

Topics

- 3D – Phases of the swing – Downswing
- Anatomy – Periodizing your plan
- Coaches Questions/Swing Discussions

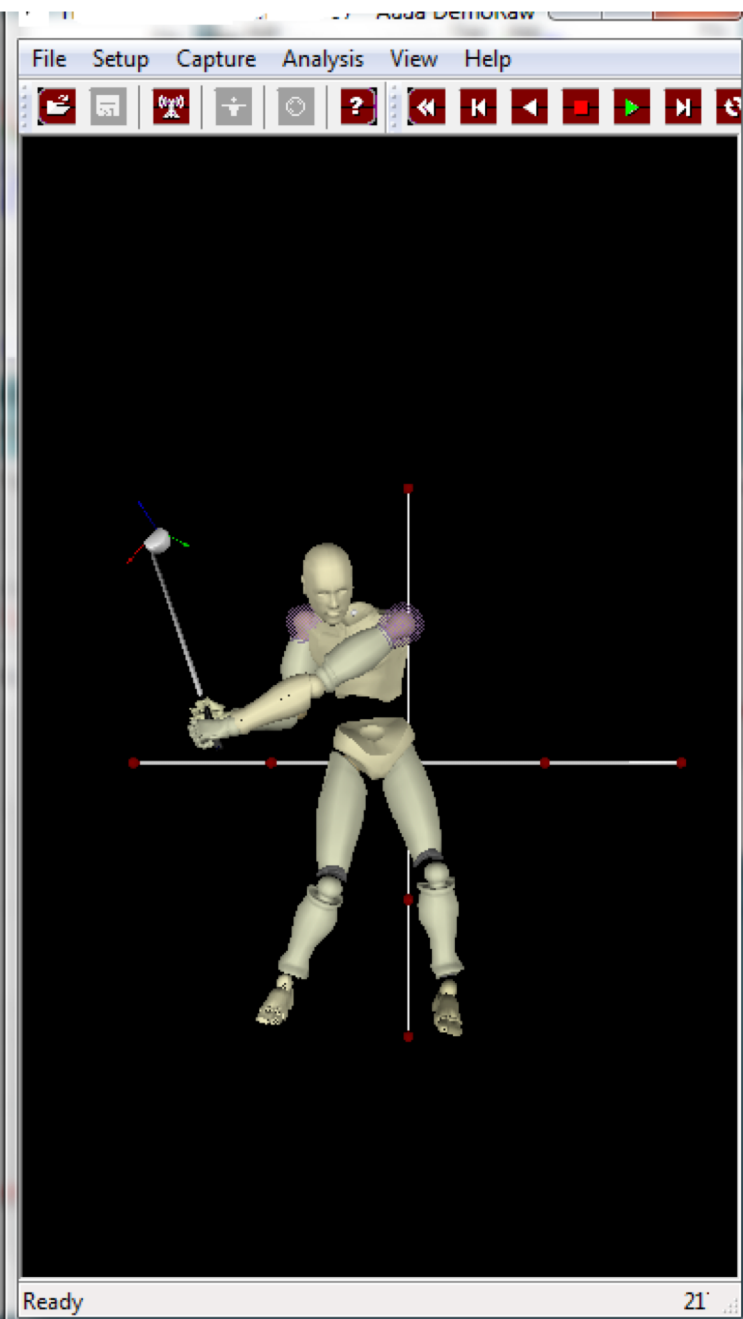
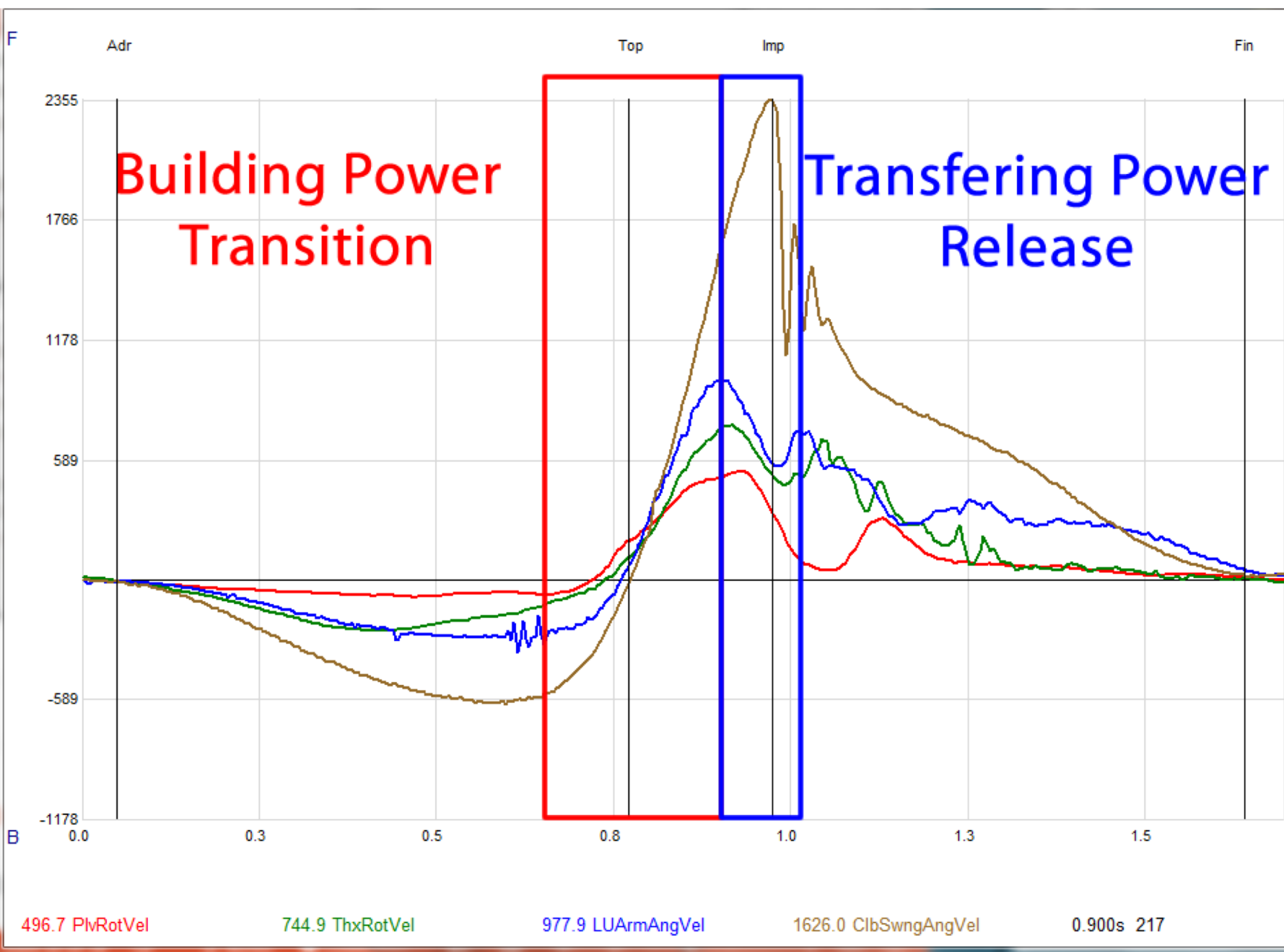
Downswing:

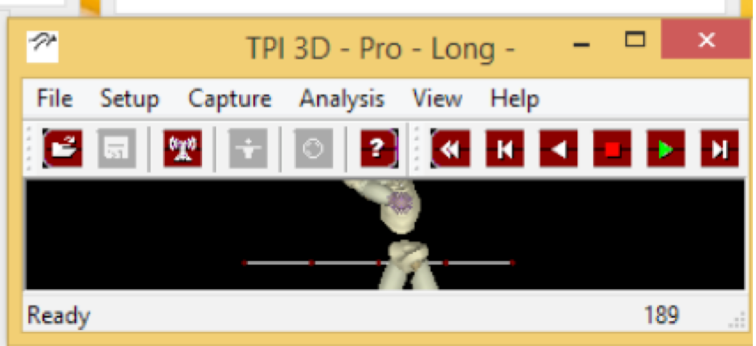
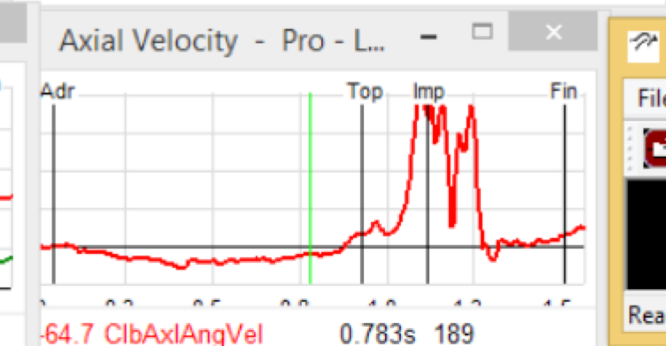
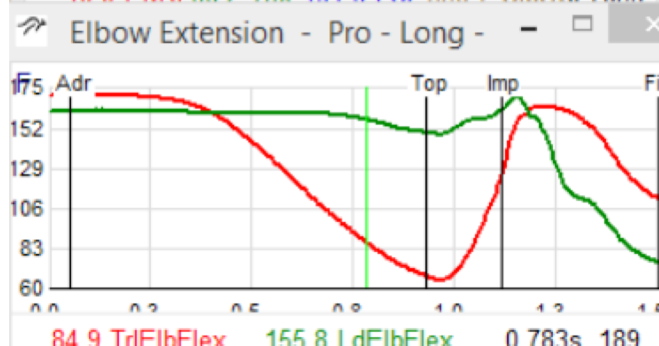
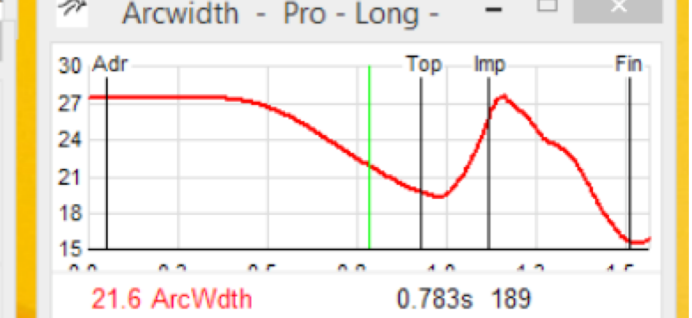
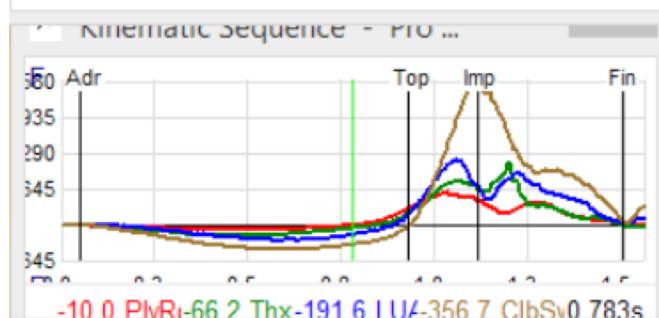
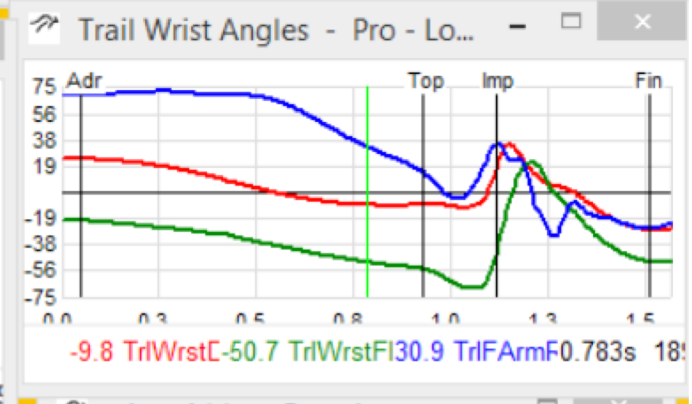
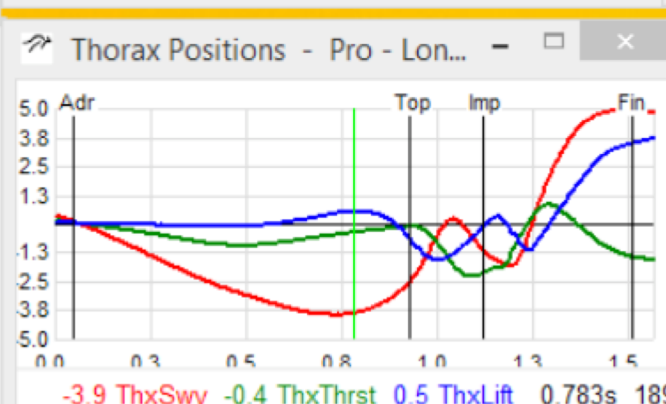
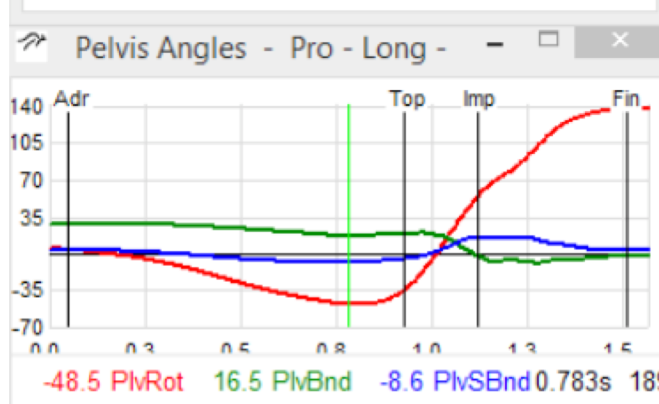
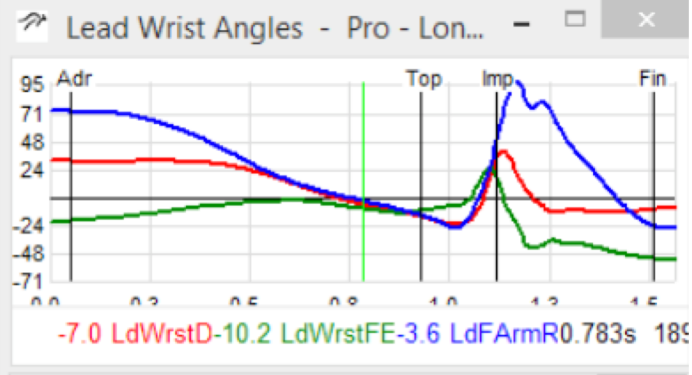
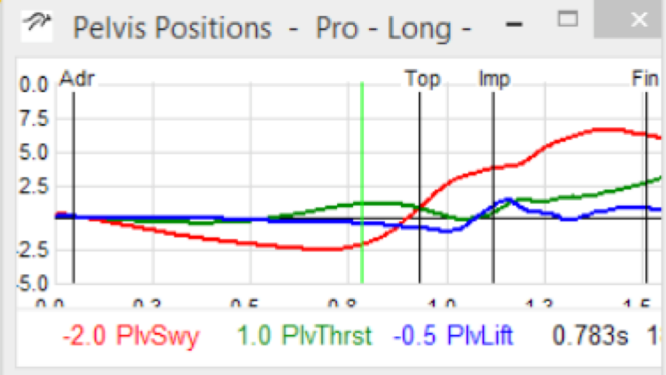
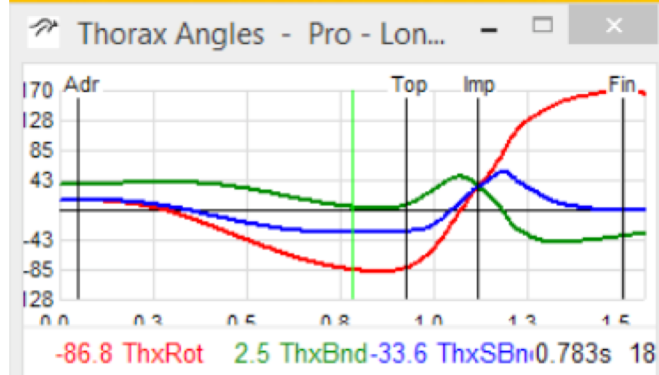
Phase 1 – Transition
Building Power

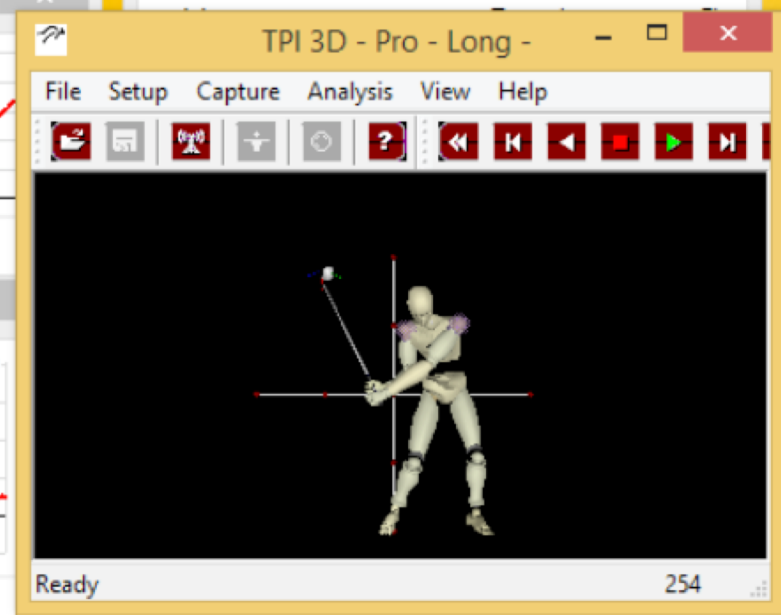
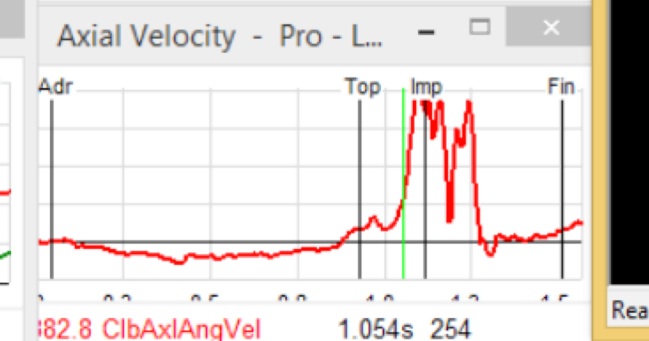
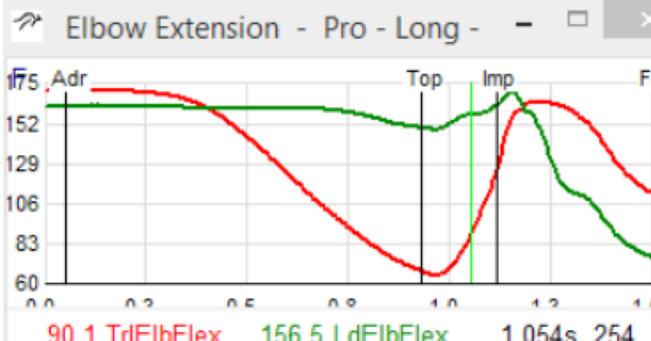
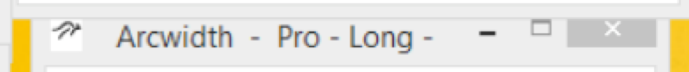
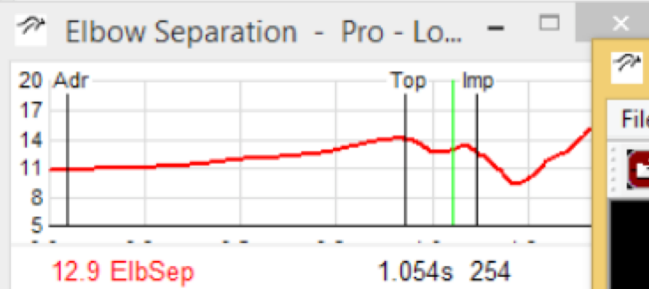
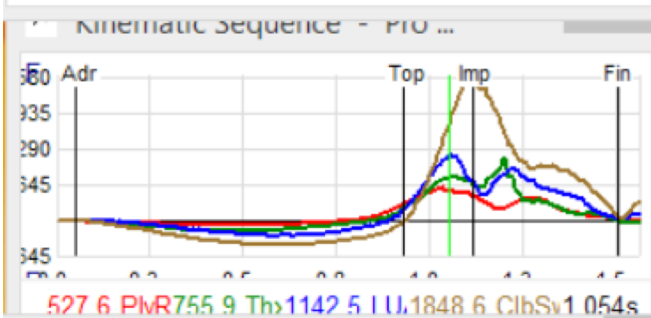
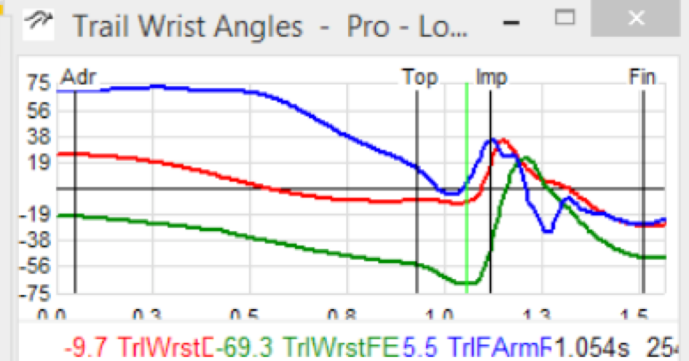
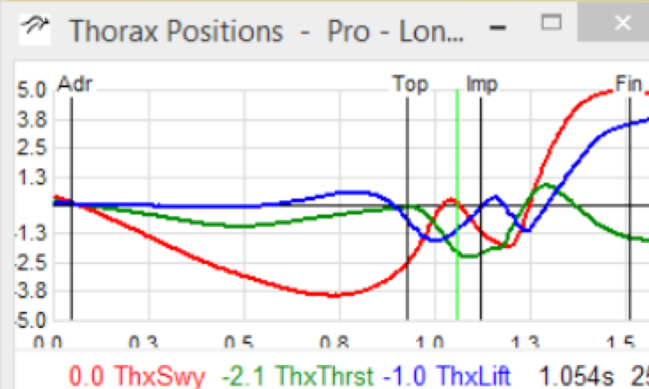
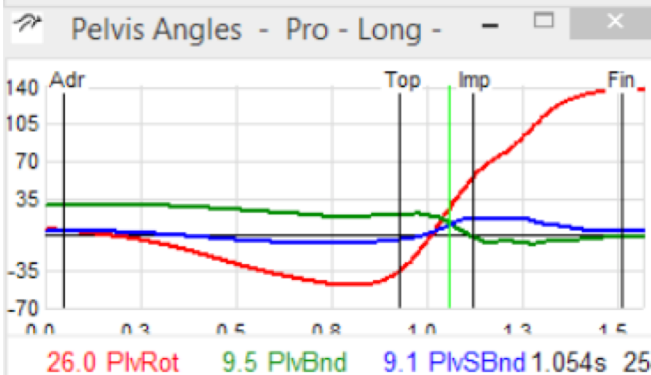
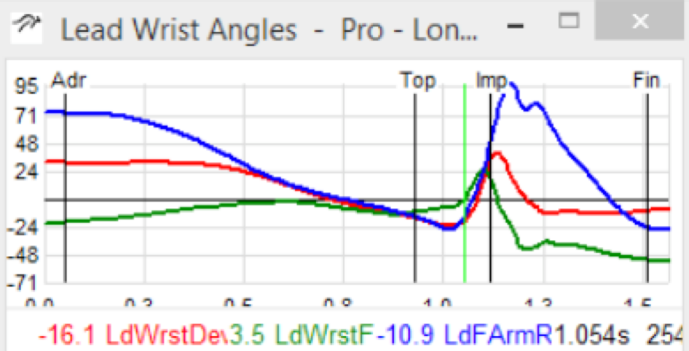
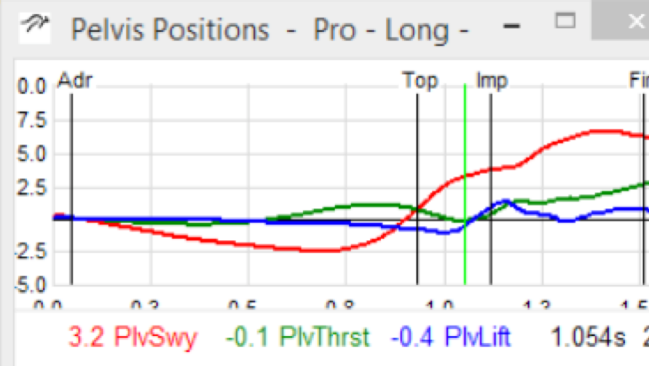
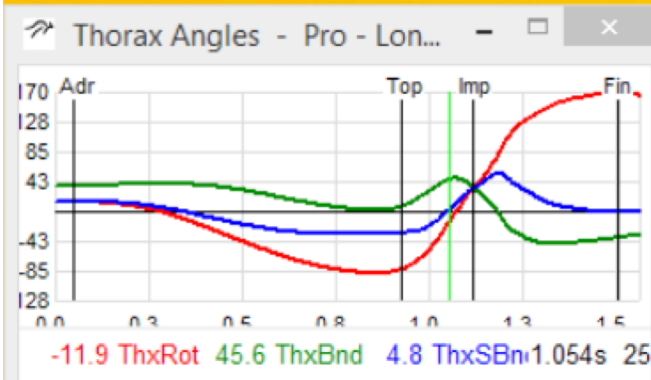
Jackson 5 – Sequence
Shallow
Wipe
Motorcycle
Left Tilt

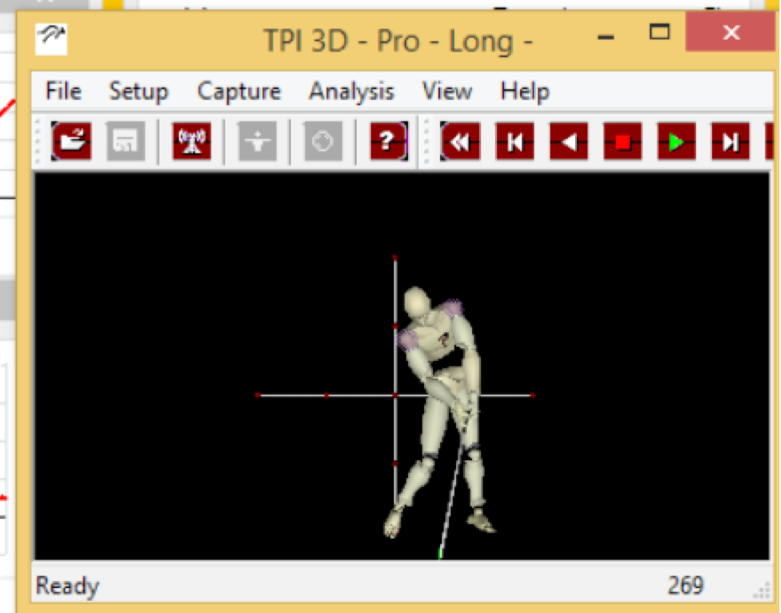
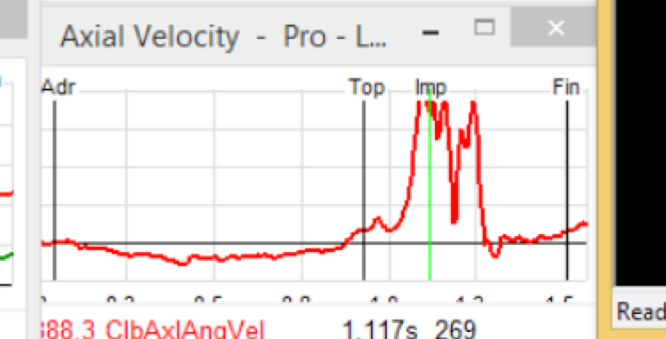
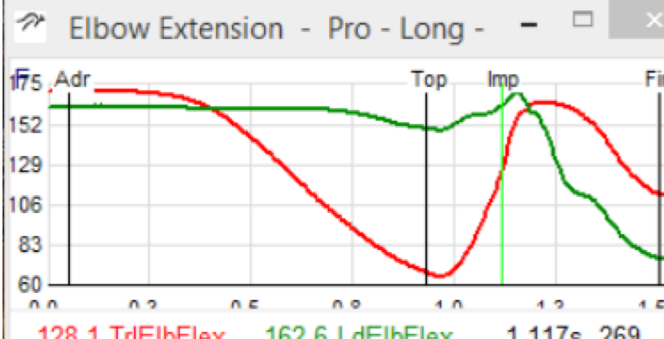
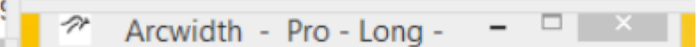
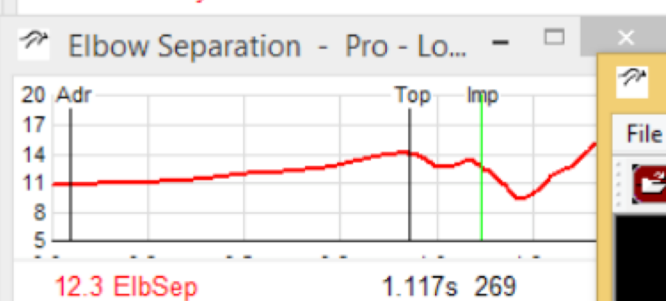
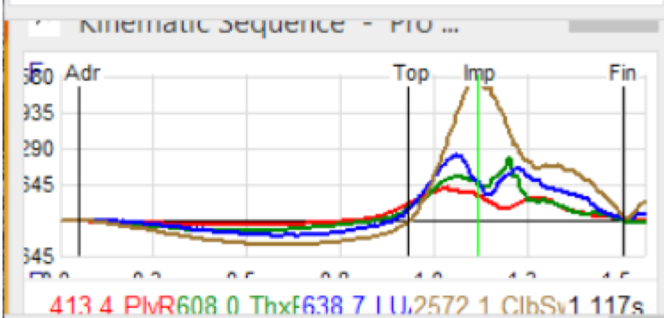
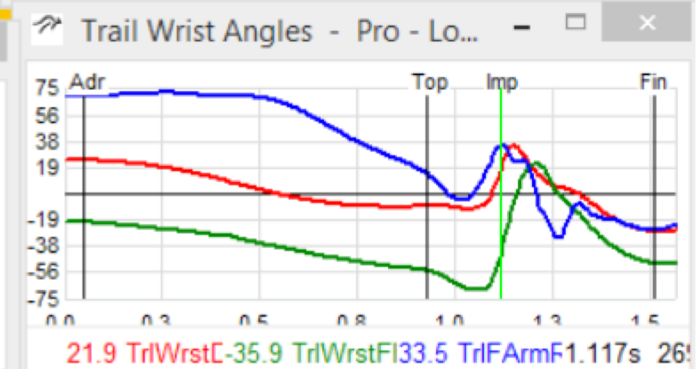
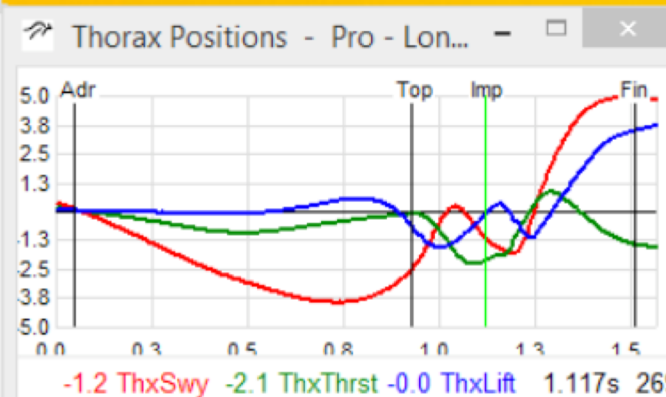
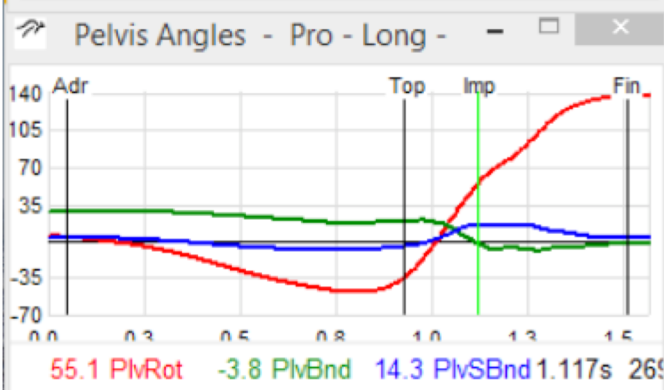
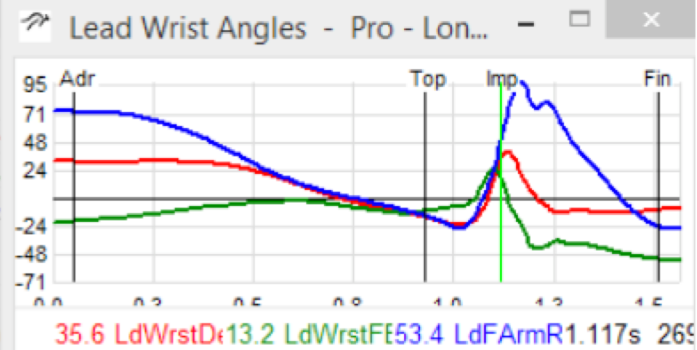
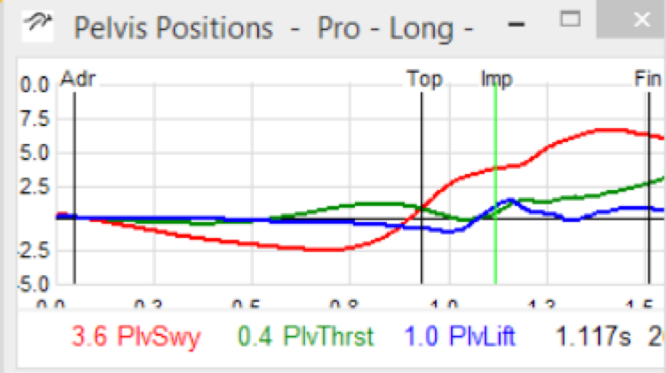
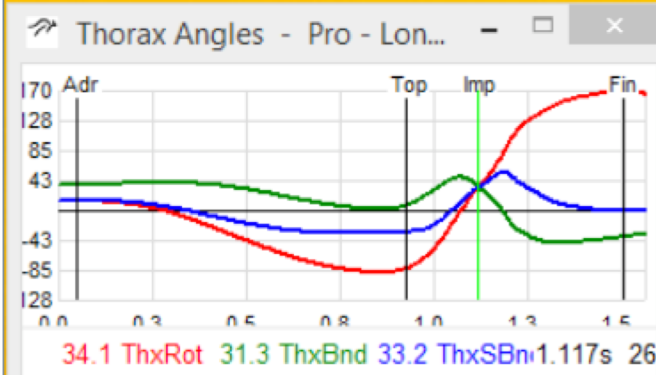
Phase 2 – Release
Releasing Power

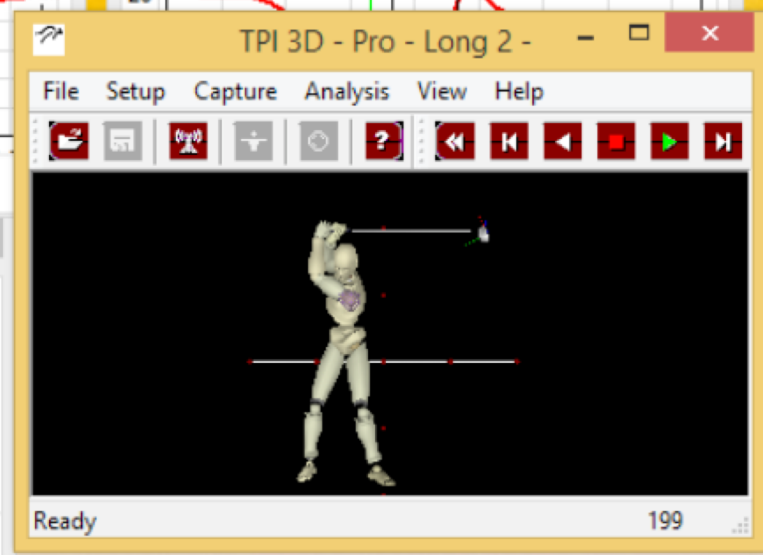
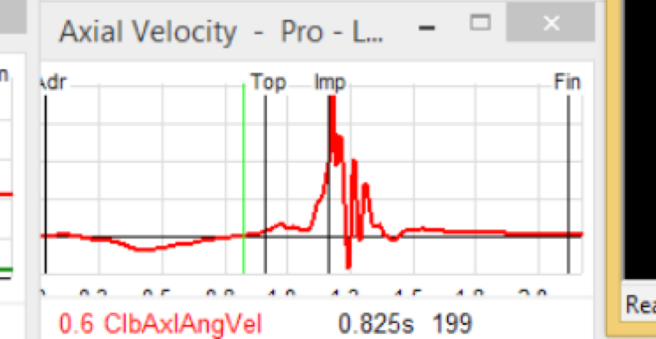
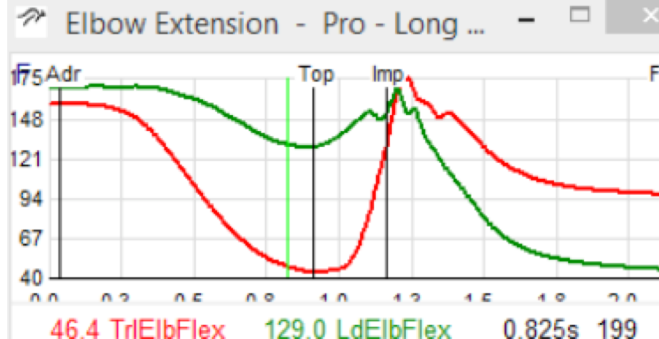
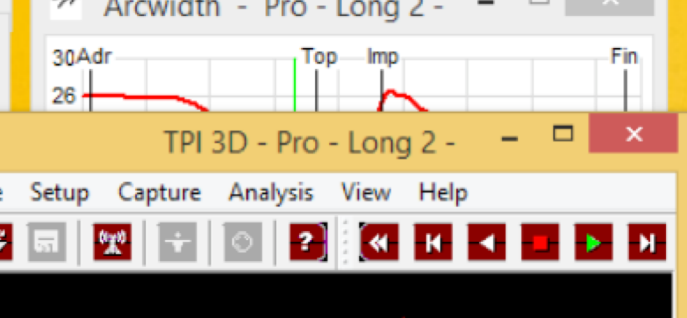
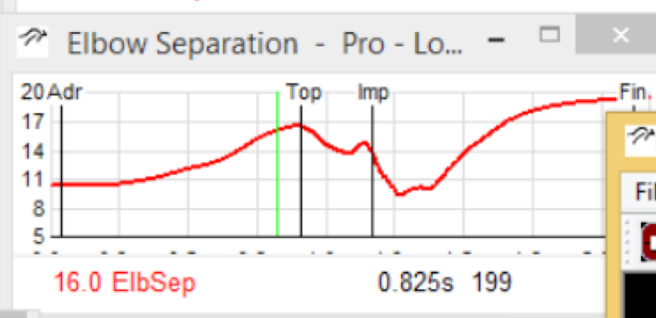
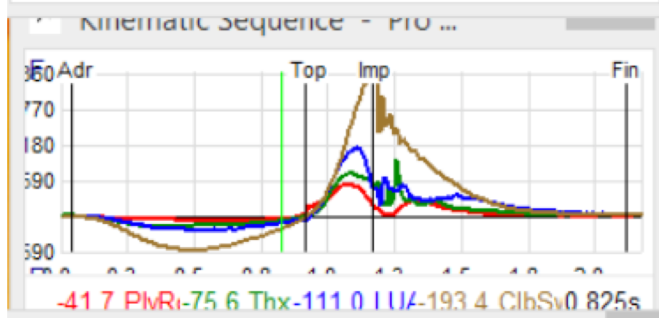
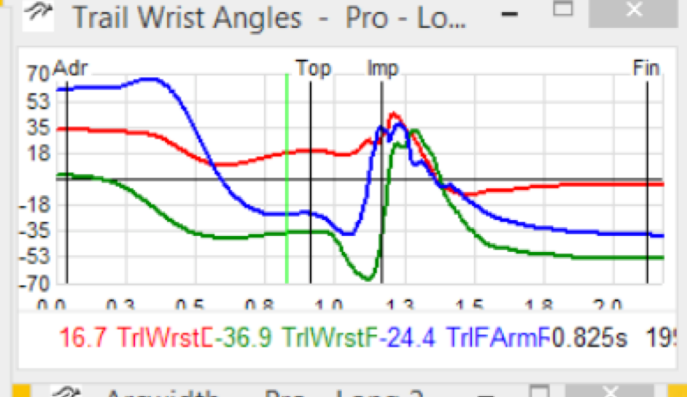
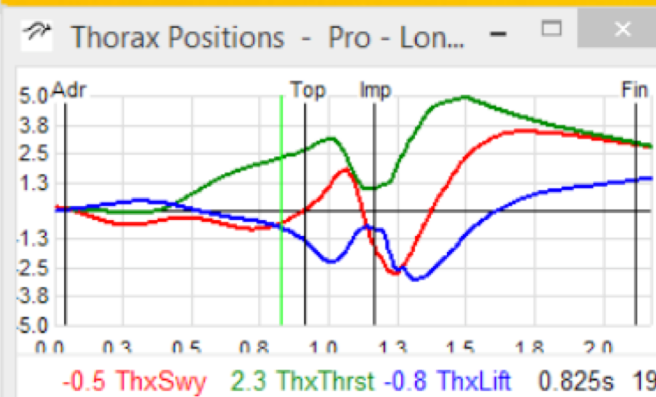
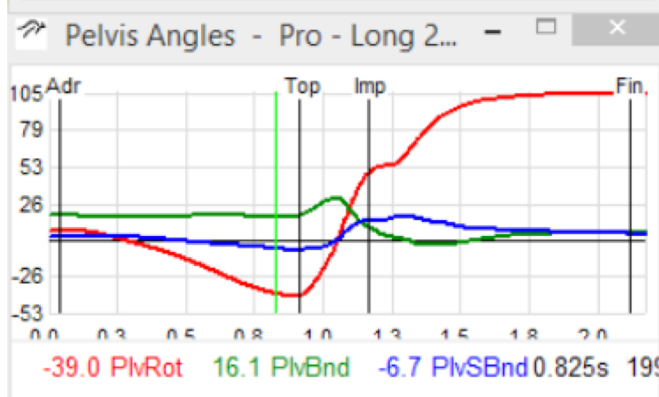
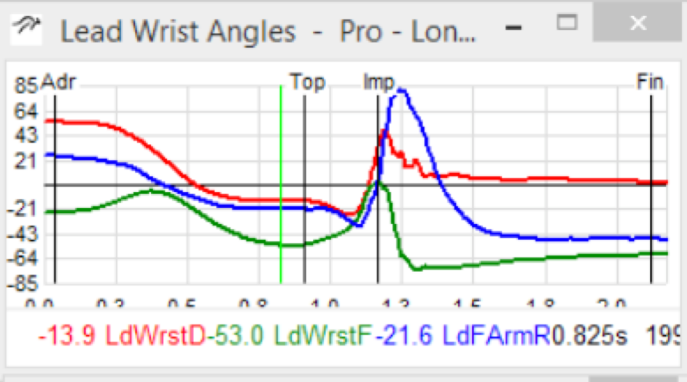
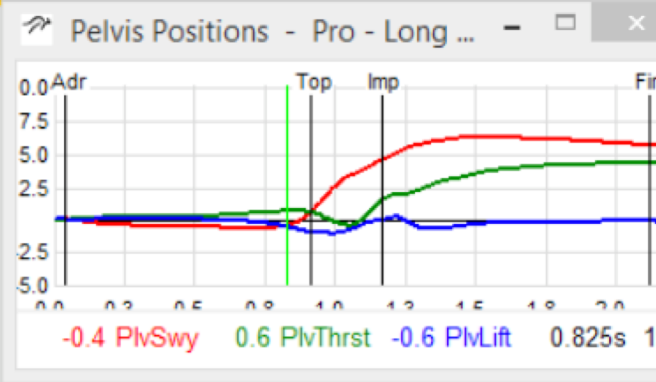
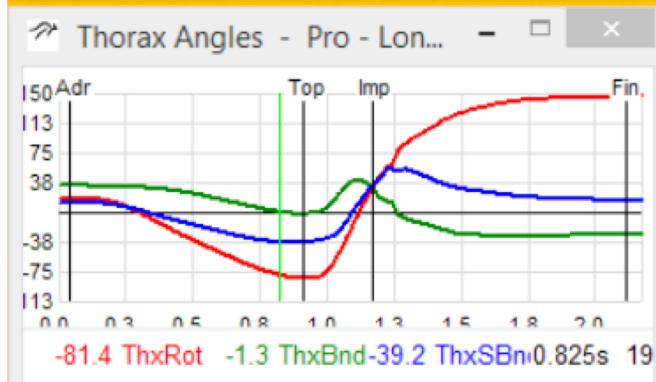
Wipe
Arm Extension
Bracing
Chest turning
Arcwidth (flat spot)
Supination
Flex/extend changes
Unhinge

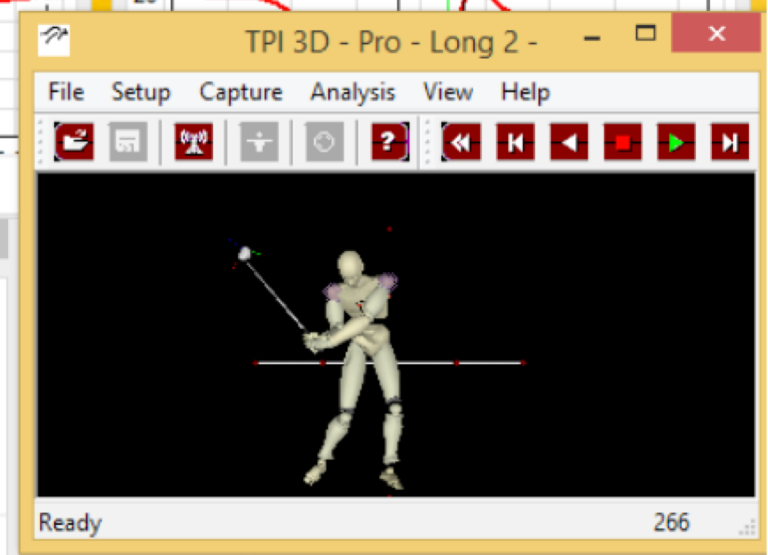
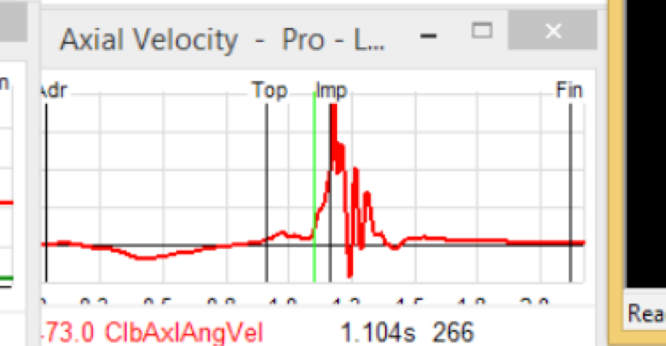
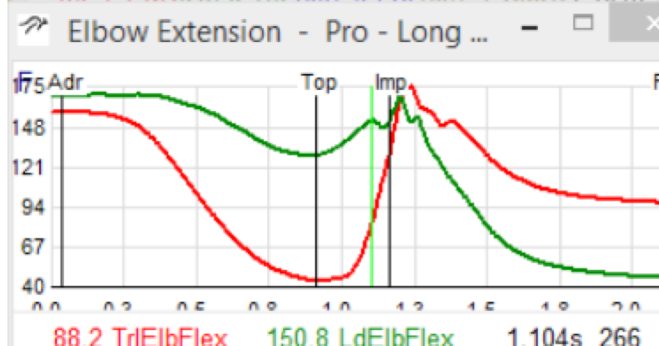
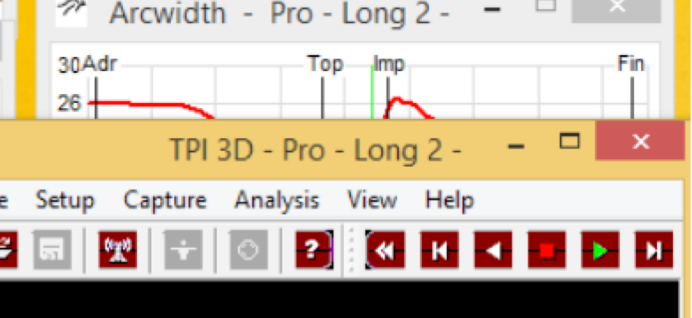
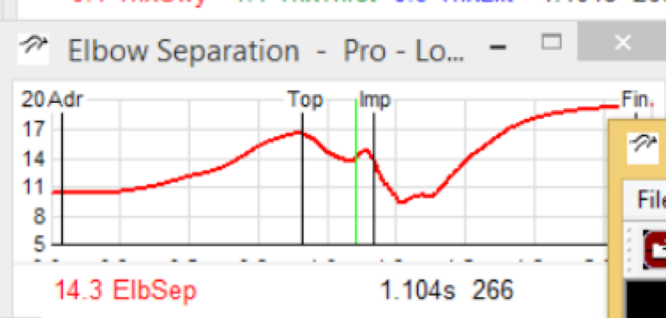
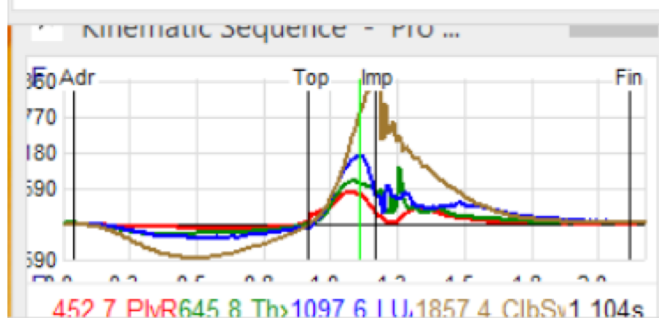
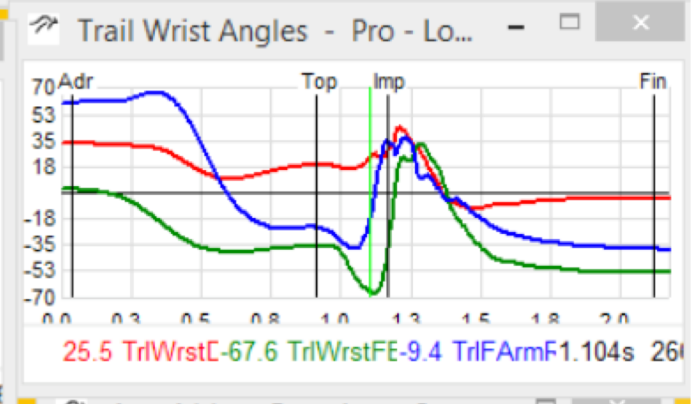
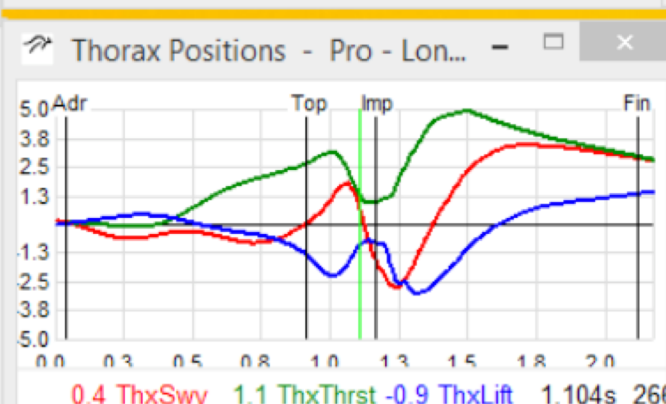
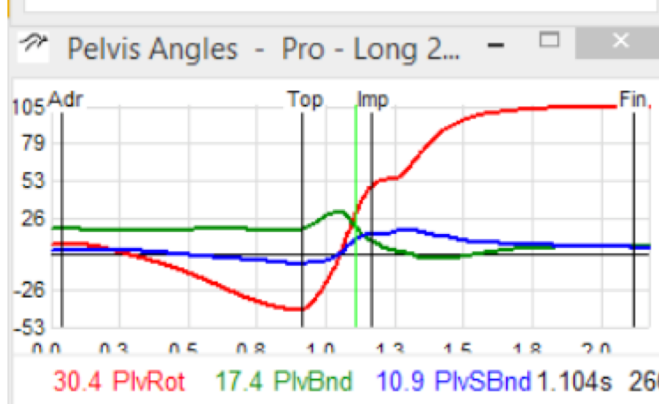
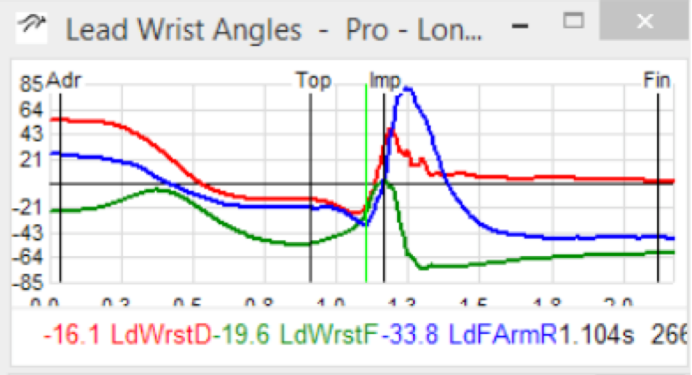
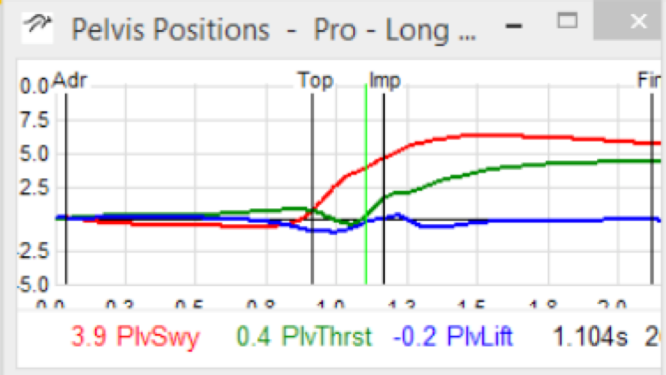
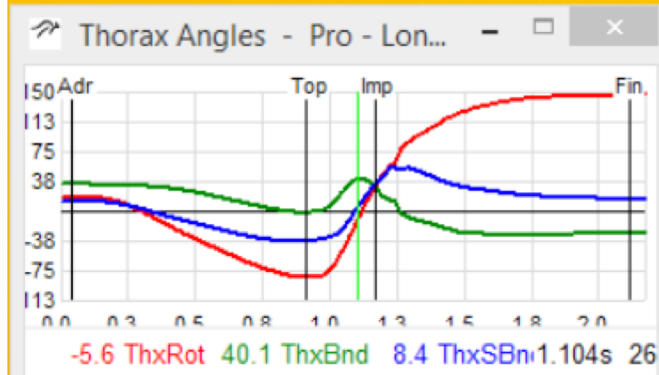


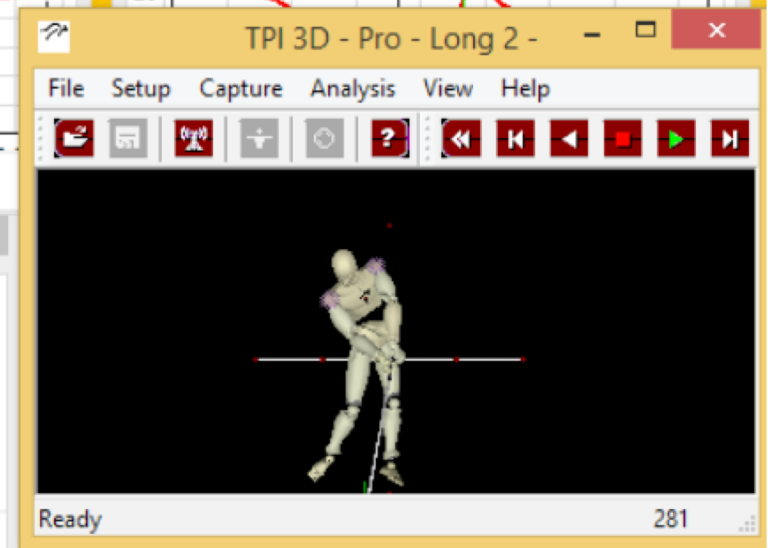
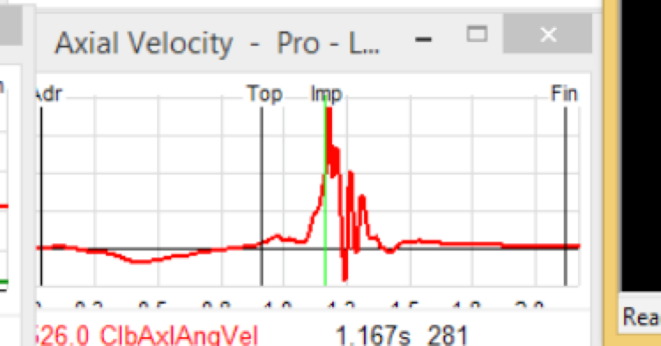
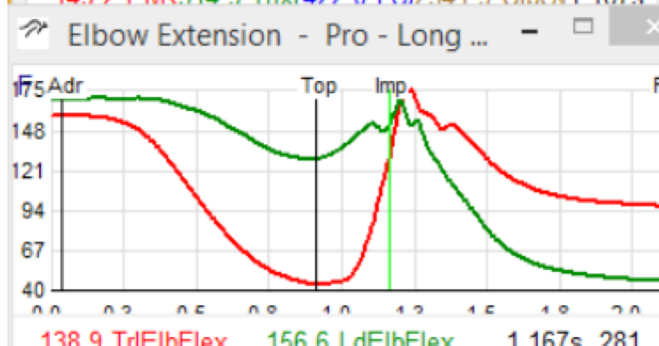
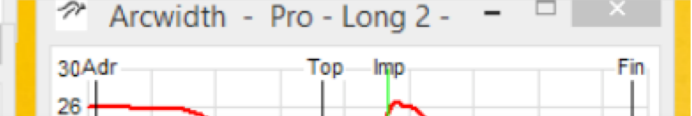
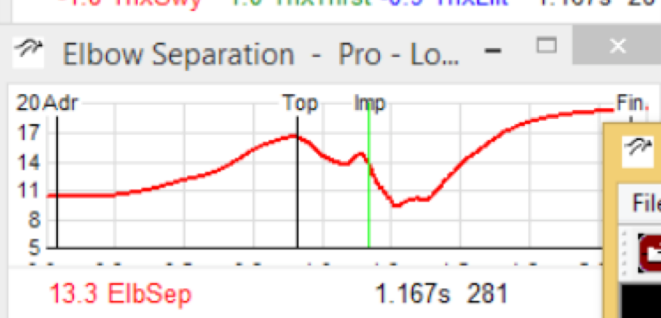
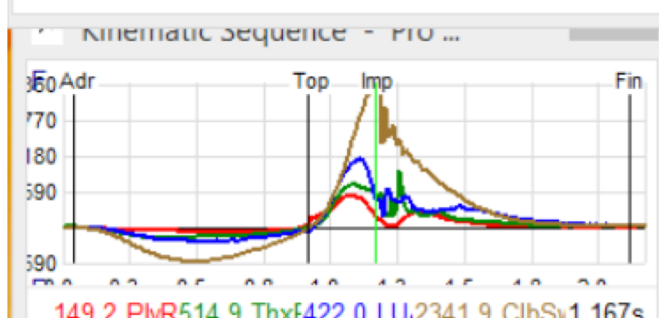
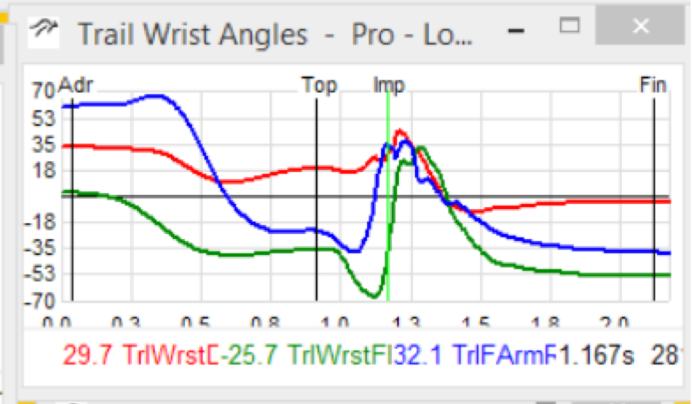
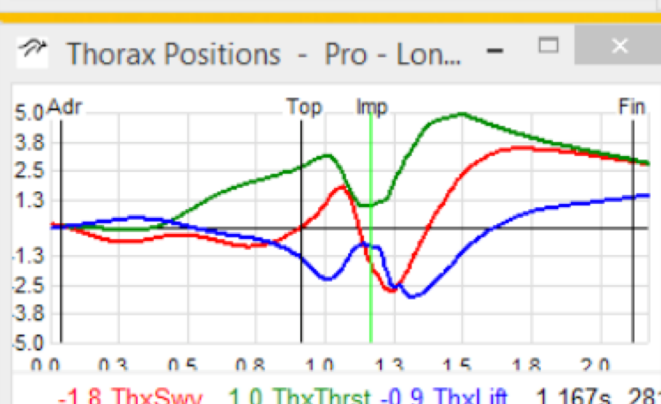
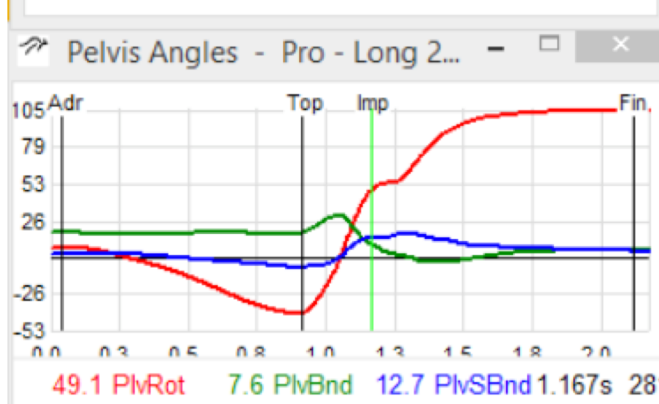
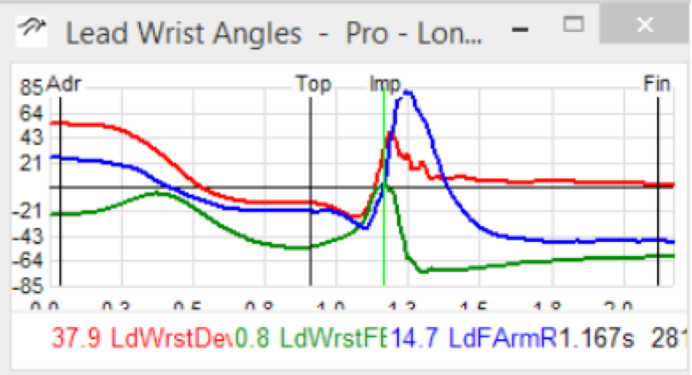
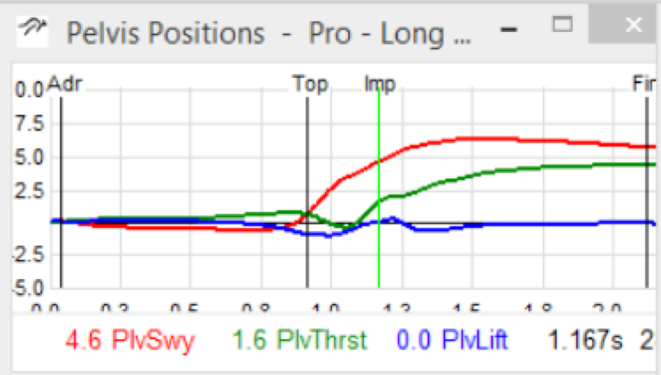
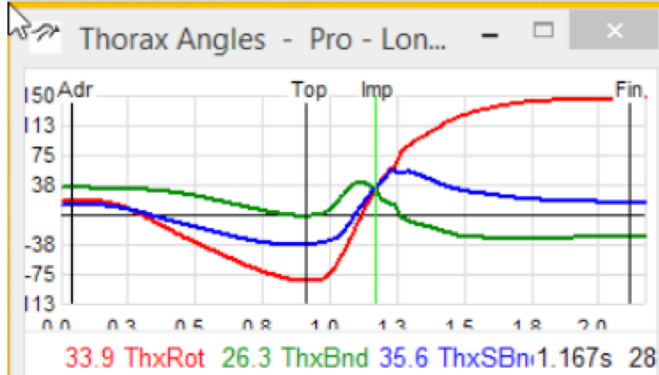


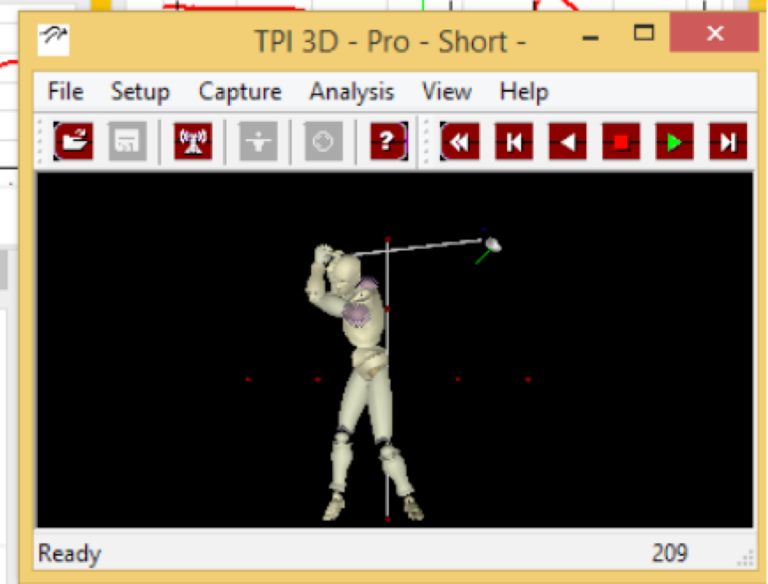
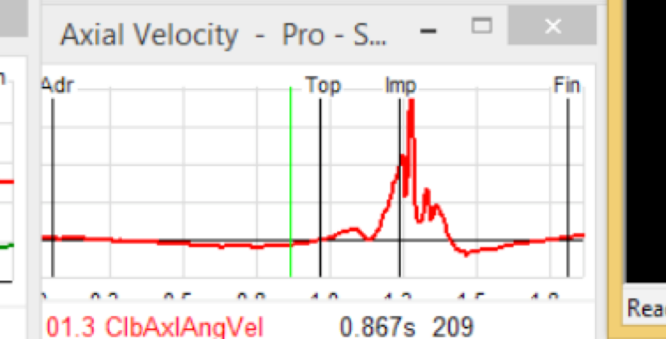
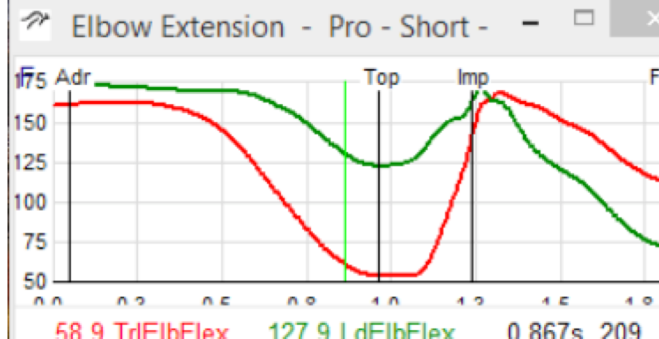
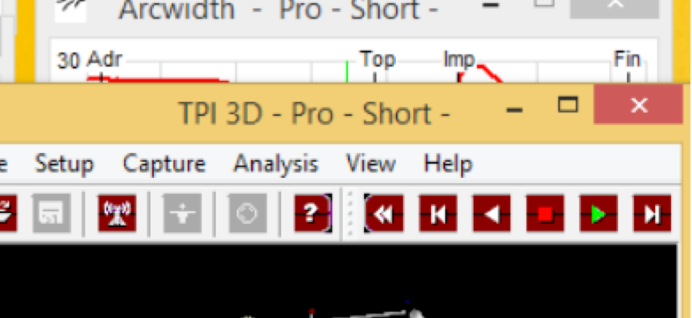
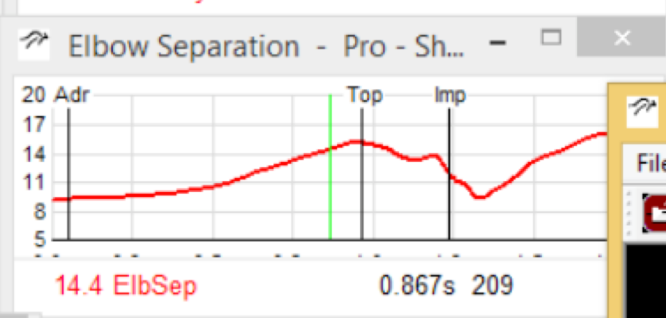
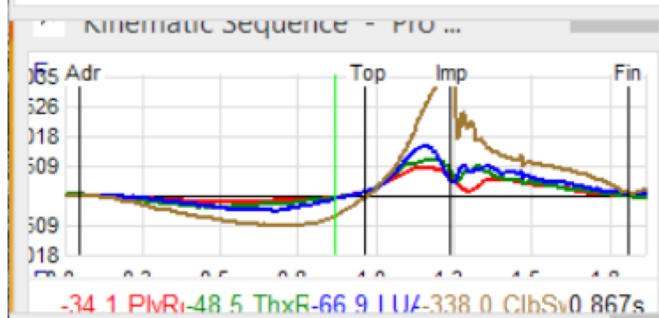
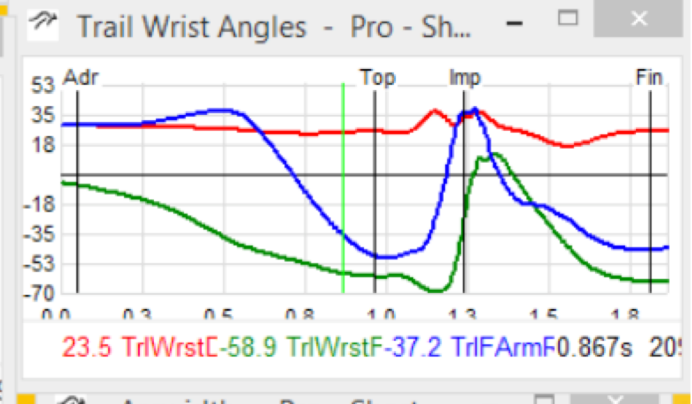
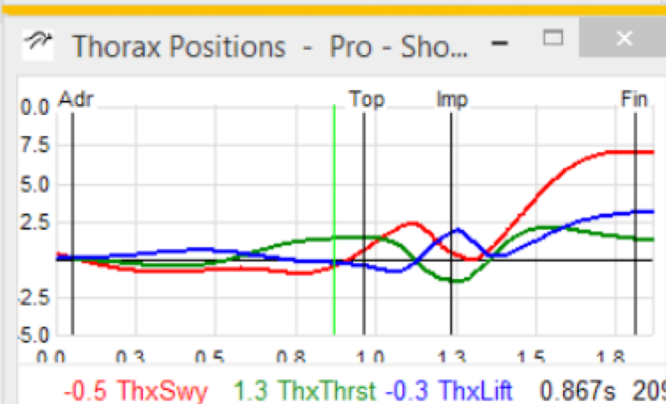
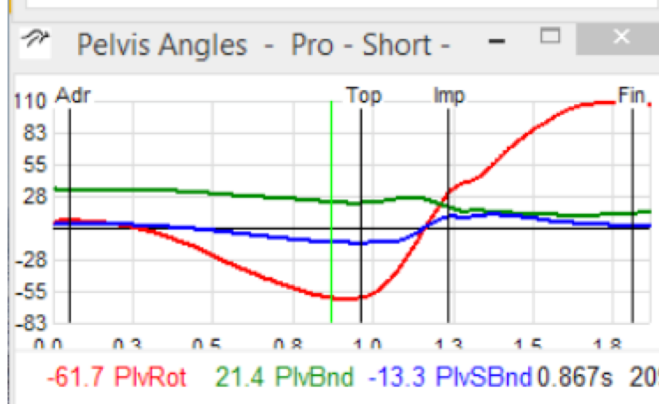
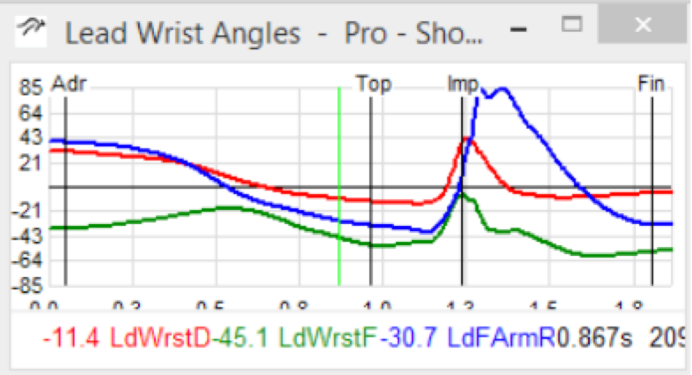
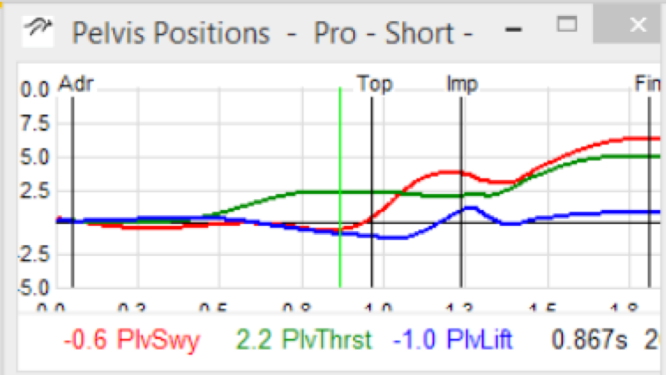
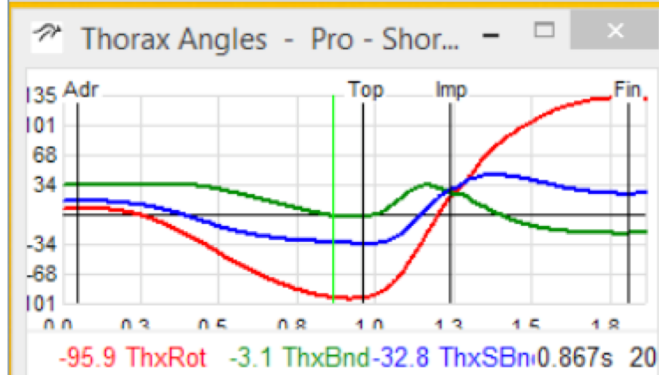


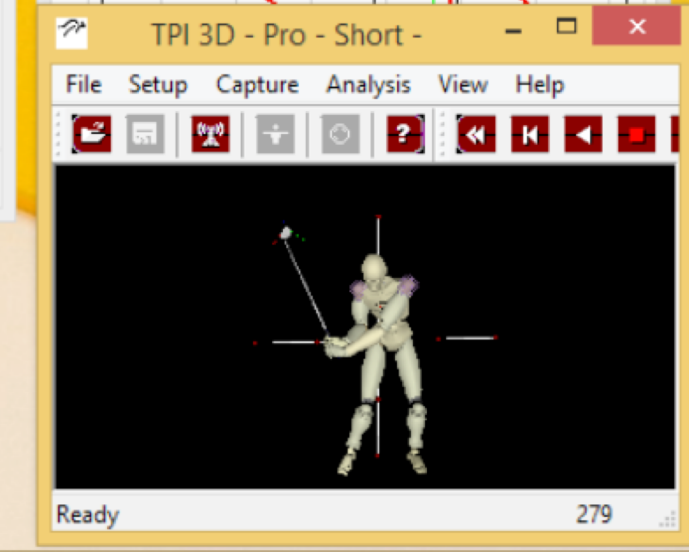
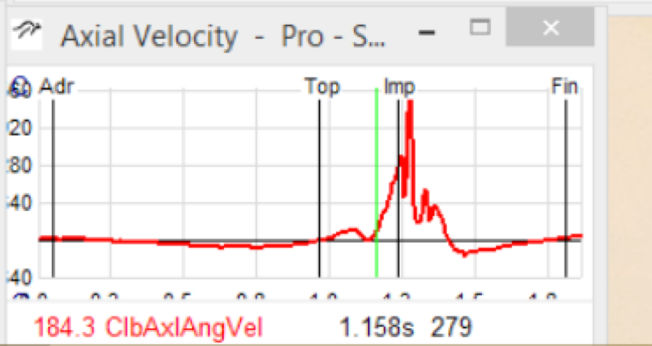
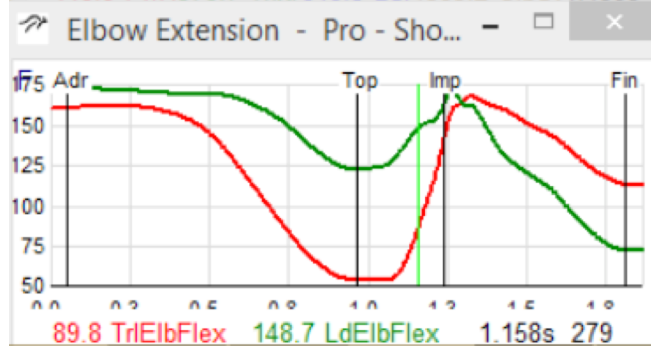
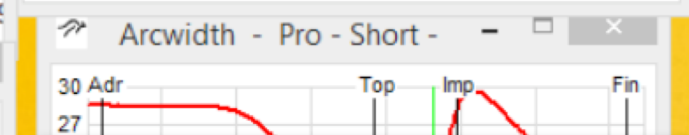
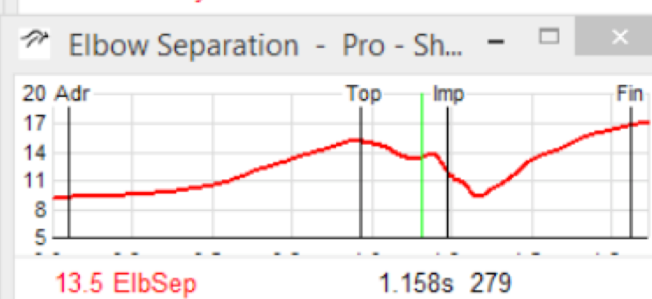
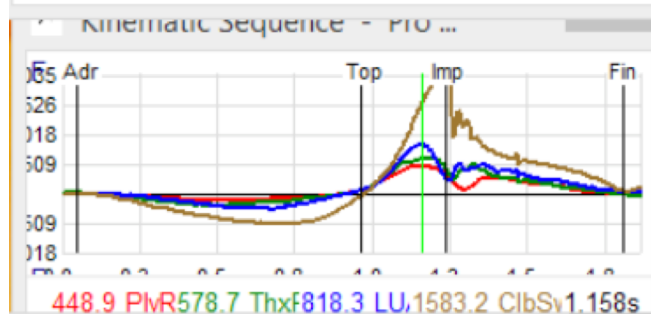
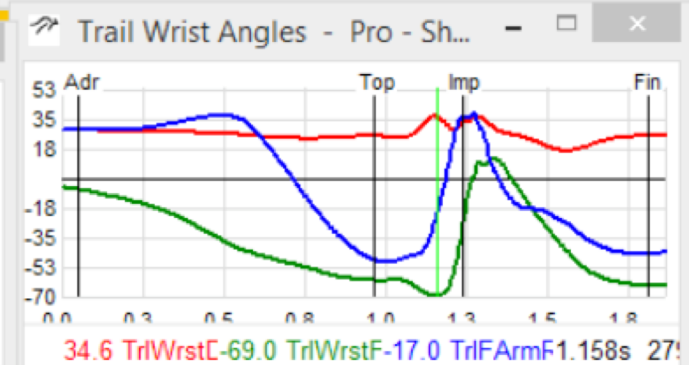
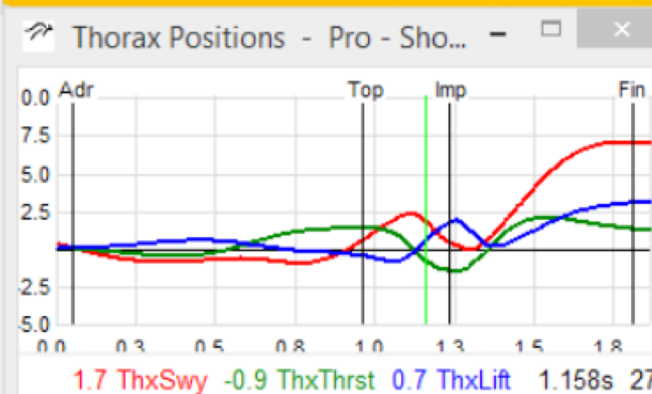
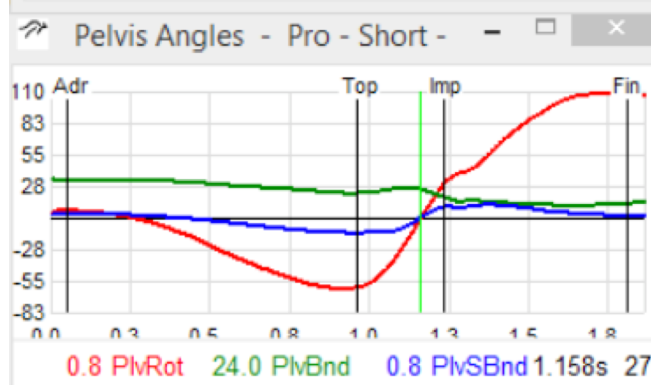
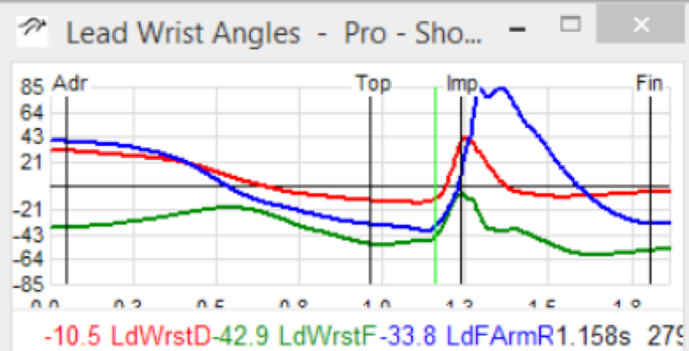
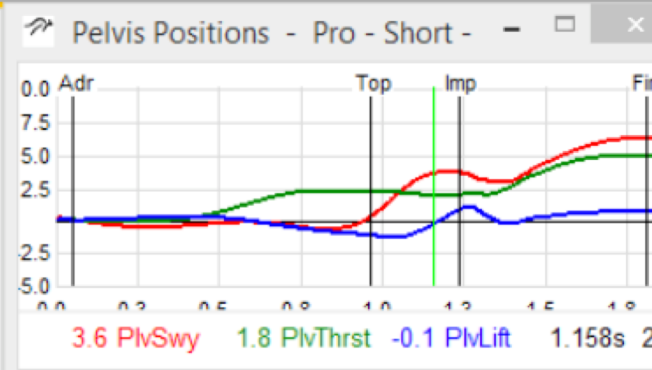
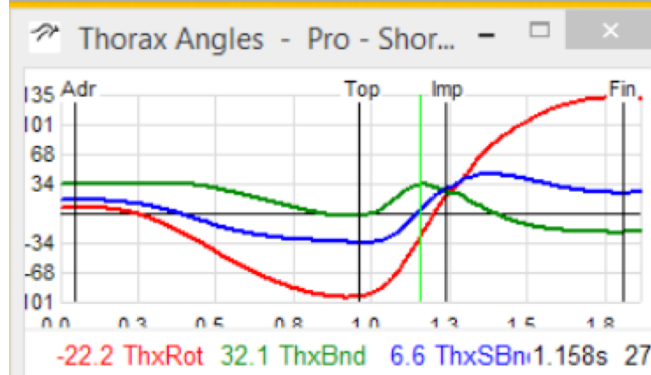


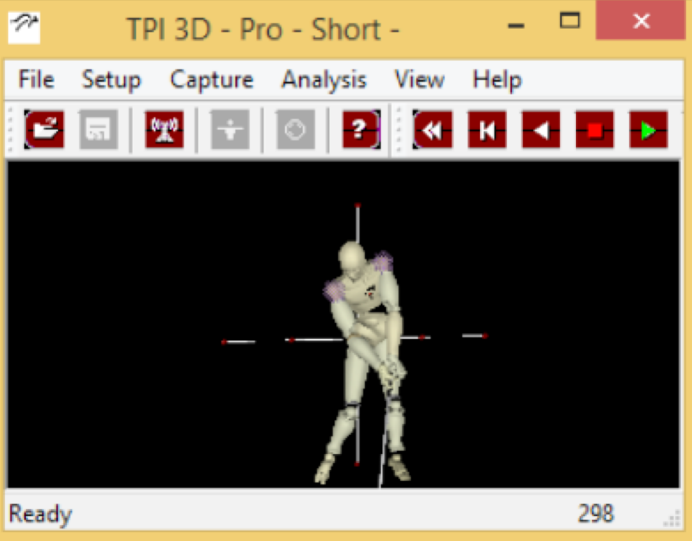
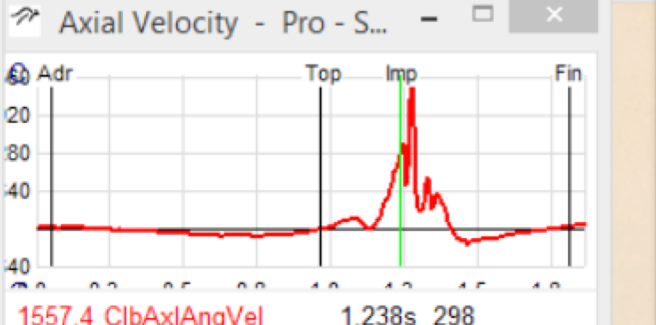
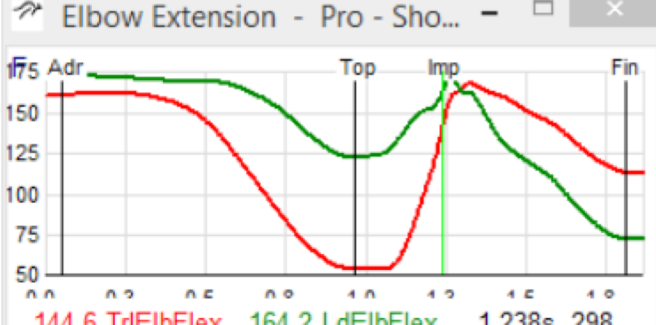
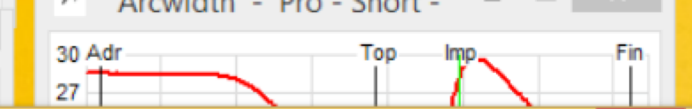
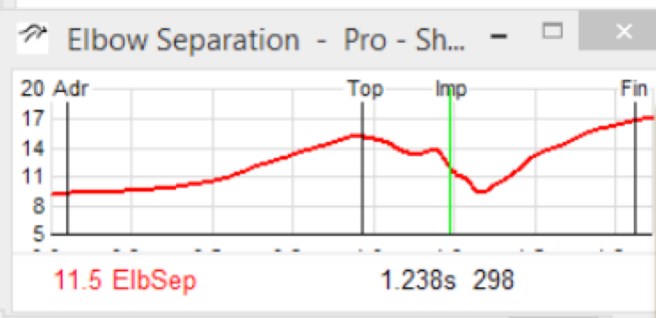
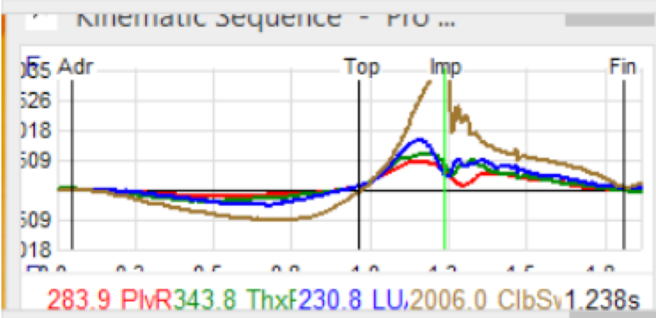
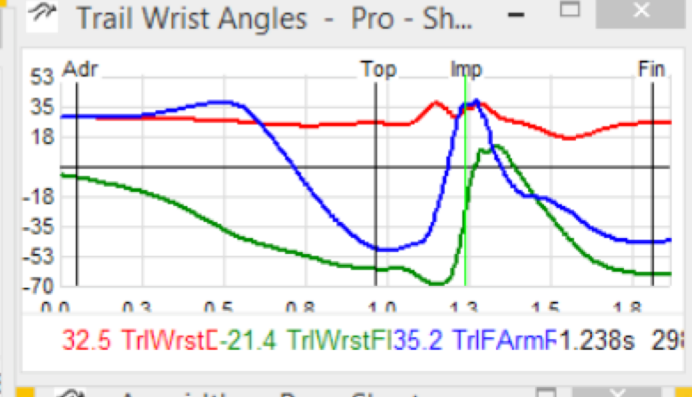
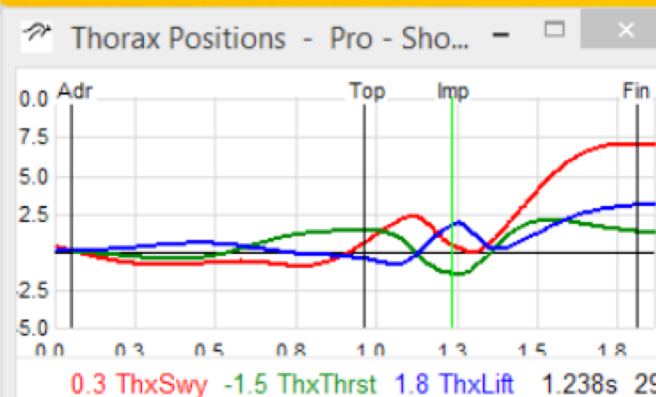
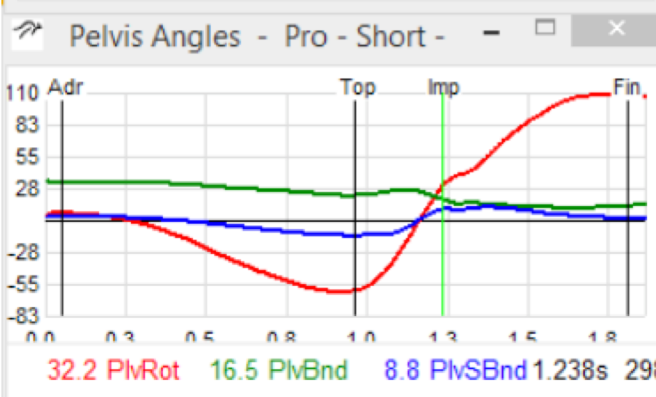
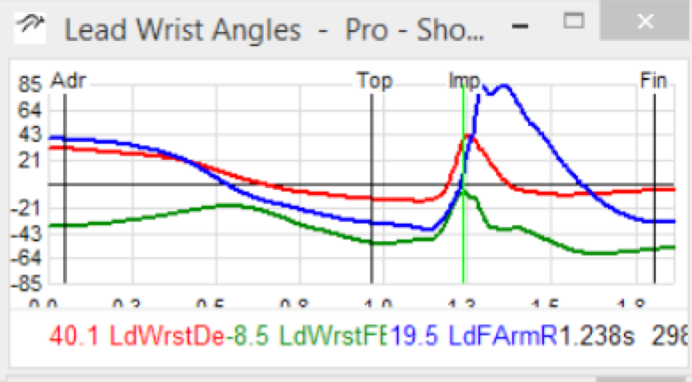
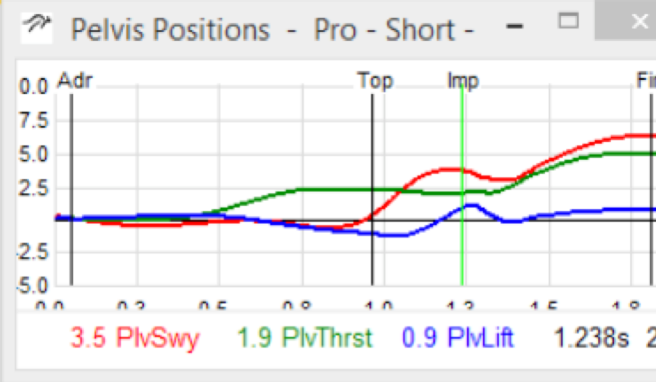
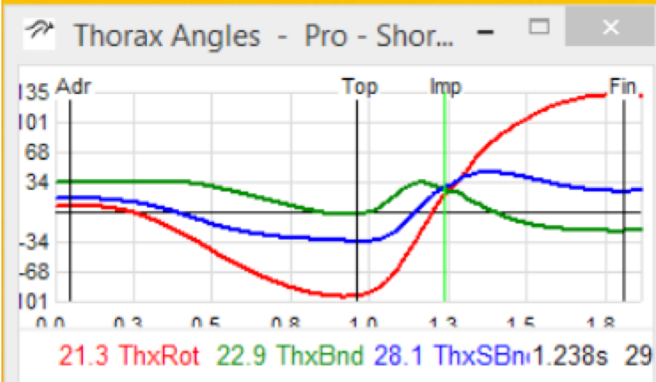


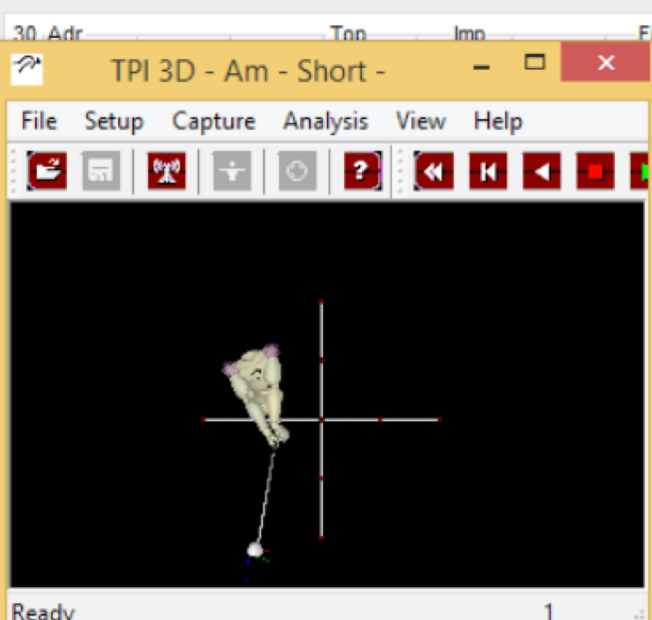
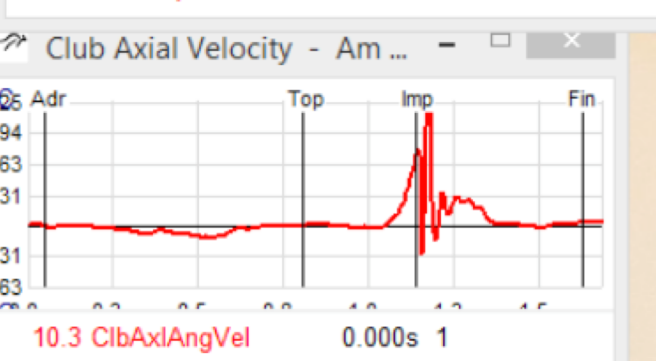
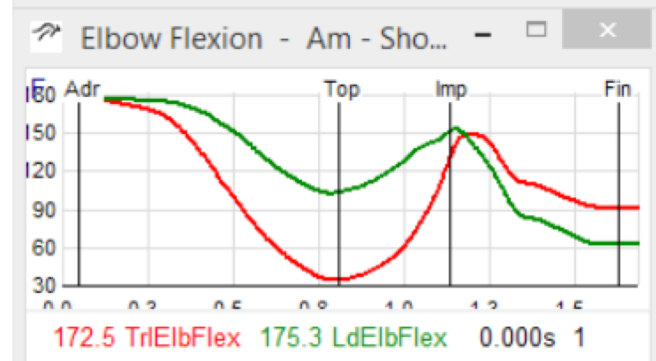
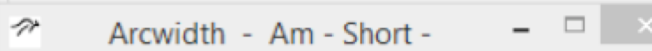
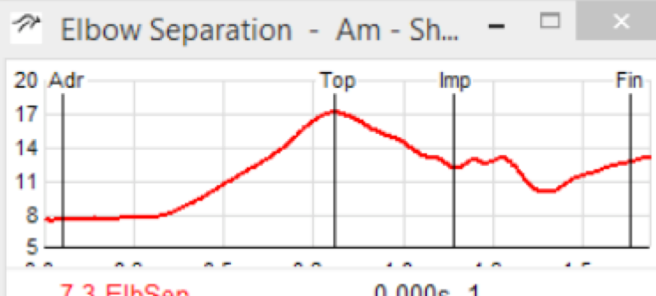
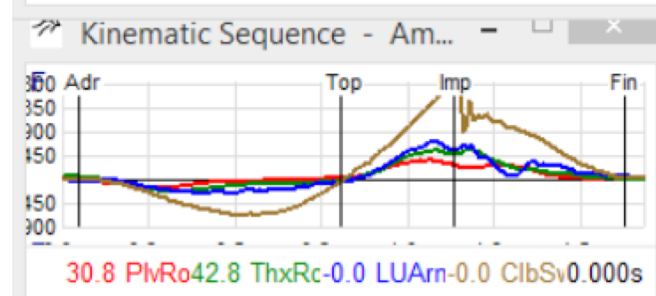
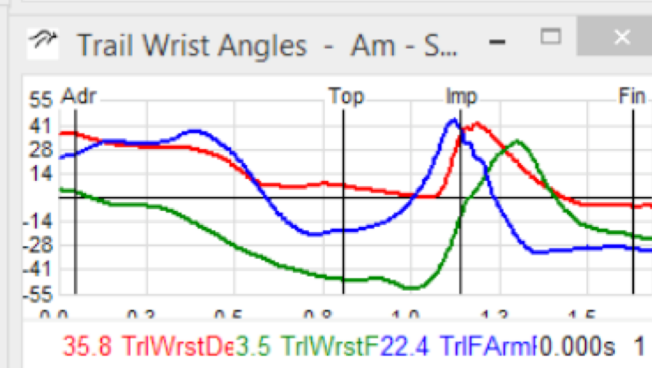
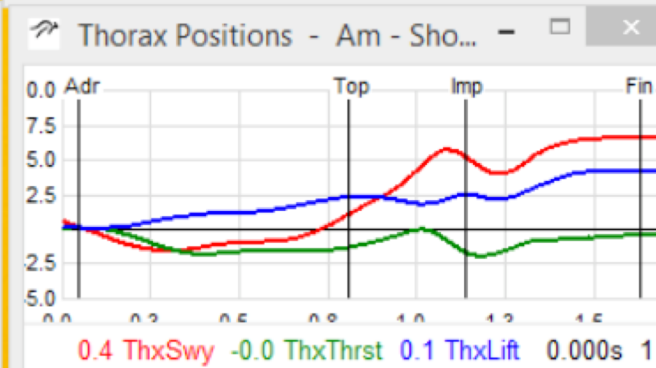
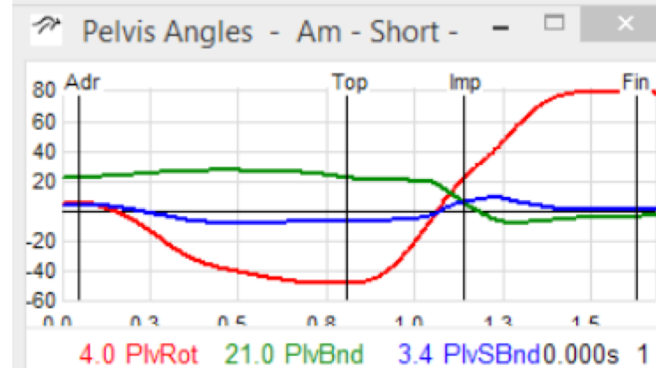
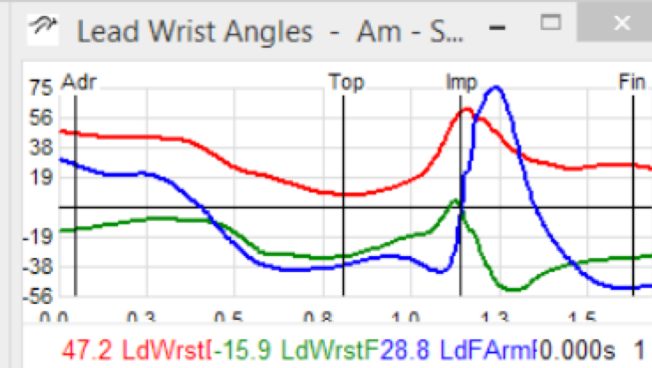
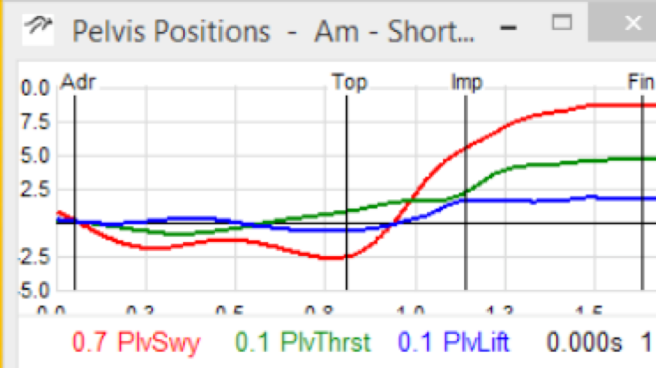
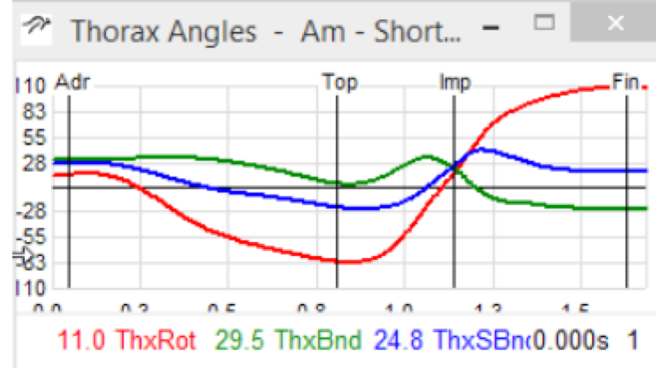


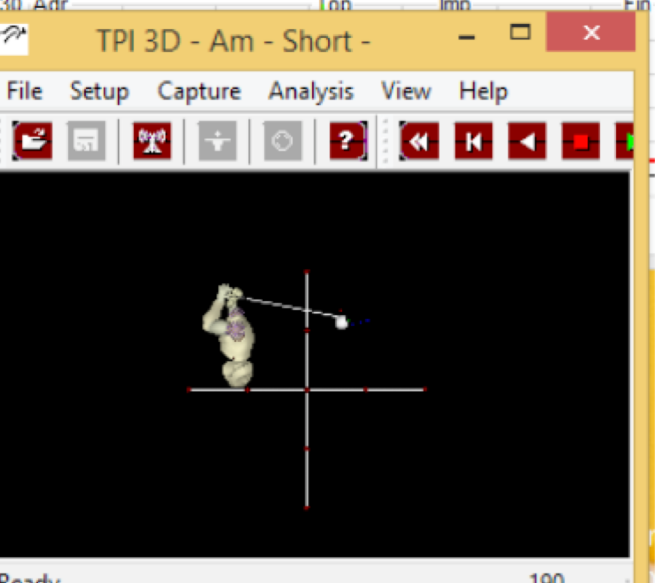
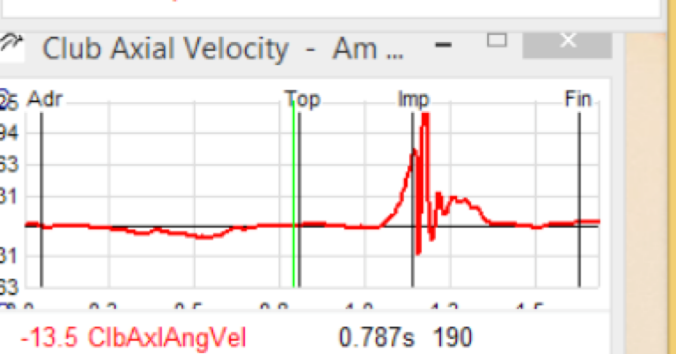
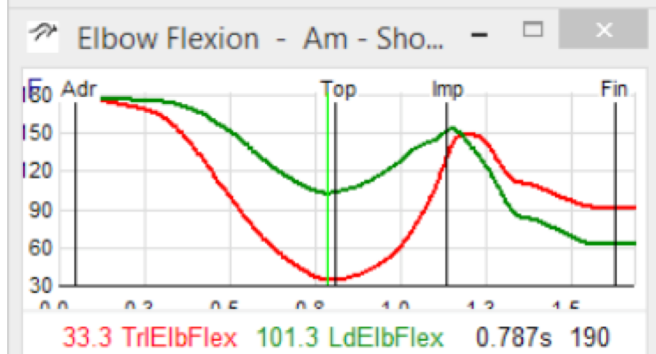
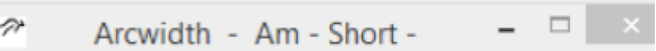
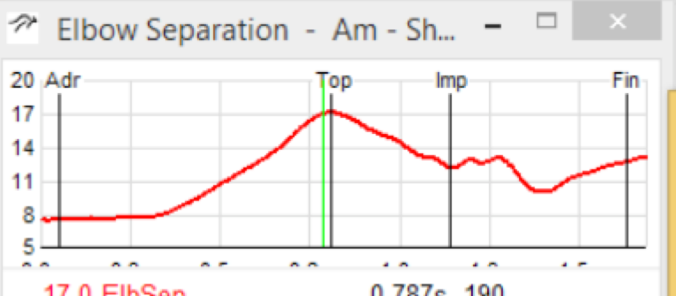
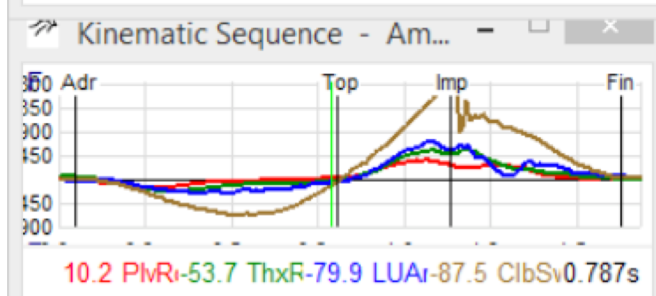
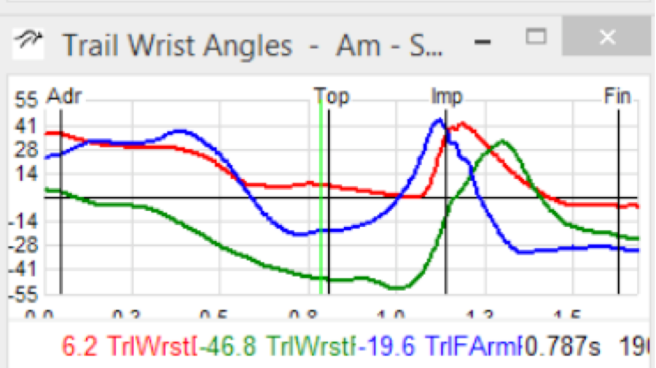
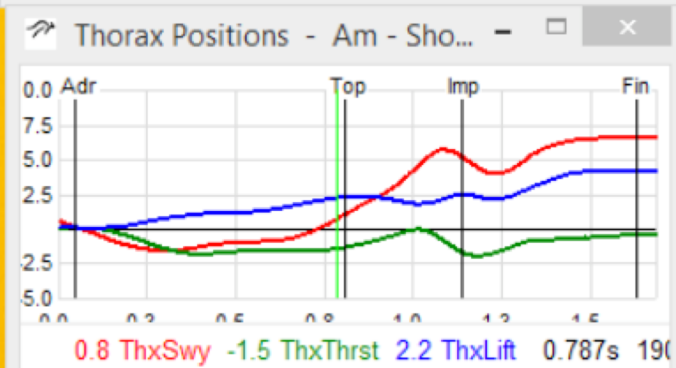
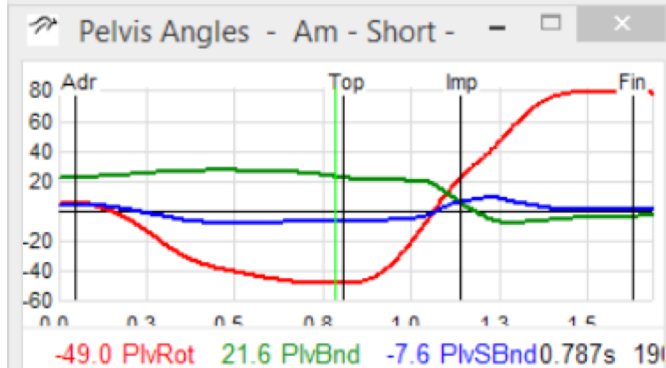
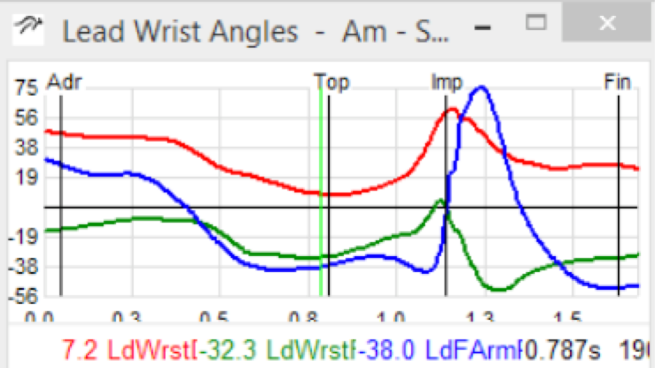
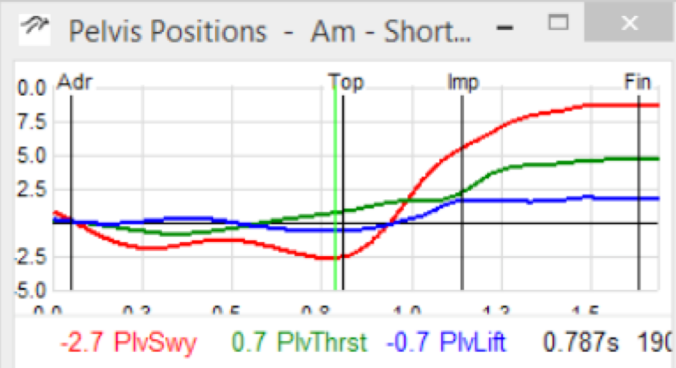
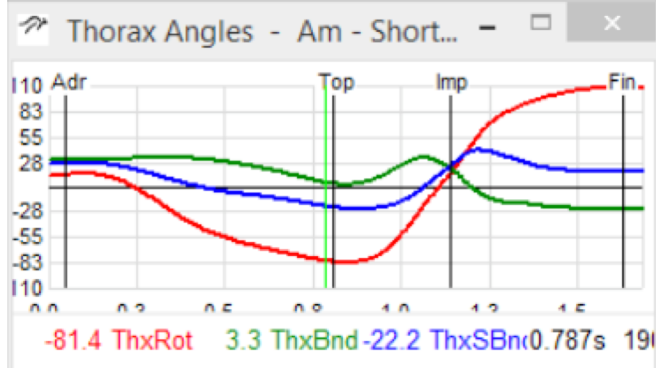


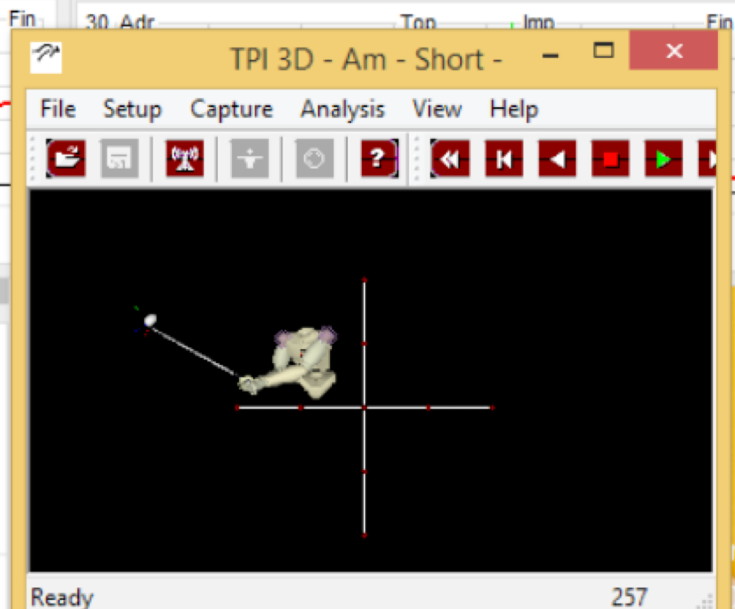
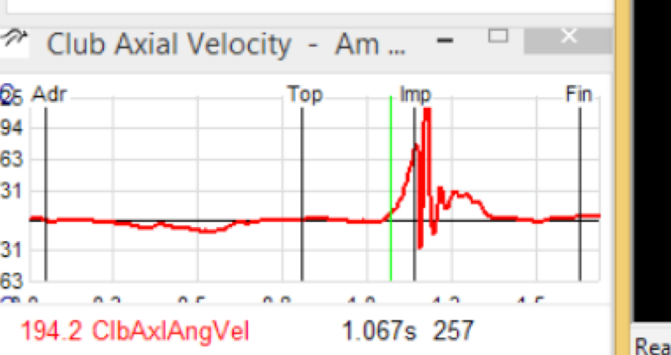
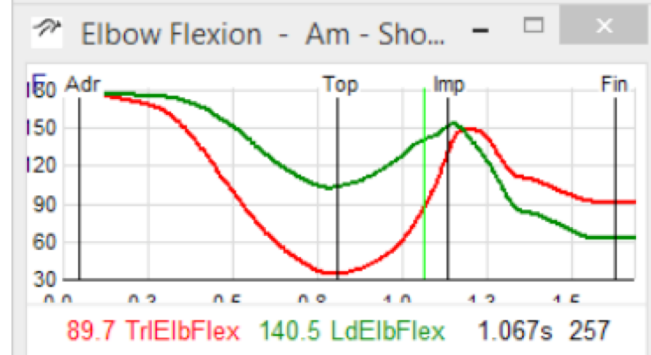
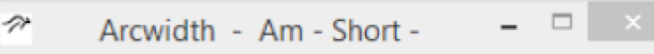
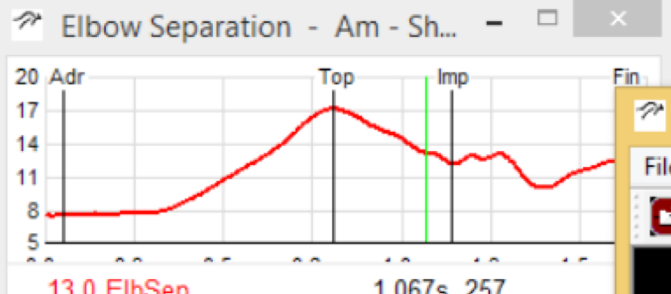
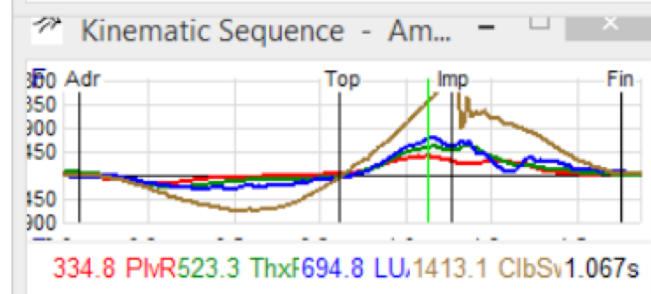
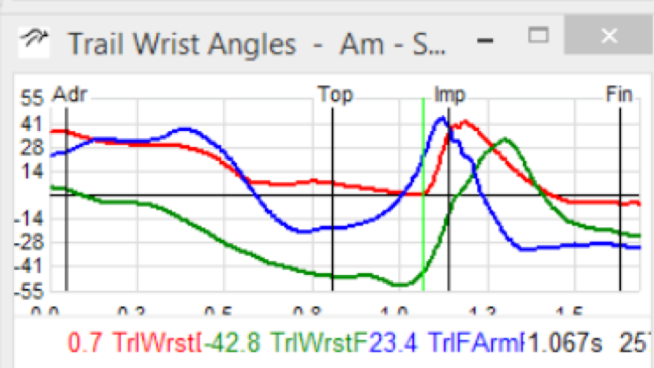
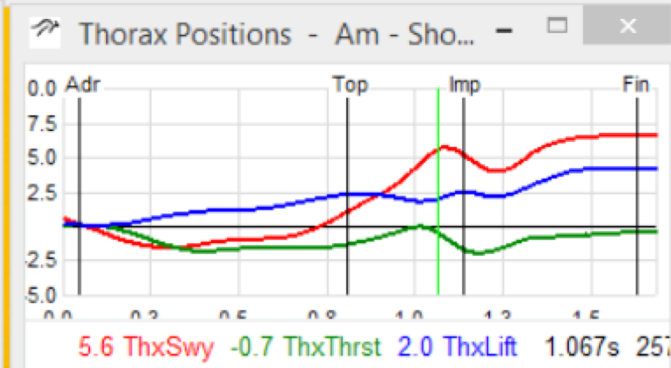
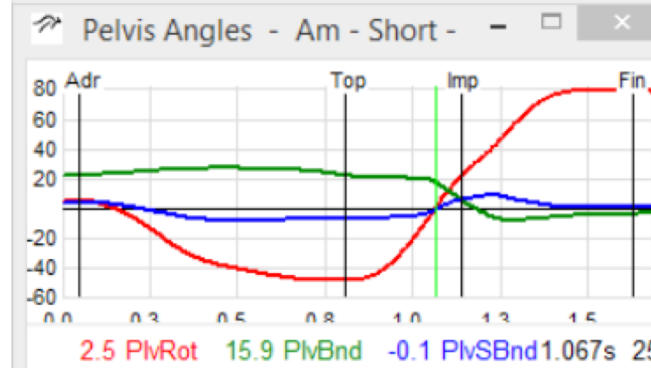
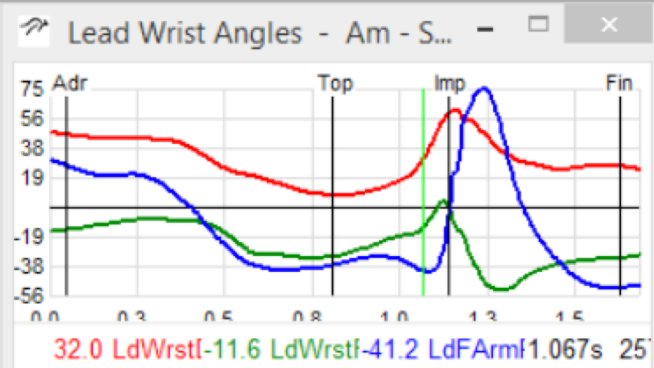
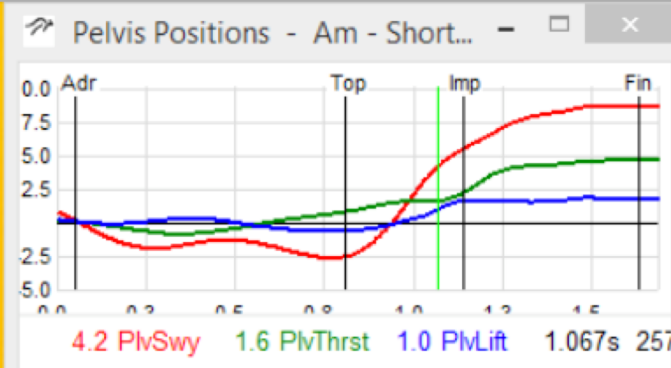
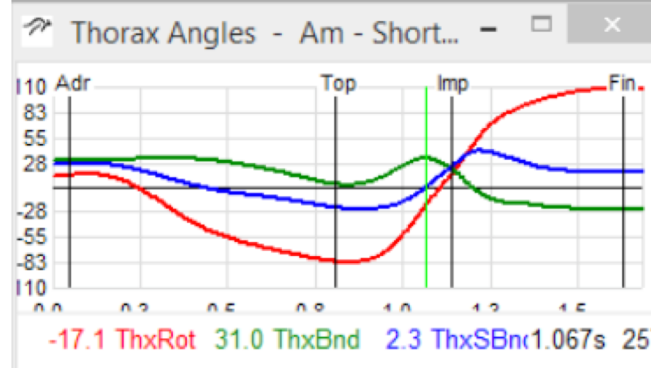


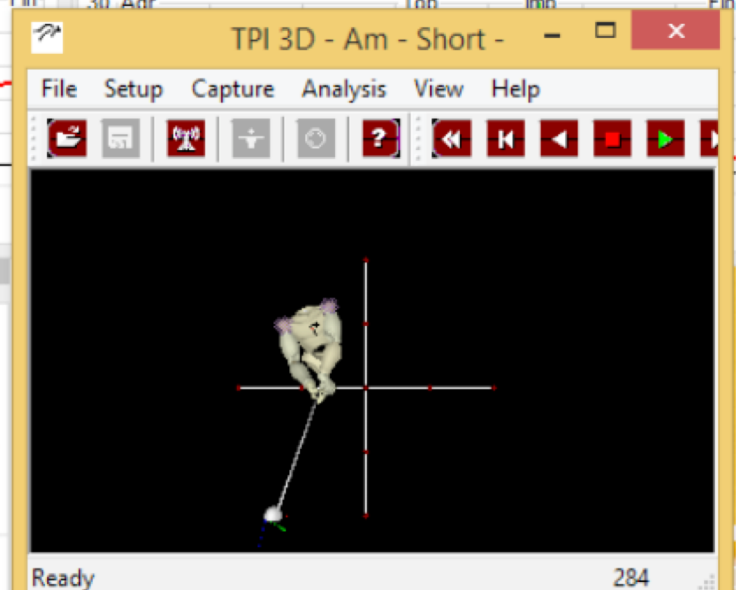
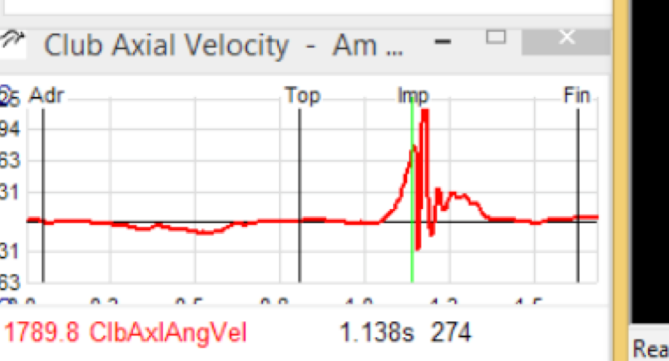
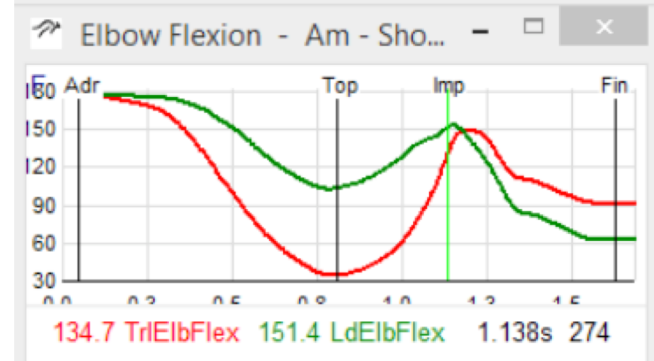
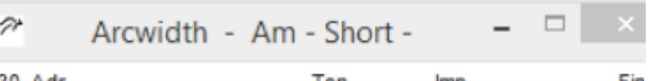
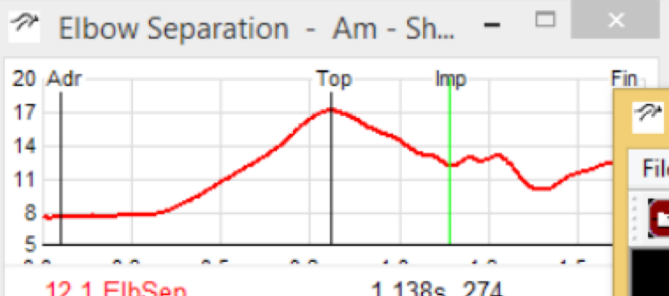
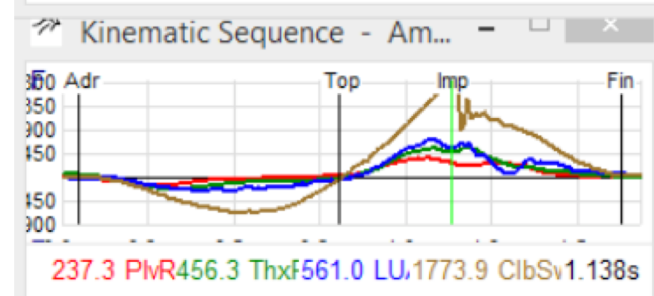
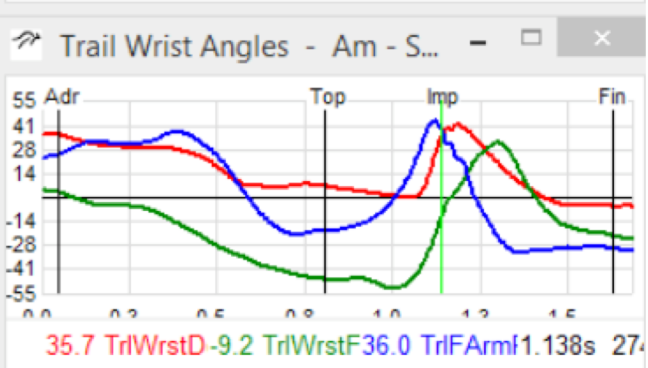
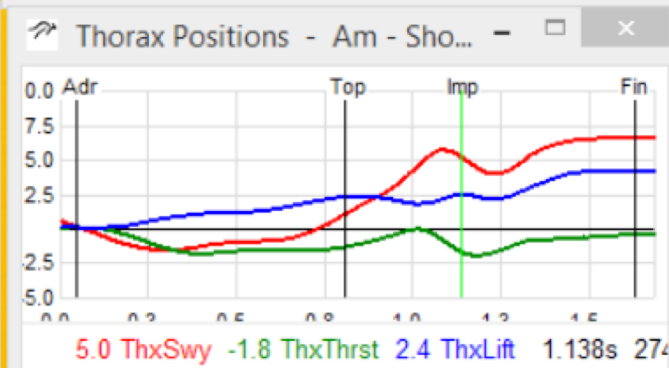
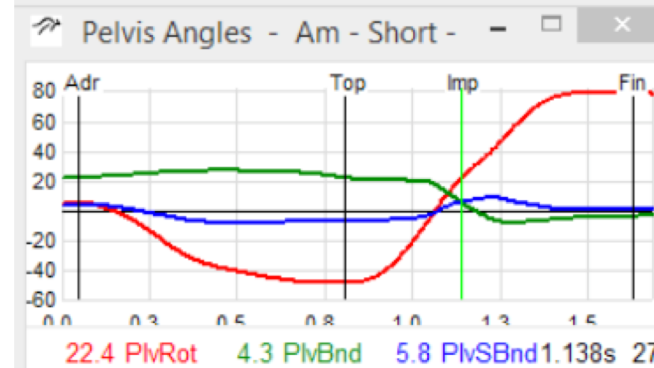
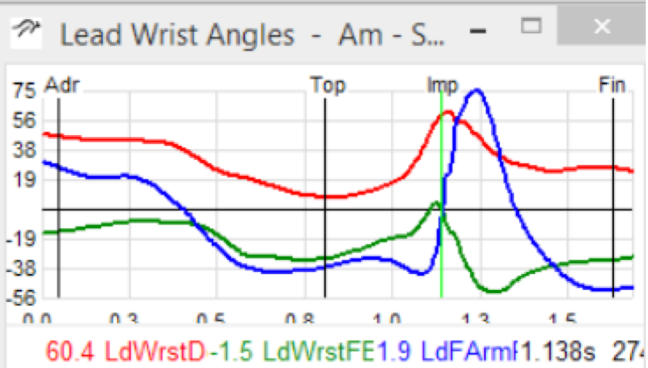
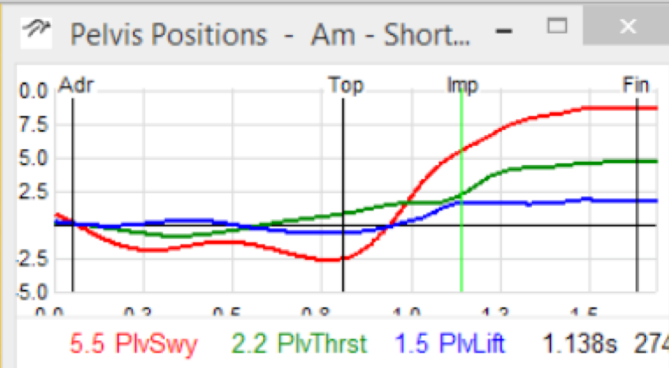
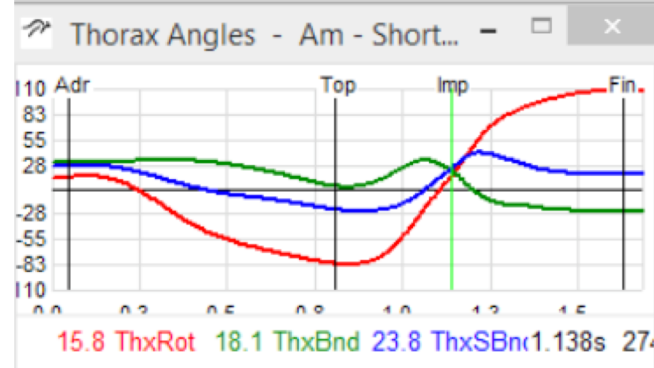


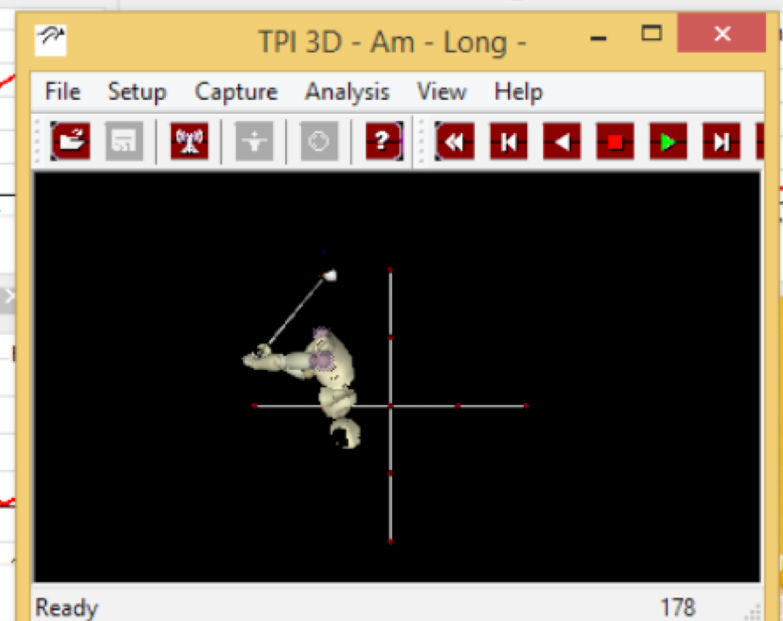
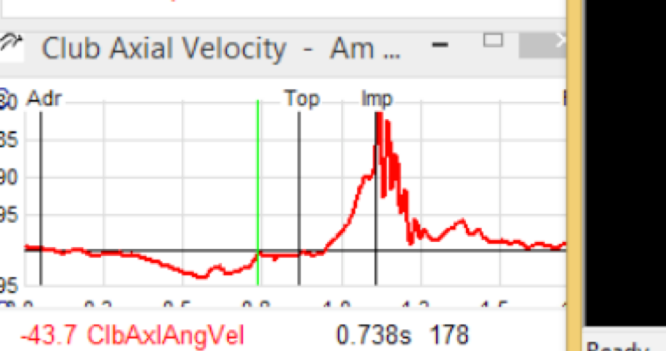
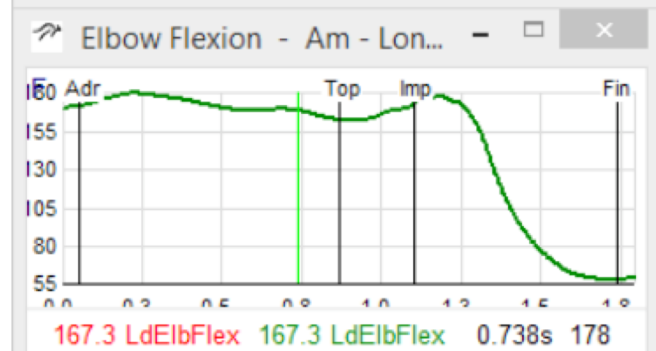
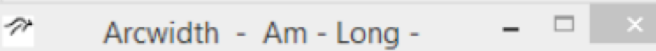
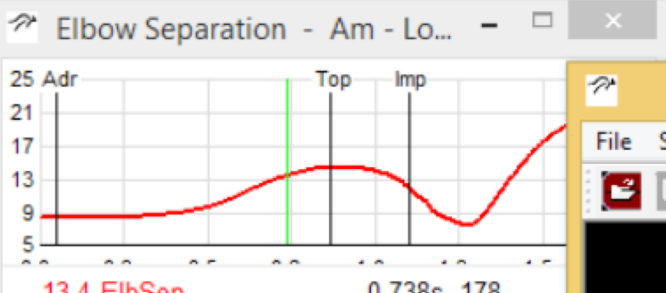
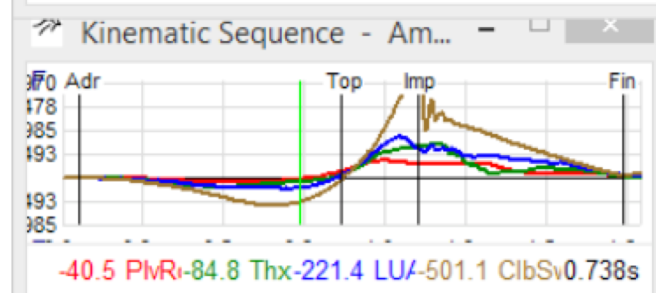
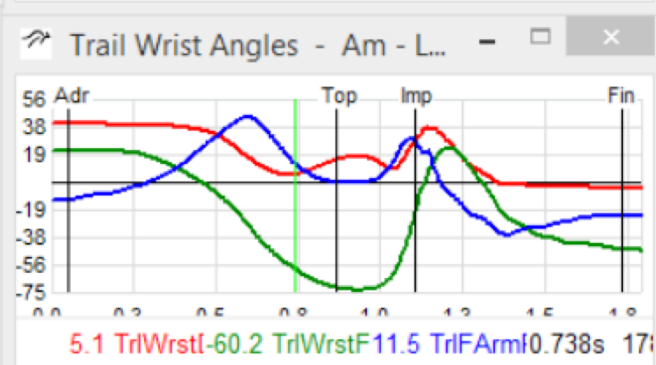
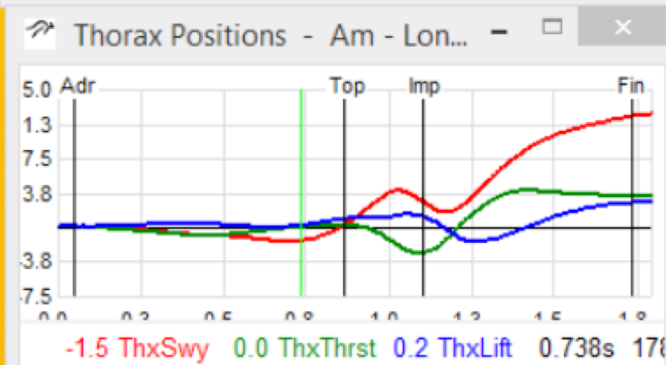
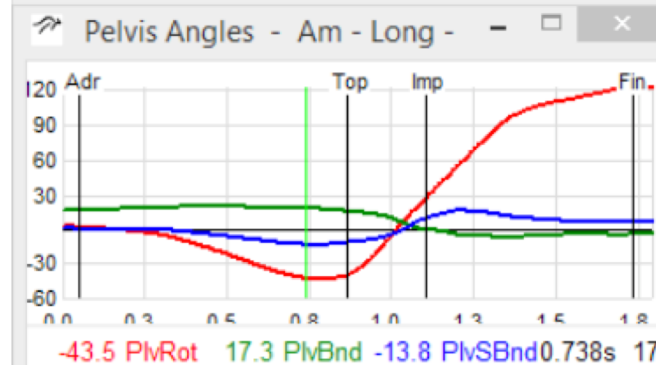
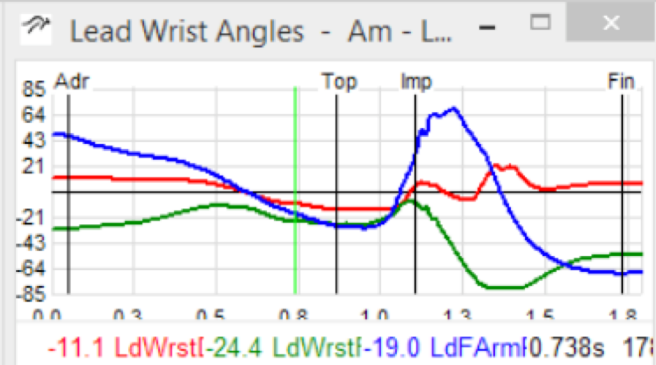
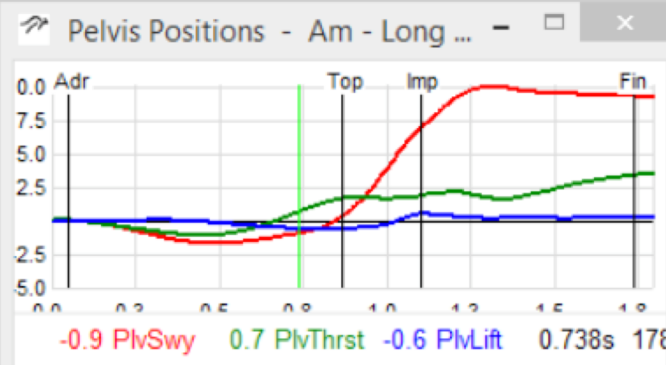
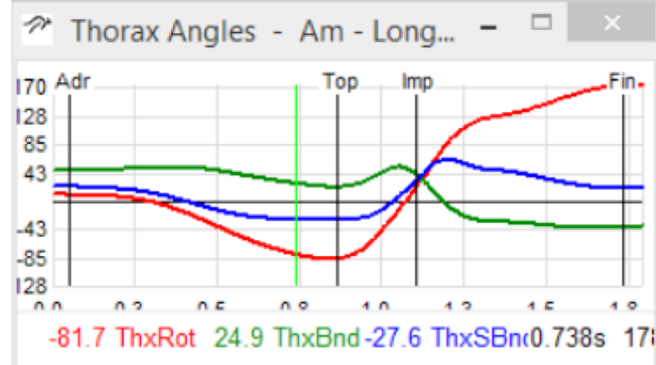


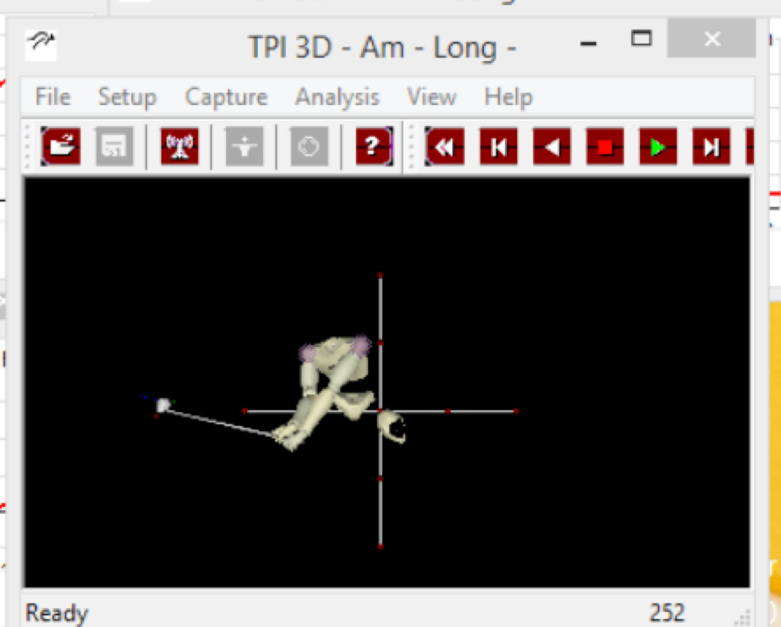
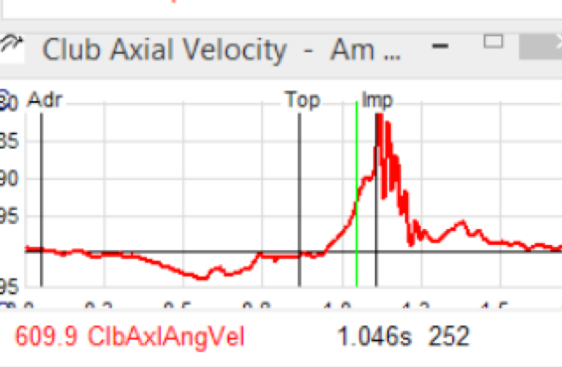
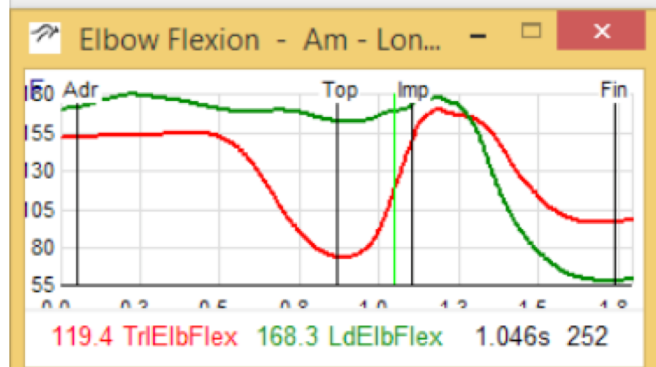
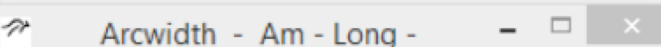
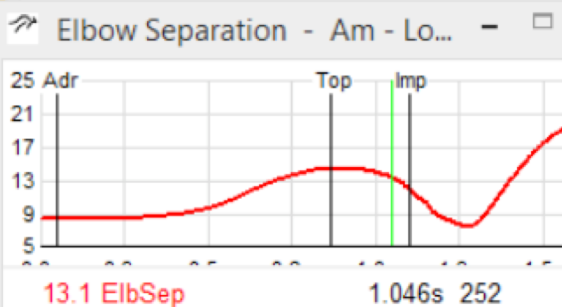
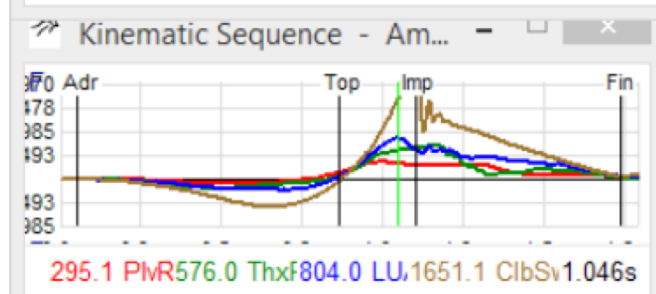
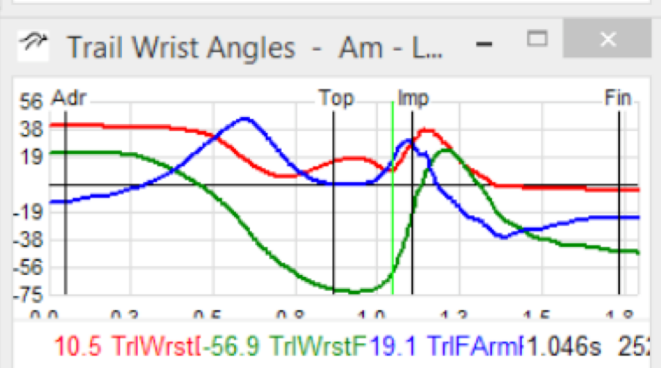
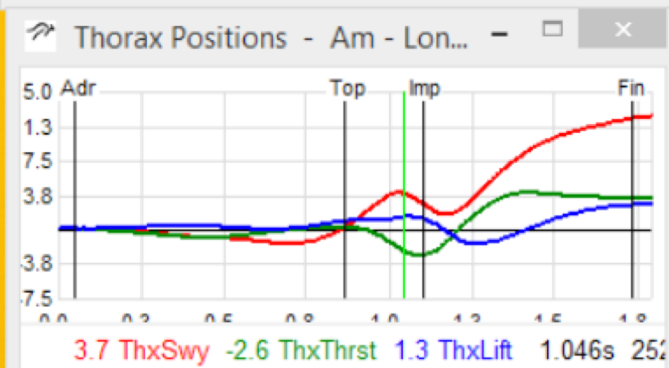
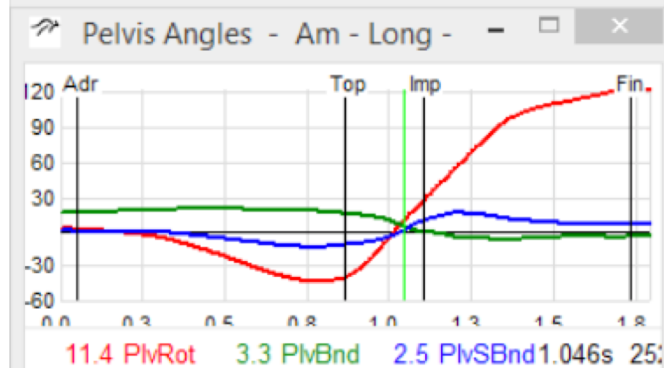
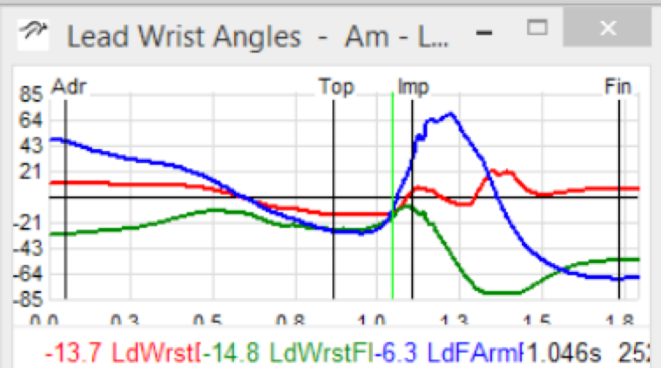
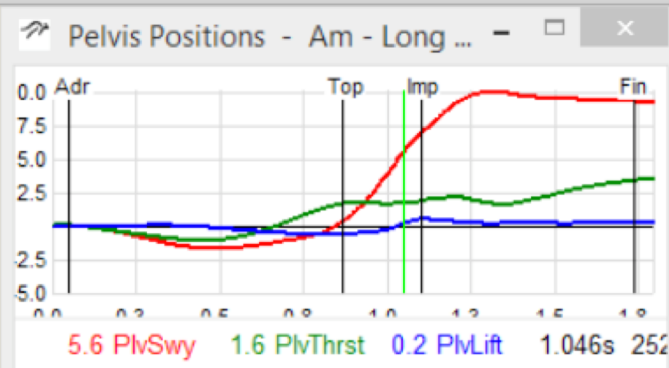
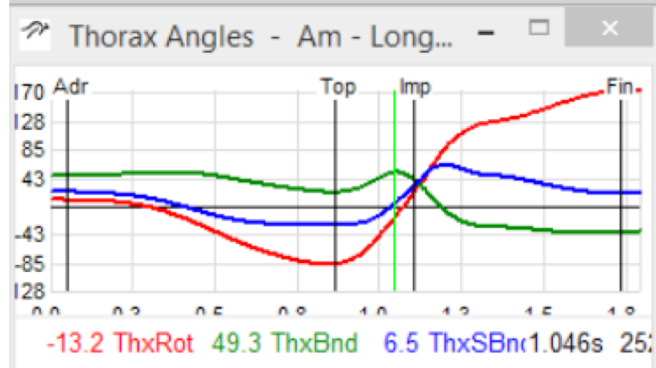


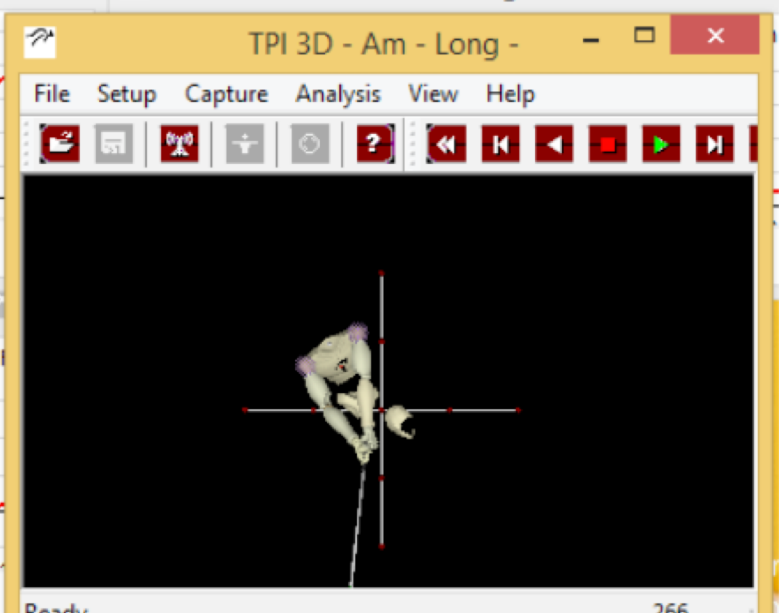
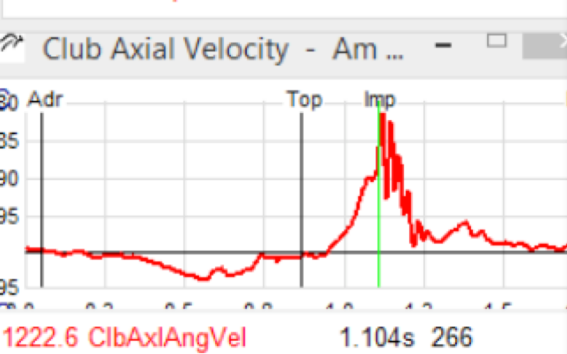
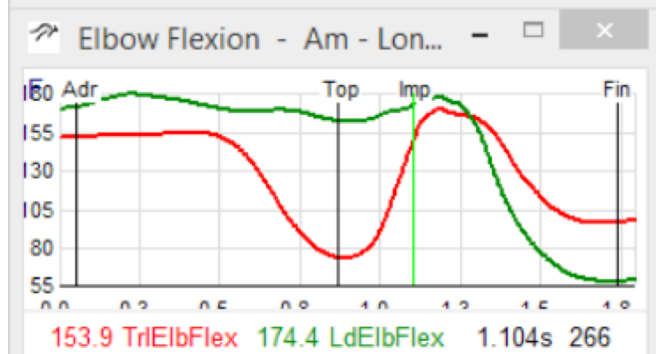
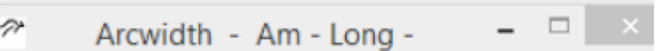
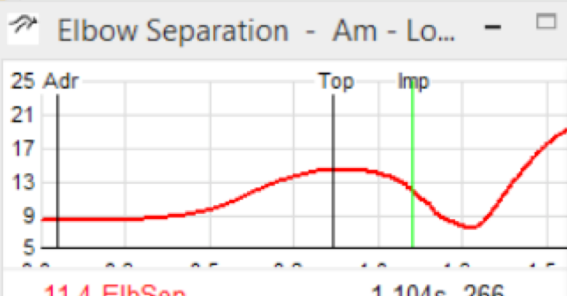
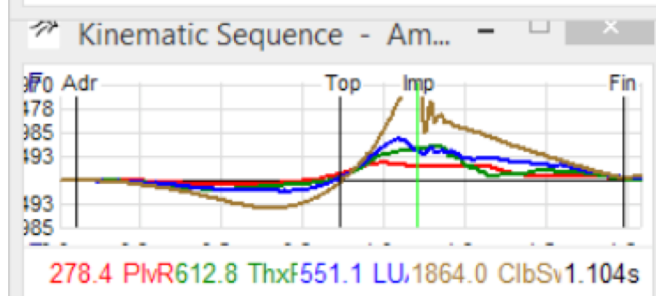
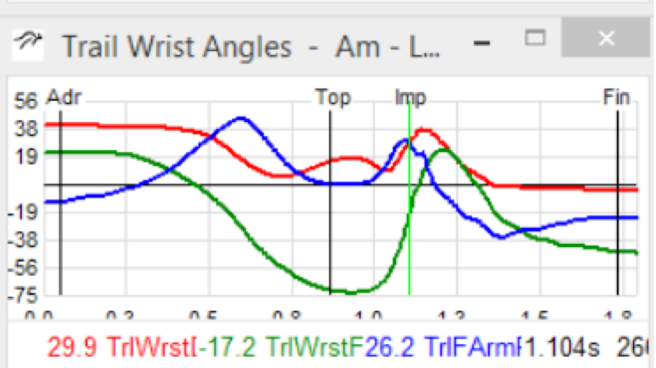
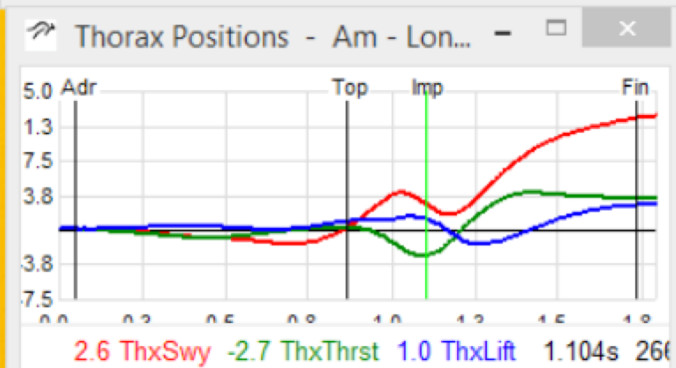
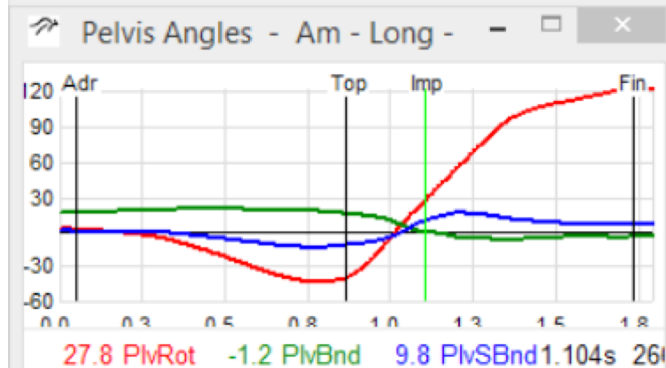
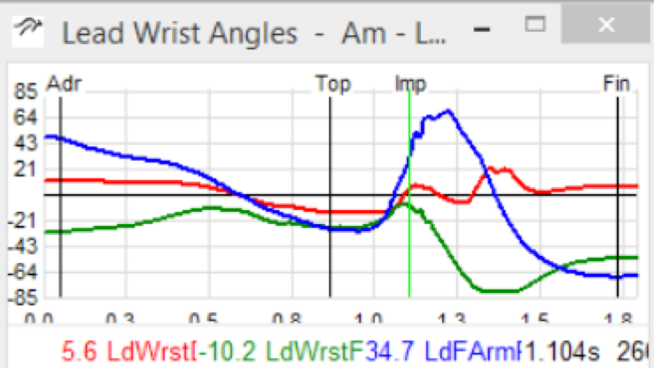
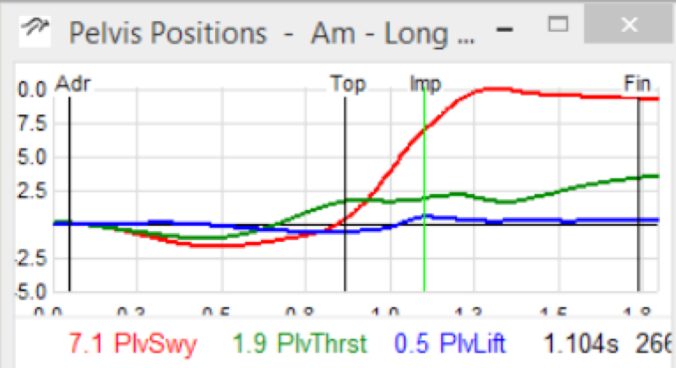
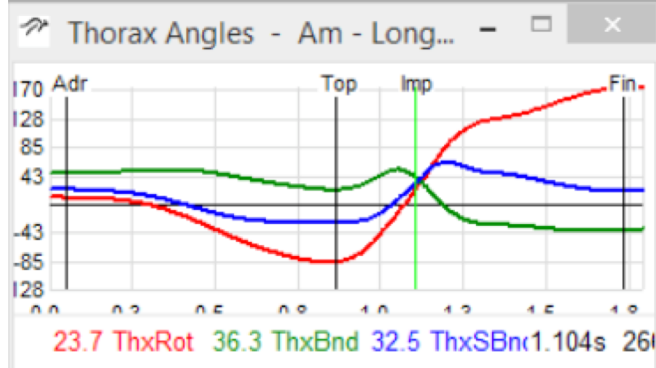












Periodizing – planning out the year

In season (bulk of the season):

Fitness –

Posture and Golf Corrective (4-5x per week)
(CARs, Yoga, pilates, TPI, DNS, stretching (MFS) etc)

Strength (2-3x per week)

Aim for balance, top to bottom, left to right, front to back

***Be careful with Latissimus Dorsi training, overdoing explosive training,

Periodizing – planning out the year

In season (bulk of the season):

Golf

Things that you have already worked on

Posture

Tempo/Sequence (3 tempos)

Skills (low point, face control, shot shape, alignment)

External Cues

New Clients – One or two big pieces

AVOID – depends on client ability – careful with release, shallowing.

Use more general release ideas rather than single arm details

Periodizing – planning out the year

Off season (repair):

Fitness –

Posture and Golf Corrective (Daily)

(CARs, Yoga, pilates, TPI, DNS, stretching (MFS) etc)

Strength (2-3x per week)

Build up power reserve

Increase volume

Periodizing – planning out the year

Off-Season (what offseason?):

Golf

Neglected phases

Details of key moves

Power

Uncomfortable body focus (arms vs body player)

Reset fundamentals

Coaches Questions and Swings

She is 13years old, 4handicap. Has played all summer with some success. We work together during the autumn/winter season. I would like to hear your thoughts on her move through the ball and which drills in particular you would suggest for her.

I'm looking for suggestions for this student. He is a Division I college golfer. When I first started working with him, he had some early extension and a stall/flip pattern with hooks and blocks.

We were able to eliminate much of the early extension and this summer, we started working on a shallowing move in transition. The face on and down the line videos are from a lesson about a month ago.

The other video was taken by one of his coaches and was sent to me yesterday. In that video, it appears that his early extension has shown up again. Currently, his big miss is a block.