of the line

(1) Form an equilateral triangle with

(a) The ball

(b) Your target (offset aim point)

(c) The spot where you are standing

(2) This will give you the same perspective for putts of all lengths

b) Let your eyes move from the ball to the target while making practice swings of lengths that you judge will roll the ball to the target

c) Adjust your target for downhill and uphill putts, short and long of the hole respectively

d) Step behind the ball to determine the line to adjust for break and determine your offset aim point

e) Move to your address position a couple of inches short of the ball

f) Repeat your swing motion

g) Move to your address position

h) Square the putter face to your intended line

i) Establish your one inch target

j) Duplicate your practice swing through the ball over the one inch target

k) Look at the grass beneath the ball for some time after the stroke (Gary Player says "listen for the ball to fall into the hole.")

II. Chipping – some wrists

A. Definition: A shot typically played from very close to the green, usually within a few yards of the putting surface, in which the ball is struck using a club (usually 6-iron to PW) played back in the player's stance. Such a combination produces a shot that is in the air very briefly before settling to the putting surface and rolling toward the cup. Chip shots are usually played with a 6-, 7-, 8- or 9-iron or pitching wedge. Chip shots differ from pitch shots in that pitch shots are meant to have a higher trajectory that results in a shot landing closer to the pin and rolling just a bit. Pitch shots are typically played from farther off the green than chip shots.

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- B. Hinge and hold
1. **On your backswing, let the weight of the club head hinge your wrists a little**
 2. **Hold that hinge from the top of the backswing through impact and follow through**
 3. **Stay connected – biceps to pectorals**
 4. **Let you lower body move naturally with the length of the swing**
 5. **Always be relaxed and loose**
- C. Flight to roll ratio – (will vary with the speed of the green.)
1. **Pitching Wedge = 1:1**
 2. **9 Iron = 1:2**
 3. **8 Iron = 1:3**
 4. **7 iron = 1:4**
 5. **You can chip with longer irons and hybrids**
 6. **Hybrids**
 - a) *Will make the ball run across the top of the long grass*
 - b) *Will travel farther than irons because the face is hotter*

III. Pitching – all wrists

Definition: A pitch or "pitch shot" is a shot played with a highly lofted club that is designed to go a short distance with a high trajectory. Pitch shots are usually played into the green, typically from 40-50 yards and closer. It's easy to picture a pitch shot when it is contrasted with the chip or chip shot. A chip shot is played from much closer to the green and the ball is in the air only a short amount of time; the point is to get the ball onto the surface of the green and let it roll toward the cup. Most of a chip shot is roll. A pitch shot, on the other hand, is in the air for most of its distance, with much less roll once it hits the ground.

- A. **Grip**
1. **Check this website for a good description of a proper grip**
 2. <http://www.free-golf-swing-tips.com/golf-grip-tips.html>
- B. **Grip Pressure**

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1. With your arms straight out from your body, hold the handle vertically with just enough grip pressure to keep the club from falling out of your hand
2. From vertical, let the club drop to a 45 degree angle away from your body
3. Lower the club to the ground
4. This pressure will let you throw the club head through the ball
5. The centrifugal force will cause your belt buckle to turn toward the target, and club head will continue over your shoulder
6. http://www.youtube.com/watch?v=v5PDDPug_VI&feature=related

C. Shoulder position

1. Take your stance with your palms side by side
2. Now slide your right hand (left for left handed golfers) down the shaft to your hitting position
3. Let your shoulder drop as you hand moves down the shaft so your shoulders remain parallel to the target line.
4. Notice that your shoulders open, off line, if your shoulder does not drop
5. This move tilts your spine away from your target and gives you the proper posture for an inside to out swing.
6. Maintain this posture throughout your swing

D. The six o'clock drill

1. Three benefits
 - a) *A critical movement at impact for all swings*
 - b) *Get the feel of the club face on the ball - "click"*
 - c) *Learn to hit a high soft short pitch shot with a lot of spin*
2. Technique
 - a) *Keep your hands in the 6 o'clock address position with no swing*
 - b) *Bring the club up to parallel with the ground with the toe up*
 - (1) *Left wrist position for right handed golfers*

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- (a) *Without a club, let your left arm hang down and make a fist with your palm facing away from your body*
- (b) *Slip the handle into your fist with the shaft parallel to the ground and to toe up*
- (c) *This is a “fully cocked” position*

c) *Drop the club at the speed of gravity*

d) *Rotate forearms and roll wrist one over the other*

(1) Left wrist position for right-handed golfers

(a) *Without a club, let your left arm hang down and make a fist with your palm facing toward your body*

(b) *Slip the handle into your fist with the shaft parallel to the ground and to toe up*

(2) Right wrist position for left-handed golfers

(a) *Without a club, let your right arm hang down and make a fist with your palm facing toward your body*

(b) *Slip the handle into your fist with the shaft parallel to the ground and to toe up*

3. Result

a) *Practice this motion with a ball*

(1) Just let the ball get in the way of the swing

(2) Feel the “click”

(3) The ball should fly about ten paces and land like a butterfly with sore feet

b) *Move on to wider clock positions*

E. Seven to five o'clock drill

1. Let your arms swing from seven to five o'clock while performing the wrist over motion at the bottom of the swing.

2. Let your wrist cock fully

3. Just let the club drop with almost no force from you small forearm muscles

4. The ball should travel about 20 paces

5. The swing plane

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a) The angle of the shaft of each club describes the swing plane for that club

b) Let your hands move along the swing plane as the arc of your back swing increases through various clock positions

6. Stay connected – biceps to pectorals

F. Increase the arc of the swing on plane with wrists fully cocked

1. Repeat this drill

a) Eight to four o'clock

b) Nine to three o'clock

c) Ten to two o'clock

G. Five balls from 10, 20 30 ... paces

1. Place a tee onto the green one pace from the edge

2. Drop six balls 10, 20 and 30 paces from the practice green

3. The sixth ball is a marker

4. Use your six o'clock motion and determine the backswing required to fly the ball to the tee, five at a time

5. Repeat from 20 and 30 paces

6. Move to 40 and 50 paces after you are proficient and 10, 20 and 30 paces

IV. Bunker play – Pitch with a thump

A. Green side bunkers

1. Stay connected – biceps to pectorals

2. Two techniques

a) Straight face

b) Open face

3. Straight Face

a) Best with a 60 degree wedge

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- b) Ball forward in stance*
- c) Line up square to the target*
- d) Clubface is square to the target*
- e) Very light grip*
- f) Make an early and full wrist cock*
- g) Aim three inches behind the ball*
- h) Throw the club head through the sand with a full finish and wrist cock*

4. Open Face

- a) Aligns your feet square to the target*
- b) Open the face 30 to 60 degrees*
- c) Realign your feet to the face is facing the target*
- d) Swing across your body in line with your feet*
- e) Very light grip*
- f) Make an early and full wrist cock*
- g) Aim on to two inches behind the ball*
- h) Throw the club head through the sand with a full finish*

B. Fairway bunkers

- 1. Take one or two more clubs**
- 2. Line up square to your target**
- 3. Put the ball back in your stance**
- 4. Squish your feet down into the sand**
- 5. Build a stance for your back foot with your knee cocked toward the target**
- 6. Keep you lower body quiet**
- 7. Clip the ball first and the sand second**
- 8. View the sand after target**

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9. Look up to see your ball flying toward the hole

V. Full Swing

A. Keys to power in a full swing

1. Rotation

a) *Hip rotation*

(1) 60 degrees open at the top of you swing to 60 degrees closed at impact.

(2) This hip movement is a huge rotational lever

(3) Your belt buckle will be facing the target at the finish of your swing.

(4) Watch Arnie

<http://www.youtube.com/watch?v=jk66Fej5TS8&feature=related>

b) *Your leading arm (as viewed from behind the golfer)*

(1) Will form about a 20 degree angle with the shaft at address,

(2) And a ten degree angle at impact

(3) This is a second rotational lever



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2. **Straight left arm (right for left-handed golfers)**
 - a) *Through stance, top of the back swing, impact and down the line after impact.*
 - b) *You will feel your hips hurling your leading arm around your body*
 3. **Full turn and wrist cock**
 - a) *Shoulder turn at least 90 degrees*
 - b) *Make a full wrist cock*
 4. **Maintain your posture**
 - a) *Leaning into the shot is a death move*
 - (1) *It kills club head speeds*
 - (2) *Take the club path offline*
 - b) *Lifting or lowering the head is a death move*
 - (1) *Fat hits*
 - (2) *Thin hits*
 5. **Swing Tempo**
 - a) *3::1 for full shots*
 - b) *2::1 for short shots*
- B. Choose a club in which you have confidence**
- C. Hit a few balls with the 6 o'clock drill and feel the click**
- D. Increase your swing from 7 to 5 o'clock after you are successful from at the 6 o'clock swing**
- E. Increase your swing from 8 to 4 o'clock after you are successful with the previous swing**
- F. Increase your swing from 9 to 3 o'clock after you are successful with the previous swing**

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G. Increase your swing from 10 to 2 o'clock after you are successful with the previous swing

1. **Backswing body wind up**
 - a) *Let the weight of the club head determine how much your body winds up for each clock position*
 - b) *At a full back swing your hips will rotate about 60 degrees and your shoulders will rotate about 90 degrees*
 - c) *Keep your front arm long*
2. **Step on the accelerator for the down swing**
 - a) *Your downswing begins just before your backswing is completed*
 - b) *Bump your hip toward the target as you push off your back toe*
 - c) *This push will trigger the unwinding of your body*
 - d) *Your back elbow will tuck into your side as the club comes down (the slot position)*
 - e) *The big muscles of your legs and gluts will transmit power through your arms and hands to the shaft.*
 - f) *The shaft will be fully cocked at the top of your swing, and will uncock and release automatically from centrifugal force*
3. **Rotate one forearm over the other at impact**
4. **Rotate around your spine throughout the full swing**
5. **The finish will bring your body weight to your forward side with your belt buckle facing the target, and you should be able to lift your back foot off the ground.**

H. Playing lesson

1. **Consolidate all skills**
2. **Learn golf course management**
3. **Review etiquette and speed of play**
4. **Learn some of Phil's bad habits**

VI. This is not a conclusion, it is a beginning. You will never stop learning this game.