



Golf Swing &

THE FUNDAMENTALS

TAKE YOUR GOLF GAME TO THE NEXT LEVEL WITH THESE TIPS!

01

PREPARATION PHASE

Movements to prepare for the swing.

- **Grip** → lead hand on top and overlap other hand below.
- **Ball Setup** → place ball inside lead heel.
- **Stance** → feet shoulder width apart, hinge at the hips, slightly tilt back shoulder below front shoulder, & keep your head centered.



02

EXECUTION PHASE

The actual movement of the swing & contact of the ball.

- **Backswing** → rotate shoulders for smooth takeaway.
- **Downswing** → legs and core will lead rotation and the club will naturally follow in the swing path.
- **Impact** → using irons aim to hit down on the ball, verse using a drive the goal is to hit up on the ball.



03

FOLLOW THROUGH PHASE

All of the movement after contact, to help the body slow momentum and prevent injury.

- **Follow through** → weight fully on lead foot, chest facing target & back foot is up on the toe.
- **Finish** → hold club high & maintain a balanced position.



BEGINNER



INTERMEDIATE



EXPERT



WANT BETTER SHOTS?
KNOW THE DIFFERENCE BETWEEN SWINGS

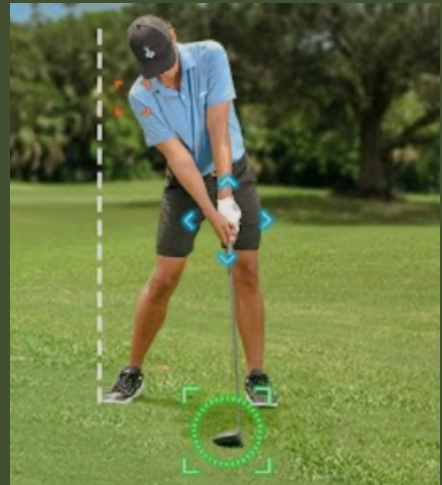


HERE IS A QUICK
COMPARISON BETWEEN
GOLF SWINGS



USE YOUR DRIVER

= *Distance*



USE YOUR IRONS

= *Accuracy*

YOUTUBE PLAYLIST:

