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ESS 206

Golf Skill Analysis

Putting

- Stand with feet shoulder-width apart with knees slightly flexed and relaxed.
- Keep eyes directly over the ball.
- Grip with left hand on top, right hand on bottom (if right handed), slightly overlapping.
- Start with the ball just to the left of the center of the body.
- Keep head and torso stationary through the swing.
- Swing arms and putter back in a pendulum motion as if they were a single unit.
- Accelerate through the ball.
- Keep wrists firm, with slight follow through.

Wedge

- Feet should be shoulder width apart, with knees slightly flexed and torso slightly bent forward.
- May use full-finger grip or interlocking grip.
- Line up about 2 inches behind the ball.
- Typically use a quarter, half, or three-quarter swing. Have the head face upward during the backswing.
- Swing club downward, using left shoulder for power (if right handed).
- Make contact on underside of the ball, grazing the ground and creating loft.
- Follow through to same level as backswing.

Driver

- Put the ball on the tee.
- Feet should be shoulder width apart, knees lightly flexed, with ball out in front of body. Position ball slightly ahead of centerline, towards inside of left foot (if right handed).
- Raise club into full backswing, with club nearly parallel to the ground and club head aimed toward the ground.
- Swing using shoulders and wrist, bringing the club downward and making contact on the club face. The left shoulder should be the main source of power (if right handed).
- Accelerate through the ball, following through past the level of backswing.

5 Iron

- Feet should be shoulder width apart, knees slightly flexed.
- May use full-finger grip or interlocking grip.
- Line up 2 inches behind the ball.
- On backswing, bring club behind head and nearly parallel with ground. Head of club should be facing the target.
- Bring the club downward and strike the ball with a descending blow, using left shoulder for power.
- Follow through behind head.

9 Iron Half Swing

- Feet should be shoulder width apart, knees slightly bent.
- May use full-finger grip or interlocking grip.
- Keep ball fairly close to the body, lining up 2 inches behind the ball.
- Raise club for the backswing, using wrists and shoulders. Bring club parallel to the ground. Head of club should be pointed upward.
- Use left shoulder to produce power during downward swing.
- Make contact and barely graze the ground.
- Follow through to the height of the backswing.