

***PLAY BETTER GOLF***  
***and***  
***HAVE MORE FUN***



**Randy Meyer PGA**

## *Table of Contents*

	<b>Chapter</b>	<b>Page</b>
<b>Teaching Philosophy</b>	<b>1</b>	
<i>Philosophy and Approach</i>		3
<b>Swing Fundamentals</b>	<b>2</b>	
<i>Pre-swing</i>		4
<i>In-swing</i>		5
<b>Golf Tips</b>	<b>3</b>	
<i>Ball position, Shot alignment, Ball flight laws</i>		6
<b>Short Game</b>	<b>4</b>	
<i>Pitching</i>		7
<i>Chipping</i>		8
<i>Putting</i>		9
<b>Sand Play</b>	<b>5</b>	
<i>Greenside and Fairway Bunkers</i>		10
<b>Trouble Shots</b>	<b>6</b>	
<i>Uphill, Downhill, Side Hill, Shots</i>		11
<b>Definitions</b>	<b>7</b>	
<i>Golf Terms</i>		12

# *Teaching Philosophy*

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## **Teaching Philosophy**

**My goal is to form a relationship with my students that will allow us to work toward the students' goals and have fun. I believe that the golf swing should be a result of the application of sound fundamentals and a golfer's natural ability. Learning the swing fundamentals allows students to create a natural swing that will consistently work for them, even under pressure.**

## **Teaching Approach**

**I begin all lessons by getting to know my students, and collect information about their ability, goals and limitations.**

**Analyze and evaluate my students swing and progress.**

**Help my students learn basic fundamentals, while allowing their swings to remain natural and not manipulated.**

**I have students work on their short shots first, and then work up to the full swing.**

**I encourage my students to spend equal practice time on short game, and full swing.**

**I correct faults in the order they occur in the swing, and limit corrections to one or two at a time.**

**I evaluate progress and discuss new goals with the student at the end of each lesson.**

**I recommend drills and give practice assignments to my students; to work on in between lessons.**

## *Pre-swing Fundamentals*

- 1. Grip- A proper grip will allow your hands to work together to square the club face at impact and maximize the power of your swing.**
- 2. Stance- A proper stance will help you maintain good balance throughout your swing and help your body to make a full turn.**
- 3. Posture- Proper posture will put your body in a good athletic position. Ensure a proper pre-swing setup and help create a proper swing plane.**

**Grip- Hold the club's grip across your finger joints, where your fingers attach to your hand, and under the muscle pads of your palms. Position your hands in a neutral position on the club, similar to the natural position of your hands when hanging at your sides. Grip the club with your fingers and rest your thumbs off to the side of the grip. Place your right palm over your left thumb and right pinky overlapping or interlocking your left index finger. Keep hands relaxed and don't grip the club too tightly.**

**Stance- Place feet at shoulder width, with toes pointed slightly outward. Distribute weight on balls and heels of feet and keep knees flexed.**

**Posture- Grip club and extend out in front of you with arms at approximately 45 degrees from the ground, bend at hip sockets, only, so that your back stays straight, butt extends behind heels, head in front of toes and arms hang straight down from shoulders. This will put your body in a good athletic position. You should feel well balanced and comfortable and not feel tension in any part of your body.**

## *In-swing Fundamentals*

- 1. Swing-** Good swing fundamentals will help you create good timing, maximize your power and consistency.
- 2. Weight transfer-** Transferring your weight during your swing adds power, helps you maintain balance and timing.
- 3. Wrist cock-** The cocking of your wrists, in your back-swing, and releasing, in your forward swing, helps square your club face at impact and adds about 50% more power to your swing at impact. A proper wrist cock and release is the secret to long straight golf shots.

**Swing-**Start the back swing by turning your hips, shoulders, arms and knees together; maintain the triangle that is created by your shoulders and arms, and keep your knees flexed. Turn back at a slow but steady pace and don't force your back swing too far; your shoulders will turn about 90 degrees, hips 45 degrees and left knee will turn inward. Allow your right elbow to bend sharply while keeping only a slight flex in your left elbow. Start the forward swing by reversing the motions of your back swing with a slight acceleration. Focus on the back of the ball and watch your club make contact with the ball. The club should hit the ball with a descending blow to create solid contact add back spin. Continue to turn to a complete finish position so your body faces your target, your club will continue over your right shoulder and your right knee will turn inward.

**Weight Transfer-**During your back swing will allow most of your weight to transfer to your right foot; this may pull your left heel off the ground. Then during your down swing most of your weight will transfer to your left foot and will pull your right heel off the ground.

**Wrist Cock-**During your back swing as your hands reach about waist height, your wrists should start to hinge or cock back to help complete your back swing and add power to your swing. During the down swing allow your wrist hinge to release and add power to your impact. The proper cocking motion of the wrists can be realized by hinging your wrists straight upward from your pre-swing position.

## *Golf Tips*

### *Ball Position*

#### **Hitting off the ground**

**Proper pre-swing fundamentals and posture will naturally cause your club head to end up in the middle of your body, and the proper distance from your body, therefore the proper ball position is slightly ahead of body center. This will place the ball at the bottom of the golf swing arc and allow you to strike the ball with a descending blow and create solid contact and more backspin on the ball.**

#### **Hitting off a tee**

**Play the ball 2"-3" forward of the center of your body when playing off a tee, this will promote hitting the ball on the upward part of your swing arc and allow you to launch the ball upward.**

### *Shot Alignment*

**The best way to line up any golf shot is to stand a few steps behind the ball and form a straight line between you, the ball and the target. Then walk to your pre-swing position from behind the ball. It is best to trust this method and not readjust after taking your stance.**

### *Ball Flight Laws*

**Understanding ball flight laws can help you understand, diagnose and correct problems controlling your golf shots. Use the following as a reference.**

**Club face is closed at impact- Ball will curve right to left.**

**Club face is open at impact- Ball will curve left to right.**

**Club path inside to outside- Ball will be pushed to the right**

**Club path outside to inside- Ball will be pulled to the left**

**It is also possible for a swing to have a face and path problem and cause multiple ball flight problems.**

## *Short Game*

**Short golf shots require the use of our imaginations. We often need to negotiate various obstacles, hazards and unusual lies. We also need to play shots that travel and roll a precise distance to get the ball on the green and as close as possible to the hole.**

### *Pitching*

**Club- Use a pitching or sand wedge or a club with plenty of loft.**

**The “pitch shot” technique is used to control shot distance and create a high lofted shot with plenty of spin that stops quickly.**

**Pre-swing fundamentals for pitching are the same as for the full swing, but the in-swing fundamentals will change slightly. The distance of your pitch shots can be controlled by adjusting the length of your back and forward swings. Weight transfer and wrist hinging need to be reduced with the length of your swing. Contacting the ball with a descending blow will add backspin to the ball; same as the full swing.**

**Begin practicing this technique with three different swings, quarter, half and three-quarter back swings. Adjust the swing lengths by feel. As you practice the different swing lengths observe the results and you will begin to learn distance control. Always follow through to help promote a swing with a slight acceleration.**

## *Chipping*

**Club- Use a 9 iron, pitching or sand wedge or a club with plenty of loft.**

**The “chip shot” technique is used when your ball is close to the green and to control shot distance and create a low lofted shot that lands on the green and rolls near the hole.**

**Pre-swing modifications; place ball back in stance, even with right toe, but keep hands forward in center of your body. Pre set about 75% of your weight on your left foot. In-swing modifications; keep wrists firm with no hinging and use a very small amount of weight transfer. Swing with your hips and shoulders and never allow the club head to pass your hands; this will produce a sweeping swing. The distance of your pitch shots can be controlled by adjusting the length of your back and forward swings. Contacting the ball with a descending blow will create solid consistent ball contact. Begin practicing this technique with three different swings, 6”, 12” and 18” back swings. Adjust the swing lengths by feel. As you practice the different swing lengths observe the results and you will begin to learn distance control. Always follow through to help promote a swing with a slight acceleration.**

## *Putting*

**Our goal when putting is to roll the ball the proper distance on the proper line. The distance of a putt can be controlled by the length of your swing and feel. The direction is controlled by starting the putt on the proper line. This can be learned by practice and by the use of your imagination. Putting greens are sloped to help with water drainage and add challenge. Looking at your surroundings can help you guess how a putt may roll. Normally a green will slope away from a hill or toward water. Also the ball will roll with the grain of the grass. Standing near the hole may allow you to feel a slope with your feet. Squatting behind your ball and looking toward the hole may help you see the slope.**

**Putting fundamentals can be more individualized than those of the full swing. The grip is often modified to help keep the wrists firm and not allow any hinging. The stance is sometimes modified to help with alignment and free movement of the shoulders.**

**The putting stroke should be made mostly with the shoulders and a smooth back and forward stroke developed. The hips and knees may move slightly, but your head must remain still and wrists must remain firm.**

**Develop, by feel, three different back swings 3", 6" and 12" and observe the results while practicing, to help teach your self distance control.**

**Always follow through to help promote a stroke with a slight acceleration.**

## *Sand Play*

### *Green Side Bunker*

**Club-** Sand wedge or any club with a lot of loft.

**When a sand trap is close to the green you can play a splash shot. The club face should be opened slightly to allow the club head to splash through the surface of the sand and not dig too deep. Point the club face at your target which will cause your body to point left of your target. Play the ball about 2" forward the center of your body. Twist your feet back and forth to dig into the sand for good footing. To splash the ball out of the sand you need to contact the sand one to two inches behind the ball and let the sand push the ball out of the sand. Swing fundamentals are the same as the full swing and distance can be controlled by changing the length of swing. Always be sure to accelerate through the sand with a big swing follow through.**

### *Fairway Bunker*

**Club-**Most any club can be used to play this shot and control distance.

**Swing fundamentals are the same as for the full swing. Twist feet to dig into the sand for good footing. Choke down on the club grip to shorten the club and promote ball contact above the surface of the sand. When sand traps are a long distance from the green it is best to try to contact the ball as solidly as possible while avoiding contact with the sand.**

## *Trouble shots*

### **Side hill lie- Ball above feet**

**Choke down on club grip to shorten club and adjust to the lie. Use extra club for the shot distance and use a shorter more controlled swing. Aim right of your target as the ball will tend to fly the direction of the slope of the hill.**

### **Side hill lie-Ball below feet**

**Grip the club as long as possible bend your hips and knees enough to easily reach the ball. Use extra club for the shot distance and use a shorter more controlled swing. Aim left of your target as the ball will tend to fly the direction of the slope of the hill.**

### **Up hill lie**

**Position your shoulders to be parallel with the ground. Use extra club for the shot distance as the ball will fly higher and shorter off the uphill lie. Aim right of your target as you will have a tendency to pull the ball to the left.**

### **Down hill lie**

**Position your shoulders to be parallel with the ground. Use less club or a shorter swing for the shot distance as the ball will fly lower and longer off the downhill lie. Aim left of your target as you will have a tendency to push the ball to the right.**

## *Definition of Golf Terms*

**Hook-** Ball that curves from right to left.

**Slice-** Ball that curves from left to right.

**Green-** Very closely mown area prepared for putting a golf ball.

**Teeing Ground (Tee)-** Area prepared for starting the golf hole.

**Teeing Off-** Starting the play of a golf hole.

**Tee-** Wooden peg used to elevate ball when teeing off.

**Hole-** 4 1/4" hole located on the green.

**Fairway-** Closely mown grassy area from tee to green.

**Rough-** Longer grass and unmaintained areas beyond fairways.

**Iron-** Golf club with metal blade type lofted head.

**Metal Wood-** Golf club with large pear shaped head and lofted face.

**Putter-** Golf club with non lofted head intended to roll ball.

**Wedge-** Golf club with very lofted head, to hit a ball high.

**Bunker-** Mounded area sometimes with depressions filled with sand.

**Sand Trap-** Area where soil has been removed and filled with sand.

**Address the Ball-** Place club on ground behind the ball.

**Pin-** Tall pole with flag placed in hole to mark its location.

**Water Hazard-** Area filled with water and marked with yellow stakes.

**Lateral Hazard-** Areas difficult to play from; marked with red stakes.

**Out of Bounds-** Boundaries of course; marked with white stakes.

**Course-** All areas of the golf course intended for play.

**Through the Green-** All areas of course except greens and hazards.