GOLF SWING
PERFORMANCE POINTS

GRIP

- Place club in hands so that shaft lies along base of fingers.
- Close hands around shaft so that palms face each other.

- Little finger and index finger on grip may overlap, interlock or lie next to each other.

- "V's" formed by thumb and forefinger of each hand point to right shoulder for right handed player and left shoulder for left handed player.
- Hold club with only enough pressure to feel club head at end of shaft.

SET UP

Posture:
- Feet shoulder width apart, with knees slightly bent.
- Weight is distributed evenly between heels and balls of feet.
- Tilt upper body slightly forward to cause a slight bend at hips.
- Arms hang comfortably in front of body.
- The toes, shoulders and hips should each form a straight line to the target.

Ball Position
- When using a 5 iron through sand wedge, the ball should be position in the middle, between both feet.

- When using a 3 or 4 wood or 1-4 iron, the ball should be 2 inches.

- When using a driver, the ball should be positioned just inside the front foot.
TAKE AWAY

- Shoulders, arms and hands form a triangle that moves as a unit.
- Right handed golfers push the club away from the target with the left hand.
- Left-handed golfers push the club away from the target with the right hand.
- As the triangle of shoulders and hands move toward the rear, the upper torso rotates at the hip.
- Eyes remain focused on the ball.
- Body weight shifts to the rear foot.

TRANSITION

- Club reaches parallel or close to parallel with the ground at the top of the swing.
- Wrists are cocked so that the club head points line parallel with ball path to target.
- Hands, arms, and club begin to drop straight down as weight begins to move to front foot.

DOWNSWING

- Gravity drops hands, arms and club.
- Wrists cock maintained until the hands reach waist level.
- Body weight continues to move to front foot.
- Knees remain slightly bent.

IMPACT

- Wrists have uncocked, accelerating the club head.
- Weight has moved to front foot.
- Hands are leading the club head.
- Club head hits ball with a slight descending flow.
FOLLOW THROUGH

Right Arm Rotation
- For a right handed golfer, the right hand turns over the left and extends to the target.
- For a left handed golfer, the left-hand turns over the right and extends to the target.

Finish Position
- Weight has sifted 100% to the front foot.
- Shoulders have turned to the target so that the front of the torso faces the target.
- Club has traveled above the shoulder and head, pointing away from the target.