



Dee Tidwell & Tyler Ferrell present...

TOP SECRET

*Golf
Drive
Secrets*



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Here's who we are:

Dee Tidwell

Dee Tidwell is the owner of Championship Golf Fitness and a PGA Tour conditioning coach. He has worked with PGA tour winners, Arron Oberholser and Joe Durant as their conditioning coach, both of whom won in 2006. Dee is also the Director of Golf Fitness of the men's golf team at the University of Colorado and at The MetaGolf Performance Academy.

Dee is certified by the most recognized leader in golf fitness education, the Titleist Performance Institute (TPI). He holds certifications in:

1. Level 3 Fitness,
2. Level 3 Medical,
3. Level 3 Junior pro
4. Level 3 Golf pro
5. And is an Assistant TPI Instructor for the Level One certification program

Dee brings extensive knowledge and experience for the high handicap golfer to the PGA tour pro. It is these qualities which can quickly translate to a lower handicap, increased consistency and playing without pain!

As a High Performance Exercise Kinesiologist to professional, amateur, and youth athletes in a variety of sports, Dee has studied under Paul Chek as a level two C.H.E.K. practitioner and is certified as a nutrition and lifestyle coach. Dee is a Muscle Activation Techniques Specialist, which allows pain and dysfunction to be decreased or eliminated all together!

Dee received his Bachelor of Arts in Exercise Physiology from California State University at Chico in 1993. Since 1999, Dee has been working with specialty athletes from all areas of sports including: PGA Tour playing pros, Olympic level professional snowboarders, professional motocross racers, professional skiers, and collegiate Golfers and Baseball players. Because of this experience, Dee is able to bring a comprehensive approach to all levels of rehabilitation, conditioning and holistic living to the "weekend" warrior.

Tyler Ferrell

Tyler Ferrell was the Director of Fitness at the Clubgolf Performance Center, first started in 2002 by Dr. Greg Rose (co-founder of TPI). At Clubgolf he conducts the majority of diagnostics which include a physical screen following TPI evaluation protocols, a 3D motion capture using a AMM Electromagnetic system, and 2D video. Tyler is one of the few specialists who understands the complete picture of how to combing the 3D, 2D, and Physical into a comprehensive improvement program. He also lays out all of the group class programs to help his members work on such topics as increasing X-Factor and Balancing Posture. Aside from Clubgolf, he is the cofounder of www.golffitnessguys.com, a blog dedicated to educating the public, golf professional and golf fitness professional about current trends in golf fitness.

Tyler is certified by the most recognized leader in golf fitness education, the Titleist Performance Institute (TPI). He holds certifications in:

1. Level 3 Fitness,
2. Level 3 Medical,
3. Level 2 Golf Pro,
4. Level 2 Biomechanist,
5. Level 3 Junior pro

Like Dee, Tyler is also a Level Two C.H.E.K. Practitioner and was highlighted in an article in golf magazine called, "The Quest for 300" where a reporter, Josh Sens, traveled all over the country trying to find a way to get 30 more yards. As the article concludes, the day following an evaluation from Tyler he reached that goal. Using momentum from that article, Tyler helped create a seminar called "The Power Swing Clinic" where he and a golf pro spend 3 hours educating average golfers about the real keys to distance. Offered quarterly, this program has become well recognized in the Maryland, D.C., Virginia area.

Tyler has positioned himself as one of the leaders in the golf fitness field. He was contracted by Korean investors to help set up Links Fitness Korea (now Golf Performance Korea) in Seoul. He helped lay out the operational plan and program offerings while training a Canadian golf pro how to do 3D evaluations.

Tyler has been fortunate enough to work with thousands of golfers ranging from beginner to tour pro and designed programs for the Women's Senior Amateur Champion, Women's Amateur Champion, Men's Maryland State Open Champion, Korean Tour Winners, Past US Open Champion and a consultant for the Georgetown Girls Golf Team.

Certifications

 <p>TPI CERTIFIED GOLF FITNESS INSTRUCTOR MP 3</p>	 <p>TPI CERTIFIED GOLF FITNESS INSTRUCTOR JR 2</p>
 <p>TPI CERTIFIED GOLF INSTRUCTOR GI 3</p>	 <p>TPI CERTIFIED GOLF FITNESS INSTRUCTOR GB 2</p>
 <p>MUSCLE ACTIVATION TECHNIQUES Greg Roskopf's MAT CERTIFIED SPECIALIST</p>	 <p>TPI CERTIFIED GOLF FITNESS INSTRUCTOR FP 3</p>
 <p>C.H.E.K. PRACTITIONER Corrective High-performance Exercise Kinesiology</p>	 <p>CHEK GOLF BIOMECHANIC Corrective High-performance Exercise Kinesiology</p>

Do you need quality home quipment?

Dee and I know that a lot of you are just starting golf fitness for the first time. If that's the case, then you definitely need to get some equipment for the house. Below are two different packages of equipment depending on what you already have. This is the same equipment that we have at our gym and it's way better than anything you would get at Target!



Birdie Kit -

To purchase click here :

<http://go.golfdrivesecrets.com/BirdieKit>

This kit includes everything that you see us use in all of the exercise videos. It's a high quality exercise ball, an exercise band, a high density foam roller, and the Stick for getting those pesky calves working properly.



Par Kit -

To purchase click here :

<http://go.golfdrivesecrets.com/ParKit>

If you already have a foam roller and a swiss ball and are comfortable that they are of high quality, then all you are really going to need is a good exercise band and the stick.

Description of Self Screens

REMEMBER!

***STAND IN FRONT OF A MIRROR TO SELF ASSESS
from now until six to eight weeks from now to compare and
see where and how you changed!***

1. Pelvic Tilts



Begin this test by assuming your normal “5 Iron” golf address position. From here:

“Arch” your back by tilting your tailbone toward the sky which will create more “curve” in your low back. Now “tuck” your tailbone under like a dog tucks its’ tail when it is in trouble.

GO TO NEXT PAGE TO SELF TEST...

RESULTS FOR PELVIC TILT TEST

1. Pelvic Tilt Test
<u>Starting Pelvic Tilt</u> Neutral Tilt Excessive Anterior Tilt Excessive Posterior Tilt
<u>Amount of Motion</u> Normal Motion Limited Posterior Tilt Limited Anterior Tilt Both Limited
<u>Quality of Movement</u> Smooth Movement Shake and Bake Movement Did Not Test

How To Grade Yourself:

- Notice what your set up posture looks like. Is it mostly straight and neutral? If so, mark the "Neutral spine" box

- Does it have too much arch to start? If it does, mark the "Excessive Anterior Tilt box"

- Does your lower back round at the tailbone like the dog in trouble? If it does, mark the "Excessive Posterior Tilt" box.

- Notice how much movement you get going to anterior and posterior, then mark if you are limited in either anterior or posterior, or both

- Now notice if your movement in either direction is smooth or "shake and bake" where your pelvis shakes during movement.

2. Pelvic Rotation



Begin this test by assuming your normal “5 Iron” golf address position. From here:

From here cross your arms at your chest, then rotate your pelvis right to left. Keep shoulders as still as possible.

NOW GO TO NEXT PAGE TO SELF ASSESS...

RESULTS FOR PELVIC ROTATION TEST

2. Pelvic Rotation Test

Torso Stability

Good stability
Limited Stability Rt.
Limited Stability Lt.
Both Stability limited

Pelvic Mobility

Good Mobility
Limited Mobility Rt.
Limited Mobility Lt.
Both Mobility limited

Coordination

Good Rotary Movement
More Lateral Movement

How To Grade Yourself:

- Notice first if your shoulders are moving at all. If they aren't then you have good stability. If they do, which side do they want to move to? If it is right, let's say, then check the limited stability Rt box, if it is left, check left if you have a hard time keeping your shoulders still to either side, mark the Both stability limited box.

- Now notice if there is good movement in your ability to rotate right and left, and check the box that is appropriate.

- Also notice if you have a good ability to rotate, like in the swing, or do you move your butt side to side (more laterally), and mark accordingly.

3. Thorax Rotation



RESULTS FOR THORAX ROTATION TEST

3. Torso Rotation
<p><u>Stability Test</u> Good Stability Limited Stability Rt. Limited Stability Lt. Limited Bilateral Stability</p>
<p><u>Mobility Test</u> Good Mobility Limited Mobility Rt. Limited Mobility Lt. Both Mobility limited</p>

How To Grade Yourself:

- Stand in 5 iron golf posture again, with your arms crossed...except this time keep your hips still and rotate side to side with your thorax.
- Notice if you are able to keep your hips still left and right or both.
- Also check for good motion of the thorax rotating right to left, and compare sides looking for good mobility both sides, one side tighter than the other, or both tight.

4. 90/90 Shoulder Rotation



Begin this test by assuming your normal “5 Iron” golf address position. From here:

Stand w/ elbow at parallel, then externally rotate arm. Make sure you don’t move your arm, it’s just there for self a measuring tool. Now notice where your arm ends up

4. 90/90 Test		
L	Standing	R
	Greater than Spine Angle	
	Equal to Spine Angle	
	Less than Spine Angle	

How To Grade Yourself:

- Stand in normal posture and put arm against wall. Without moving your body, externally rotate (to wall) arm and see if it is greater than your spine angle (which is vertical), equal to, or less than spine angle.

- Now notice if your movement in either direction is smooth or “shake and bake” where your pelvis shakes during movement.

5. Overhead Deep Squat



Begin this test by standing with your feet shoulders width apart and from there:

- Place golf club or stick on top of head so your elbow make a 90 degree angle, then press stick overhead so arms are locked out.
- Now squat down as deep as you can get while keeping the club over your head and knees.

SEE NEXT PAGE TO SELF ASSESS...

RESULTS FOR OVERHEAD DEEP SQUAT TEST

5. Overhead Deep Squat
Standing
Full Overhead Deep Squat Arms Crossed Full Deep Squat Arms Crossed Limited Deep Squat
Weight Shift
No weight shift Weight Shift RIGHT Weight Shift LEFT

How To Grade Yourself:

- Notice if you are able to match my picture, if you can, that is a Full Overhead Deep Squat.
- If you can deep squat like my legs are (shins and torso in same angle), but can't keep club overhead, then you are Arms Crossed Full Deep Squat.
- If you can't deep squat or keep your arms over your head, then you are Arms Crossed Limited Deep Squat.
- The last thing you need to notice, is whether your weight shifts from one side to another, and mark which side if any.

SCREENING CONCLUSION

Now that you have complete your screening, keep those sheets in a file labeled, "PHYSICAL SCREENS," that you can access in six weeks, so you can then re-test, and see where and how much you have gained in mobility and stability!

We suggest that you print out and staple, pages 5-15 and put them in that file as well as any video or pictures that your instructor may have taken of your swing in the last two weeks. If you don't have any, we recommend getting some video or pictures of your swing from a "down line" view and "side on" view. At the end of six weeks, go back and get more video or pics and compare the initial screening results to the eventual re-test screening results. You will use this to see your progress.

You will always re-screen and re-take video or pictures at the same time.

MOBILITY

Do before workouts, practice, and playing!

MOBILITY - becoming a rubber band

Mobility is the first building block of functional movement. Mobility is defined as the optimal flexibility of the muscle and optimal range of motion of the joint(s).

The Golf Drive Secrets program focuses on the areas that need to be mobile, which includes:

(Think from the neck down)

- Upper cervical spine (base of skull and upper neck)
- Thorax (rib cage)
- Rotator cuff of the shoulder
- Wrists
- Hips
- Ankles

In order to be successful at having consistent longer drives, and consistency in your game, you must have optimal mobility.

We suggest that you do these PGA tested stretches and mobility exercises everyday.

We also suggest that the self therapy- using the tennis ball, foam roller and the stick, to be done multiple times (morning and night) each day till you feel no restrictions within the muscle you are performing therapy on.

So, please, follow the instructions carefully and be open to the idea that you can change your body in a short period of time. It all starts on the next page!

MOBILITY

--Do these everyday before you exercise, practice or play!--

STRETCH	REPS	DURATION	REST/NOTES
1. Tennis Ball	As needed	Slow	Find tight spots and work out.
2. Foam Roller - Butt, IT Bands, Hip flexors, and inner thighs	As needed	Slow	
3. The stick for calves	As needed	Slow	
4. Cervical stars	1-3 ea	Slow	
5. SB Chest Stretch	1-2 ea	5 sec relax/ 5 sec contract- Do this 3 to 5 times	
6. Twisted Lat stretch	6-10 ea	Slow	
7. SB layover	2 ea	Slow	Dizzy? STOP!
8. ½ kneeling rotations	8 ea	Slow	Do both sides
9. Supine figure four	2 ea	5 sec relax/ 5 sec contract- Do this 3 to 5 times	
10. Cats and Dogs	1 min	Moderate	
11. Golf club external shoulder rotations	1-2 ea	Slow and easy!	DON'T FORCE!

SB = Swiss Ball

• REMEMBER! You MUST stretch or mobilize the tight side of your body at least twice as much as the non-tight side till they feel equal! This is how you create symmetry in your body!

1. Tennis Ball Mobility work

(There is NOT a video for this!)

-----1.-----



-----2.-----



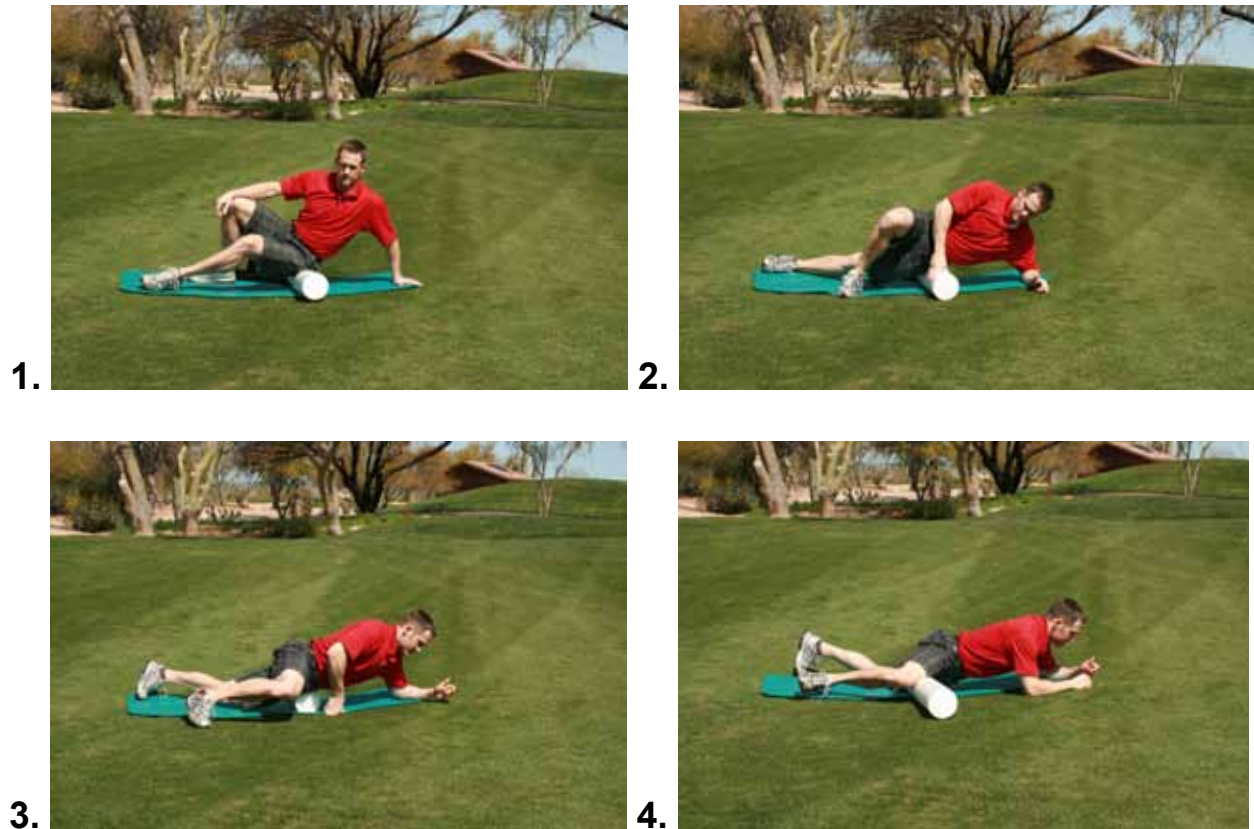
-----3.-----



Use the tennis ball anywhere on the back to work through adhesions and trigger points! These pictures just give you a direction, but your issues will be in different areas than the next persons.

DO THIS REGULARLY (1-4 times a day) TO HELP GET RID OR, OR REDUCE, PAIN!

2. Foam Roller



For Glutes (1&2):

Lay on top of the roller with hips at a 45 degree angle and move up and down, working through any tight spots.

For IT Bands (3):

Lay on top of the roller with top leg bent and foot flat, bottom leg is straight and relaxed, use forearm and top leg to move you up and down on the roller working through any tight spots.

For Quads and Inner Thighs (4):

Now lay on top of the END of the roller. See how my right leg is on the end of the roller? Move up and down to hit the hip flexors and quads, then “open” your leg up to hit the inner thigh and do the same thing.

3. The stick/Rolling pin or Golf club



Sit on chair with a stick, club or piece of pvc pipe, and massage your calf from top to bottom or bottom to top, the inside (1), the outside (2) and the entire backside of the calf and soleus (3).

4. The neck - Cervical Stars



PLEASE BE CAREFUL WITH THIS ONE! IF YOU HAVE ANY NECK ISSUES, PLEASE GET CLEARED BY A DOCTOR FIRST BEFORE DOING!

And don't forget to do the tighter side more than the looser side till equal.

Kneeling, Standing or sitting:

- (1) Look up and down as far as you can. CAUTION- if you get dizzy looking into extension (backward), please stop immediately and see a chiropractor or doctor.
- (2) Look side to side as far as you can
- (3) Look at diagonals- up over your shoulder, drawing a 45 degree line with your nose- up over your shoulder, then down toward your arm pit.

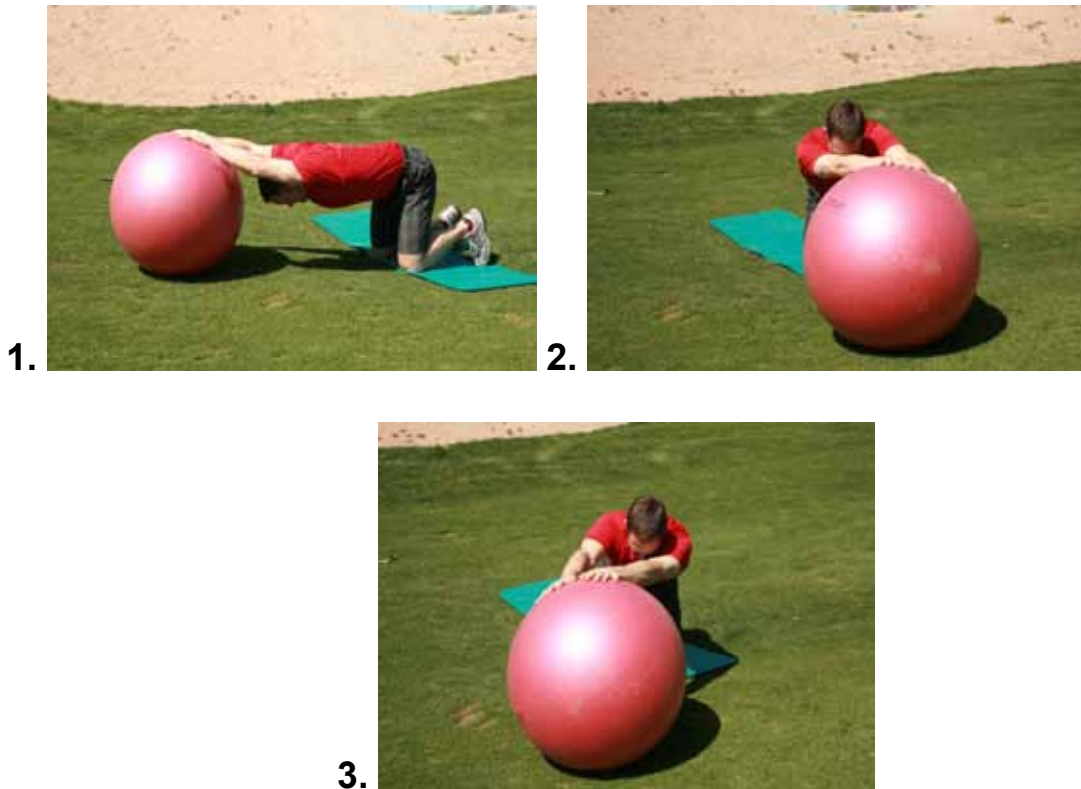
5. Swiss Ball Chest Stretch



**Start by placing arm on SB with elbow at a 90 degree angle (1).
Make sure hips and knees are at a 90 degree angle also. Now:**

- Relax into your stretch by lowering your upper body toward the floor (1), now RELAX for 5 seconds.
- After you relax for 5 seconds, CONTRACT by pushing the arm into the ball with a 20-30% effort like you are trying to squish the ball into the floor. Hold for 5 seconds. THIS IS ONE SEQUENCE! NOW REPEAT THIS SEQUENCE 2-4 MORE TIMES.
- Now RELAX again and move down toward the floor (2), like I'm doing in picture #2...can you see a difference of how I am lower than in picture #1?
- Keep in mind that you have to relax for 5 seconds and contract for 5 seconds, and do those 3 to 5 times.

6. Twisted Lat stretch with Swiss Ball



Place hands on SB with arms stretched out and hips at 90 degrees.
(NOTE - if a shoulder is painful, you can sit your butt down on your feet to take some of the downward pressure on the shoulder joint.)

In picture #2, I am using my left arm to pull my right arm across midline to stretch the right Lat, then doing the opposite on the other side in picture #3.

7. Swiss Ball Layover



CAUTION FOR POSITION #1!

IF YOU GET DIZZY WHILE BACK THERE, PLEASE STOP IMMEDIATELY AND CALL YOUR CHIROPRACTOR OR DOCTOR FOR A CERVICAL EVALUATION!

Lay on top of the ball with hands our stretched and head resting on ball (IF YOU CAN). Relax your upper back and lower back as well as arms. After a while, turn to a side and do a side stretch, then hit the other side as well. Don't forget to do the tighter side more than the loose side!

8. 1/2 Kneeling Rotations with two clubs



This is a great separation stretch!

Get into a lunge position with a club off your hip at a 30 degree angle or so. Raise a club over your head with straight arms and rotate thorax to the right and left. The club on the hip is there for you as a tool to tell you if you are not separating well. If you turn and the club falls off your hip, then you aren't separating well. Keep the club still while turning your STERNUM (center of chest) left and right, not your arms! Your arms follow the rotation of your sternum! Don't forget to switch sides!

9. Supine Figure Four hip stretch



Lay on your back and cross your leg by putting your ankle on top of the other knee. Now reach through your legs and grab the leg that isn't crossed and gently pull it toward your chest.

(If your head can't stay on the ground while you do this, then put a pillow under it so it can rest.)

Now do that RELAX/CONTRACT sequence you did with the chest stretch, by pulling it into a stretch for 5 seconds, then pushing your top leg into the bottom leg while resisting with the hands...CONTRACT for 5 seconds, then relax and pull your leg to your stretch and repeat.

10. Cats and Dogs



Get on all fours and arch your back and tuck your butt.

11. Golf Club Shoulder External rotation



Use your club to gently externally rotate your shoulder joint into further external rotation.

PLEASE BE CAREFUL AND IF IT CAUSES ANY JOINT PAIN, THEN STOP AND DON'T DO ANYMORE!

MOBILITY - Summary

Remember! This section of mobility work can not only improve your game drastically, but also all other areas of your life!

Because the mobility movements we chose were those that almost all golfers struggle with, we know that you will see a difference because you are dealing with the “biomechanics” of your body. That means that those movements address those areas that are designed to be mobile and allow proper movement in the body.

So, if all else fails, do these everyday and you’ll see a difference not just in your game but in your life as well!

STABILITY CIRCUIT #1

Stability - adding the duct tape

Now that you are warmed up and nice and mobile, we want to teach your body how to be stable in the areas of the body that create and are responsible for, stability. Remember that you **MUST** have optimal stability to create strength and power in your swing... without it, you will end up with as many as 12 different swing faults that will rob you of club head speed!

The areas that provide stability (generally speaking) are:
(Think from the neck down)

1. Lower cervical spine (neck)
2. Upper/middle back between the shoulder blades
3. The elbows
4. The “core,” (abs and glutes)
5. The knees
6. The feet

Like with all of the stretches and exercises, we recommend that you perform these Stability exercises with as much precision (good form) as you can! Keep in mind that when you learn movement, the brain is “memorizing” the moves so it can use them later whenever you call on your body to create certain movements. **FORM IS CRUCIAL!** What you put in, is what you get out, period!

But before we go any further, we want you to be sure to look at page 67 – the “Periodization Sheet” – to see how the addition of the stability workouts fits into your program.

So go start to get stable, burn some calories and have some fun while you're at it!

Before you Start Moving

Here are the definitions of terms of the exercise prescription box you will find in the Stability and Strength programs:

1. EXERCISE	2. REST	3. INTENSITY	4. REPS	5. TEMPO	6. SETS
1. Reverse band turns	1 min	Elbow's straight!	15 ea	Mod	2-3

1. EXERCISE-

This area is where the exercise is listed

2. REST-

This is where we list how much rest is required either between each set, or between each sets.

Beware! Some exercises are to be done by themselves, like below...

8. SB seated Tummy Vacuum	30 sec	Good Posture!	20-40 breaths	Breathing pace
---------------------------	---------------	---------------	---------------	----------------

See how the rest says "30 sec?" That means that you are to perform the number of recommended sets, which in this case is 20-40 breaths, then take a 30 sec rest before starting your next set.

OR...

Others are to be done in a circuit style format.

When you see this ↓ → ↑ symbol, it means that you want to perform a "circuit" style set, where exercise #4, 5, 6, and 7 will be performed back to back without any rest in between the exercises. After you complete exercises #4-7, you will then take a minute rest and then repeat the circuit again.

4.Hip Extensions- feet on ball	1 min
5.Y,T,L,W's- In 5 Iron posture and one leg	↓ ↑
6.Prone planks- alternate one arm/ One leg lift	↓ ↑
7.Tricep Pushdowns- stand on one leg	↓ → ↑

3.INTENSITY-

This section tells you what intensity to work at and also serves as a place for “reminders” for exercise form, like “elbow’s straight” in the case of the example above. At this point you’ll either read notes related to the exercise or you’ll see a “/” symbol, which means you want to put your weights for that exercise on either side of the “/”. For example, if I squatted 100lbs, I would write in my intensity box, something like this... 100lbs/. Then when I changed my weight, I would put the new weight on the other side of the slash. So it would then look like... 100lbs/ 115lbs, that way I knew I started with 100lbs and ended the program with 115lbs.

4.REPS-

Repetitions- aka “reps”- is the number of times your perform a movement

5.TEMPO -

There are a few ways tempo is listed on your program sheets.

One way is called, “Slow”- which means that it should take you 3 to 4 seconds to finish one rep of each side of an exercise (if applicable).

Another way is called- “Mod” or “moderate’ for short, which is listed in the above example. Moderate tempo means it should take about 2 to 3 seconds to finish each rep on each side (if applicable).

The third way is listed as “202” or “303.” This is the amount of seconds

that it takes to perform a rep. For example, if you were doing a push up, and the Tempo said “202”, then the first two would represent the fact that it would take two seconds to go down, the zero would mean there is no pause, and the last two listed, would represent the fact that it would take two seconds to push back up to the starting position. That means that the entire rep cycle would take a total of 4 seconds (if you add the “202” together). Now- if a “212” is listed, for example, then the “1” in the middle represents a “pause or hold” in the middle of the rep.

6.SETS-

Sets- are the reps performed in a time period. For example 10 reps equal one set.

v

STABILITY **CIRCUIT #1**

--You will do this program on Mondays and Thursdays--

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS
1.Reachbacks	1 min		8-10	Mod	1 set
2.Clam shells	1 min		8-10	Slow	
3.Prone cobra	1 min	Hold 20 secs up/10 down	3-6	Hold	
4.Hip Exten- sions	1 min	5-10 sec hold at top	10	Hold	
5.Tummy Vac- uum	1 min		20 breaths	Breathing pace	
6.Prone planks on bench/floor	↓ → ↑		1-3	20-30 secs	

REST - If you want to burn more calories, you can also do all exercises back to back from #1 to #10, then take a two minute rest and repeat for the next sets.

INTENSITY - Choose weights you can do with PERFECT form, do not sacrifice form for weight! Write your weights where the lines are to see your progress.

TEMPO - Do a slow pace, like a two second up and two second down type of pattern.

1. Reachbacks



Get on all fours and place hand behind neck, not head! Then rotate arm and thorax toward ceiling as far you can go, really trying to get arm high like Dee is in the above picture. Then rotate downward and touch elbows to elbows, repeat.

2. Clam Shells



(1) Lay on your side with your legs and feet together and lift your knee as far as it can go **WITHOUT** your hips moving

(2) Progression 1-

Same start position- except now lift your ankle keeping your knees together and not moving your hips.

3. Prone Cobra



Lie on your stomach (prone), place your arms at a 45 degree angle from your body, palms facing forward and head neutral.

Now arch your upper body off the floor and squeeze your shoulder blades together- down and back. Think about the shoulder blades lifting and holding your arms in that position.

4. Hip Extensions



Lie on your back and point your hands to ceiling. Bring heels close to your butt and with most of your weight in your heels, draw your belly button to your spine without letting it change your pelvis position, then push your butt to the ceiling by squeezing your glutes. If your hamstrings or low back work more than your glutes, then use your hands to “punch” your glutes lightly to help you concentrate on them doing the work, NOT your hamstrings or low back.

5. Tummy Vacuums



Get on all fours-

Now, MAINTAINING a neutral spine, drop your belly button the floor and inhale at the same time (your belly should now be full of air – like you are trying to stick it out).

Now while still MAINTAINING a neutral spine, draw your belly button up toward your spine like your trying to touch your belly button the your spine. While you do this you should be exhaling all of your air out. When you get all your air out, you should feel tension in your deep abdominals.

Now inhale- let the belly fall to the floor and repeat the process.

6. Prone Plank



Get on your forearms and elbows and draw your belly button to your spine, without changing your lower back angle (in other words, keep it flat), while keeping head neutral.

STABILITY CIRCUIT #2

STABILITY **CIRCUIT #2**

--You will do this program on Tuesdays and Fridays --
(Unless you are playing golf over the weekend)

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS
1.Squats	1 min	/	10-20	Mod	1-3
2.Standing pulls	1 min	/	10-20	Slow	
3.Push Ups	1 min		Max form	Hold	
4.Seated Rotations	1 min	/	10-20	Hold	
5.CHEK Press	1 min	/	8-12	2second each segment	
6.Stork Turns	↓ → ↑		10 ea leg	slow	

REST - If you want to burn more calories, you can also do all exercises back to back from #1 to #6, then take a two minute rest and repeat for the next sets.

INTENSITY - Choose weights you can do with PERFECT form, do not sacrifice form for weight! Write your weights where the lines are to see your progress.

TEMPO - Do a slow pace, like a two second up and two second down type of pattern.

1. Squats



1.



2.

Begin by standing with shoulder width apart and put your arms out in front of you; belly button drawn toward spine, and chest up. Maintain this position and lower yourself by keeping 60% of your bodyweight in your heels and allowing your knees to go over your toes. Squat down as low as you can as long as you can maintain the rules.

2. Standing Pulls



Standing in good posture with belly button sucked in, use your elbows to pull either a band or a tricep rope if you are using a cable machine. Pull with your elbows till you get as far as you can and with squeezing your shoulder blades together. Be sure not to bend your wrists.

3. Push ups



Remember these? Yes, they're still an awesome exercise for core and upper body!

Begin by lying on the floor with your palms at about mid-chest level and elbows facing at 45 degree angle back. Draw belly button in, keep head neutral, and then press your body off the floor like you are pushing the ground away.

4. Seated Rotations on exercise ball



Begin by sitting on the ball with good posture and your outside hand (my right hand in this picture) on the bottom of the handle. Then, while maintaining a “triangle” with your chest and arms, turn your chest. Think about your sternum and your thumbs being in a line the entire time. Now just turn right and left using your core to stabilize while your thorax (rib cage) turns your arms.

5. CHEK Press



Start with dumbbells facing each other and at 90 degree angle (1). Then “open the book” by squeezing your shoulder blades together (2), then press straight up (3), then “close the book” and come down simultaneously (4). Those four parts completes one rep.

6. Stork Turns



Stand on one leg with your arms across your chest OR hold on to a club in front of you with both hands for balance.

Then, place your foot behind one of your knees, and lock it tight against that knee. Then turn your hips right to left by only rotating your hips, all the while keeping your upper body totally still.

This is a great separation drill.

STABILITY - Summary

Good job on your stability workouts!

Remember how important these workouts are to creating stability in the areas of the body that are designed to create stability! Mobility and Stability are the building blocks for strength and speed... without them, you can never access your true strength or speed potential! Think of yourself as building the foundation to your dream home... it's the most important part of that dream home and the key to the longevity of it as well.

STRENGTH PROGRAM

See “periodization” sheet as to when to begin this program!

STRENGTH - building the engine

Congratulations!

At this point you have been doing your mobility work everyday, and you've completed Stability Circuit #1 and #2 for the last four weeks. Now it's time to introduce you to the Strength segment of the Golf Drive Secrets Program.

But before we go any further, we want you to be sure to look at page 67 – the “Periodization Sheet” – to see how the addition of the strength workout fits into your program.

Obviously strength is crucial to hit the long ball. It helps to create speed (clubhead) in your swing which equates to distance. Not only are most amateurs too immobile, and unstable to create strength, but that same immobility and instability doesn't even allow them to efficiently express the strength they may already have!

The great thing for you, at this point, is you should be feeling more mobile and stable than you have in a long time, so your body has a nice foundation upon which to get stronger!

STRENGTH **EXERCISE PROGRAM**

--ATTENTION! PLEASE LOOK AT YOUR PERIODIZATION SHEET (PAGES 63 & 64) TO SEE WHEN YOU ARE SUPPOSED TO DO THIS STRENGTH TRAINING WORKOUT!--

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS
1. Dead-lifts	1 min	Light to moderate weight	8-12	Slow	1-3
2. Diagonal wood chop	1 min	/			
3. Squat with a press	1 min	/			
4. Single arm push	1 min	/			
5. Lateral lunge					
6. Single arm pull	1 min	/			
7. Y's, T's, L's, W's	1 min				
8. External rotations	1 min	3 reps of 5 sec holds			
9. Horizontal wood chops	1 min	/			

REST - If you want to burn more calories, you can also do all exercises back to back from #1 to #9 just like I show in the video, then take a two minute rest and repeat for the next sets.

INTENSITY - Choose weights you can do with PERFECT form, do not sacrifice form for weight! Write your weights where the lines are to see your progress.

TEMPO - Do a slow pace, like a two second up and two second down type of pattern.

1. Dead lifts- Barbell or Dumbbell



Use either a barbell or a dumb-bell. Doesn't matter, the form is the same.

Stand with good posture:

- Knees soft
- Belly button drawn toward spine
- Chest up and shoulder blade muscles active
- “Pre Load” bar by just getting all of the above to “sync” up and provide a little resistance- then make the lift
- Use your glutes to lift and squeeze at the top- DEADLIFTS ARE A GLUTE EXERCISE! NOT a low back or hamstring exercise. PLUS we are trying to re-train the glutes as the primary worker in this movement, so concentrate on that booty!
- Bend at hips and lift at hips, DO NOT bend your lower back. If you find that your lower back rounds, then raise the bar or put your dumbbell on a box, milk crate, or bench, and as you develop the skill of “hip hinging’ you can then begin to lower your starting position.

2. Diagonal Wood Chop- band or cable



1.



2.

Begin by getting into a kneeling position with the inside leg to the cable or band attachment, in the up position. Then grab a tricep rope or your band at shoulders width.

Keep belly button in, chest up, and upper body still. Then pull with the outside arm (don't push with the inside arm), by turning the chest.

Maintain the triangle the entire movement, remember we are teaching your body how to turn at the thorax, not the arms!

3. Squat with a press



Squat fundamentals:

- Chest up
- Belly in toward spine
- Feet hip to shoulder width
- Middle of knee cap always tracks over second toe! Don't let the knee fall in!
- 60% of your weight should be in your heels
- Work on bending at the hips, ankles
- Rotate from the hips and thorax, NOT the lower back!
- DO NOT lean backward when you press the dumb-bell over your head!

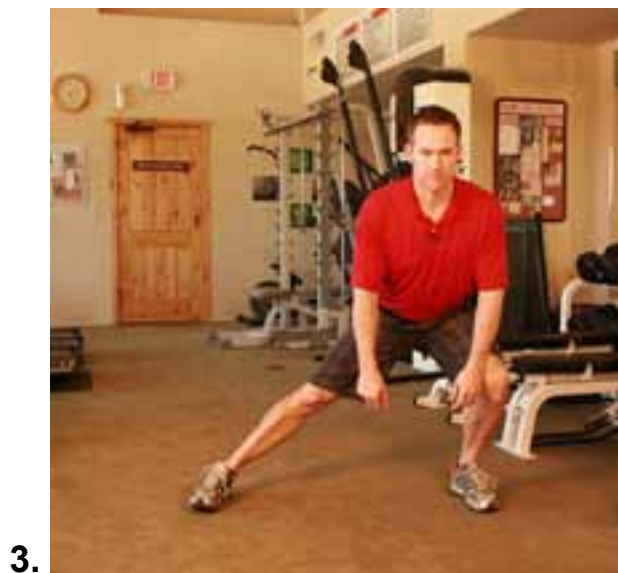
4. Single Arm Cable/Band Press



Get into a lunge position, then:

- Lift the back heel
- Make sure the knees are tracking over the 2nd toes
- Make sure the cable or band is just above your shoulder in it's starting position.
- Belly in
- Chest up
- Press handle forward and use opposite arm to go back, which will make your thorax rotate, be sure to keep hips still!
- Also be sure to keep arms and shoulder (without shrugging the shoulders) parallel to the floor, just like mine in the pic.

5. Lateral Lunges



Get into a good starting position

Then step sideways so that your knee and foot are facing the same way. Make sure to have your upper body within your outside leg, not too far inside or way outside.

Also make sure to “sit back” into your butt, NOT forward where there is a lot of weight on your forefoot.

6. Single Arm Cable/Band Pull



Get into a lunge position, then:

- Lift the back heel
- Make sure the knees are tracking over the 2nd toes
- Make sure the cable or band is just above your shoulder in it's starting position.
- Belly in
- Chest up
- Pull handle back and use opposite arm to reach forward, which will make your thorax rotate, be sure to keep hips still!
- Also be sure to keep arms and shoulder (without shrugging the shoulders) parallel to the floor, just like mine in the pic.

7. Y's, T's, L's, W's



See directions on next page...

Start by getting into 5 iron golf position, pull belly button in, use glutes to hold you there, then:

1. Keeping arms straight from the hanging position, lift arms and create an "I",
2. With the same rules as above, from the arm hang position; lift arms to create a "Y" and squeeze shoulder blades.
3. With the same rules as above, from the arm hang position; lift arms to create a "T" and squeeze shoulder blades. Make sure arms are directly perpendicular to your body, not behind it!
4. With the same rules as above, from the arm hang position, bend your elbows to a 90 degree angle- a W shape- as you pretend to try to touch your elbows to your butt behind you. Think about bringing your elbows down and together, if you are doing it right, you will feel it in the lower/middle part of your upper back.

8. External Rotations with Cable/Band



Stand in a good posture position, then:

- Gently squeeze your shoulder blades together and hold the entire time you do this exercise
- Use a band or cable and while keeping your elbows stuck to your side or with a towel between your elbow and body; externally rotate your arms out.

9. Horizontal Wood Chops with Cable/Band – or seated on Swiss Ball



Get into a good athletic position- knees soft, neutral spine, chest up, belly button in then;

- Grab cable or band with your outside hand first and inside on top of it
- Create a triangle, maintain it, then turn your torso to turn your arms, all the while doing a small lateral lunge back and forth
- Think separation while doing this exercise.

PERIODIZATION

Periodization explained.

You want to look at this calendar as your source of “what to do, and when.” Simply take the calendar and write the date on whatever day it is that you are reading this.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STABILITY	STRENGTH	3 CARDIO EXERCISE- 30-45 MINS	4 STABILITY	5 STRENGTH	6 CARDIO EXERCISE- 30-45 MINS	7 OFF

For example, if you look at the calendar above, let's say you received this program on Wednesday. Then you will want to write the date in the Wednesday column (represented by the **3** or the 3rd of the month), and then continue writing the dates in each box for the rest of the calendar (like I did with the rest of the red dates).

Now, this example is based off the fact that regardless what DATE it is, you start the program on THE EXACT DAY it is just like I did above. In other words, if you start in the middle of the month, it doesn't matter, as it is most important to start the entire periodization based off what day of the week it is, not the date!

PERIODIZATION

(A fancy name for what you do each day!)

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
STABILITY CIRCUIT 1	CARDIO/ PRACTICE	STABILITY CIRCUIT 2	CARDIO/ PRACTICE	STABILITY CIRCUIT 1	STABILITY CIRCUIT 1	PLAY PLAY/
OFF	STABILITY CIRCUIT 2	CARDIO/ PRACTICE	STABILITY CIRCUIT 1	CARDIO/ PRACTICE	PLAY	PLAY
STABILITY CIRCUIT 1	CARDIO/ PRACTICE	STABILITY CIRCUIT 2	CARDIO/ PRACTICE	STABILITY CIRCUIT 1	PLAY	PLAY
OFF	DO HALF OF THE SETS- STABILITY CIRCUIT 2	CARDIO/ PRACTICE	DO HALF OF THE SETS- STABILITY CIRCUIT 1	CARDIO/ PRACTICE	PLAY	PLAY
START STRENGTH	STABILITY CIRCUIT 1	STRENGTH	STABILITY CIRCUIT 2	OFF	PLAY	PLAY
STRENGTH	STABILITY CIRCUIT 1	CARDIO/ PRACTICE	STRENGTH	STABILITY CIRCUIT 2	PLAY	PLAY
STRENGTH	CARDIO/ PRACTICE	STRENGTH	STABILITY CIRCUIT 1	OFF	PLAY	PLAY
STABILITY CIRCUIT 2	STRENGTH	CARDIO/ PRACTICE	STRENGTH	OFF	Get ready for your 1st level of the Road to Mastery! or contact us to learn about next steps	

****We think you can practice 3 days a week and play 3 days a week, but make sure you practice and play BEFORE your workouts!**

STRENGTH - Summary

By this point you should be experiencing an increase in your mobility, stability and strength. All of which should be allowing you to hit the ball farther than you ever have!

Like all of the exercises, It is crucial to perform those strength moves with precision not just because you are teaching your body new movements, but most importantly, because there is now a good amount of weight that you are working with.

Stay after it, take your time, be patient and be diligent

DRILLS

DRILLS

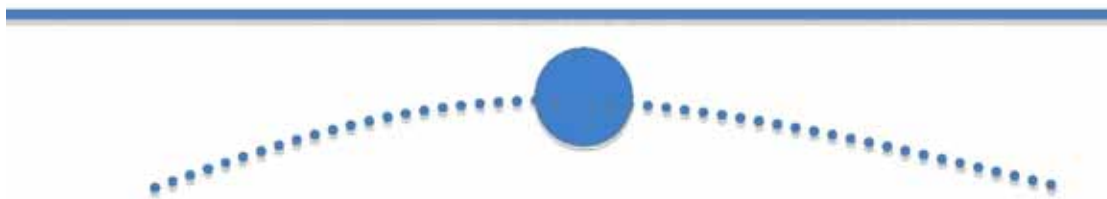
Taking it from the gym to the course!

Drive for Show, Putt for...wait, wasn't that putt good?

You purchased this product for one reason: To become a better driver of the golf ball. In the following section I am going to give you the keys and the feels to these keys for hitting a driver. Here is a little bit of theory to help get you started imagining what needs to happen in a golf swing. Remember, your body can't do something until you create an image for it to try to create.

Do we hit down or up on the golf ball? Do we swing the club in-to-in or out-to-out? Lets find out.

Top View – In-to-in or in-to-out?



In the diagram above, you can see a bird's eye view of the club (dotted line) going through impact. The golfer in this case would be standing where these words are and you would see that the club would stay away from the imaginary wall (target line). Many golfers are told to swing from the inside, swing out to right field etc. These are feelings designed to get the club to swing in a similar path to the diagram above.

Hit down or hit up?

Iron – with an iron, you would want a slightly descending blow to the golf ball. Imagine that the dotted line is the path of the bottom of the club. You can see that with an iron the bottom of the swing is 4-6 inches in front of the golf ball (closer to the target on the target line) and the club

will make contact with the golf ball before the ground.



Driver – with a driver, you can see a much flatter bottom of the swing with the bottom being at the ball or just before it.



Keep these Images in mind as you do the drills. If you get these things correct, then it is all about the clubface.

So there you have it, the key to driving the ball. The club should work in a circular path and the golf club should strike down on the golf ball with an iron and up on the golf ball with the driver.

The problem is that most people strike up on the iron and down on the driver! This program is designed to give you the proper feeling of swing in-to-out and slightly up. This will ensure proper technique for a driver, which is the club you really want to try and hit it far with. This program highlights the few critical moves that the majority of you are not doing. In learning to complete these moves, you will see your golf ball fly totally differently than you have ever seen it before.

But understand that this program will help with the hitting up on the driver. You will need to stay more on top of the ball in order to hit down with an iron. Have you ever noticed that golfers tend to mostly hit one or the other well – either in general or day to day?

Golfers tend to be good at one of the two situations – Either Irons and

chipping from tight lies, or driver and pitching from the rough. The reason for this is that both sets require different impact conditions brought on primarily by different set up techniques. Understand the difference and what we are trying to accomplish as we do these drills, but also keep in mind that your driving may get better and if your irons get worse at the same time, then this might be a reason why.

How to use these drills

Each drill is designed to address a certain concept relating to driving the ball, but understand that in order for the swing to work most effectively, each concept must be present. Each drill has the concept that it is addressing and any complimentary concepts that must be present in order to do the drill effectively. Each drill also has a list of concepts that are non-critical for that drill.

The drills are ordered to help the any level of golfer become a driving machine. The reps and rotations are prescribed for a general purpose but your job is to complete the drill until proficiency (not mastery) is present. Our definition of proficiency is when you can do it very well 6 times out of 10. Pay careful attention to the specific objectives for each drill and do not get caught up in hitting the ball as far as you can or as hard as you can during the drill. It is better to save that for the long drive hole in your next scramble.

These drills were carefully selected to communicate with your brain the key movements necessary to swing a golf club. I cannot stress how important the drills will be to helping you understand the mechanics of the swing.

I have given lots of lessons where students come back for a follow up and do not get better. I will always ask how much they practiced. It is very common to have a student who has practice for a few hundred balls in a week, but only did the drill 10 times. Really?!?

Most of us cannot just think about making a golf swing change and make it, you must commit to doing these drills if you want to show your brain what it needs to do. Your brain needs to see the movement in a

clear HD level picture and when you first try to do it, it will usually be a black and white picture with lots of static. The drills act as the fine tuning to turn that fuzzy picture into a crystal clear vivid picture necessary for success on the course.

If you want more structure on how to practice with this system, see the suggestions in the drills summary section but if you prefer a more simplified approach then you can follow this simple mantra:

If you hit a ball well, then you get to hit another. If you hit a ball poorly then you must do a drill.

If you just try to “think” your way into these movements, I promise you that you will struggle with implementation, but if you give these drills an honest chance, they will make drastic changes to your ability to drive the golf ball!

Got it? Good! Now, let's get started!

Drill #1 – Set up and grip

Set Up

Concepts Addressed – Hitting up on the ball

Concept Not Addressed – Coming from the inside, Extending through the ball, Controlling the clubface rotation



1.



2.

This drill is all about the set up. In all full swings, we want to hinge from the hip to get down to the ball (shown above). Hinging from the hips is preferred to hinging from the spine as most golfers do. Notice how my spine stays relatively the same in pictures 3 and 4 and try to recreate the same thing in your game.

With the driver, we want to have a longer stance in order to position ourselves behind the ball. Having your head behind the ball at the start makes it easier to stay behind the ball throughout the downswing. Staying behind the ball allows the swing to bottom out right around the golf ball, or just before it, which will ensure a proper launch angle and spin rate for the design of the driver.

Start with your feet together with your right foot pointed at the golf ball, then take a step away with the right foot leaving the ball just behind the left heel or approximately in line with your right arm pit. Your stance can be as little as shoulder width but slightly wider is preferred for the driver. Experiment at the range for what works best for you.

With this wide stance, hold a club across your hips and bend over it to get down into golf spine angle. At this point, tilt from the hips to get your

left hip slightly higher than the right hip (a few degrees at most). This will help encourage the proper angle of attack while making it easier to swing from the inside. It will also make the Jackson 5 drill easier to complete.

Grip

How to take a grip. Place the left hand on so that the grip runs along the bottom of the fingers but exits out the palm beneath the heel pad. Position your left thumb just off center and make sure that you're holding the club in your fingers. To make sure that you are doing this, take your grip and check to see if the ring finger on the left hand has all of its knuckles bent. If it is in your palm, then the last knuckle will be flat.

Position the right hand on so that your life line of your right hand is on the side of your left thumb and your left thumb is covered by your right thumb and the fingers of your right hand fit on the shaft.

The major thing that I look for is that the grip is in your fingers so that your wrist can move most effectively and that there are as few gaps as possible between your hands. This will make sure that the hands stay as connected as possible during the swing.

When the grip is complete we want it to be neutral to strong. This means that if you were to extend your arms out in front of you with your left wrist straight and your forearms level then the club will point between 10 and 11 on a clock.

Neutral Grip



Same grip with left wrist flat





Here is the same grip, but with my hands about in the same position that they will be in at impact. Notice how a closed grip at set up becomes square when I rotate. This is a big reason why the pros have a square club face, a flat left wrist, and a lot of body rotation at impact. That combination produces both consistency and distance!

Now that we can get in a good set up and grip it properly, it's time to learn how to release the club.

Because you hold the club with both hands, both arms are involved in the release. This helps to create a more stable and powerful release, but it also complicates things. Your brain is sending messages to both arms and hands, and unless they are working together, they may begin to try and do different things. The simplest way to learn a release is to separate each arm and learn how the left and the right arm release independently. Then, after you have an idea of what they are supposed to do independently, you should try to get them to work in harmony. You will probably find that one hand is easier than the other, guess what, it might not be your dominant hand. It is important that you practice the more difficult arm more until they are roughly balanced. Use the easier arm as a guide for the difficult side. If they are working together correctly, then either arm will move the club through the same path and plane. Good luck!

Drill #2 - Extension/Release Drills

Concept – The release through impact, How to Hit Down on the ball

Accessory Concepts – Hip Height/ Stay behind the ball

Concepts not covered – swing from the inside

2a) Right arm release

1. Take your normal set up and take your left hand off the club



2. Take a small backswing



3. Extend your right arm!



(Right elbow stays in contact with body)

I am very careful to call this right arm because many people mistakenly work on releasing the right hand and neglect the role of the shoulder and elbow. In a proper release with the right arm the sequence of motion will go:

1. Right shoulder works in front of the body
2. Right elbow will extend from the tricep and the elbow pit will stay facing up
3. Right wrist will rotate while keeping a slight cup in the back of the wrist until the right arm is extended fully

Below are examples of what the arm does without a club or ball. Put the left hand on your chest to feel the right pec squeeze as your arm works across your body. This is a big key for a full release.



When you can hit a ball with just the right arm proficiently, then move on to the left arm

Troubleshooting the right arm release:

1. The most common mistake with the right arm release is to scoop with the hand before the right arm extends. This will create a high launch angle. Make sure the elbow is leading the wrist.
2. If you play the ball too far back as in a regular chip shot, then you will encourage the flip of the right wrist. Place the ball in your normal short iron ball position
3. This is a rare mistake, but some people pull too much with the left side rather than the right. Make sure the right arm is hitting through the left, you will see why in the video.

2b) Left Arm Release

The left arm is the simpler in concept but the tougher in execution. The left arm stays pretty straight and it stays connected to the rib cage. The motion of the left arm is to rotate. In the backswing the arm rotates to the right and in the downswing it rotates to the left. The hand goes through a series of movements starting from the top of the swing.

At the top of the swing the left wrist will be hinged, pronated, and slightly extended position.

Then on the downswing the following happens:

1. The first thing to change is that the left wrist goes from extended to flexed
2. It will basically continue flexing all the way to just past impact for most players.
About halfway down, the wrist will begin to unhinge
3. Then, just before impact the left wrist will supinate

1. Normal set up



2. Turn the palm down



3. First, rotate palm up and then extend wrist (like using a hammer)



Try it with a ball.



The really important thing is that the left arm and the right arm are working together. When both are proficient, which we have defined as better than 50 percent, try hitting some waist height shots focusing on the release from the hand that you have more difficulty with. I have found it to be very helpful for my students to alternate hands and hold the finish after each shot. In the held finish position, switch hands again. Your right arm shot and left arm shot should take the club into the same point in space if you are doing this correctly.

Troubleshooting the left wrist release:

1. The left arm will stay in contact with your rib cage if you do it correctly. You can place a glove under the left arm to make sure this happens. If the glove drops, then you did not release your left shoulder correctly.
2. If the ball is going far to the left then you are just using your arm and not your body. With the right side, you can use just your arm, but with the left side, you must have a little body pivot to match the wrist rotation.

Now that you have a solid set up, a solid grip, and a good idea of how to release the arms for a full swing, let's start working on what the body needs to do so that this release works effectively. The remaining 3 drills build off of each other to help you understand how the body transfers speed to the arms. Good luck!

Drill # 3 - Merry Go Round Drill

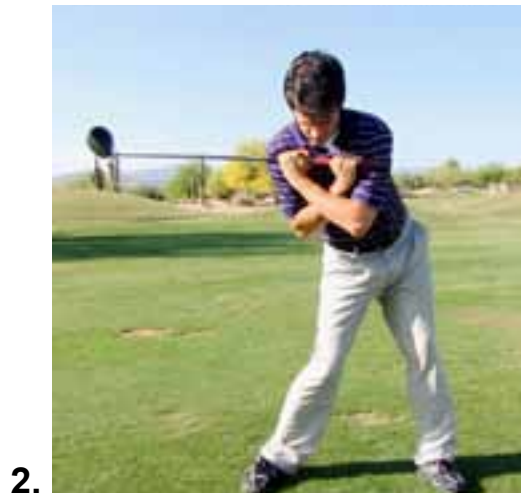
Concepts Addressed – Hitting up or down on the ball, Hip Height

Accessory Concepts – Extending through the ball, Controlling the clubface rotation,

The Merry Go Round Drill is a drill designed to get a player to simulate the position of impact. It is a powerful drill that can give your eyes plenty of time to take in how the body, arms, and golf ball will all look different from a different impact position.

Begin the drill by grabbing a golf club as if you were doing a chin up – but with your arms crossed over each other. Bring your arms to your chest so that the shaft is resting on the front of the shoulders but the club head is sticking out to your right shoulder side.

Version 1: From the set up position rotate your body until it appears that you would hit the golf ball with the golf club. A big key to this drill is to rotate far enough while staying in your posture and not lunging in front of the golf ball with your head. This drill trains that the body rotating brings the club down to the ball not excessive laterally movement.



Once you have moved to a great body impact position, relax your arms and take your hands into the position that you would like them without changing your spine, leg, or hip position. You should notice two key things. When you turn your body, your hands will be in front of the ball at impact and you will hit down with an iron (we will practice the driver next). Secondly, when your body is turned it is much easier to extend the club and not chicken wing through the ball. Practice this version with driver width stance and ball position as well to feel and see the difference between iron impact and driver impact.



Version 2: Once you can go from set up to impact with some proficiency, then go back and repeat the drill but this time making a backswing pivot before you go to impact.

After you are comfortable with these two versions of the Merry Go Round Drill, go back and try the arm release drills to see if you are doing all three things in concert.

1. Getting your body to the same impact position every time and it is similar to the Merry Go Round drill
2. In that body position, the arms are trying to release the club the same whether you are using right, left, or both hands

Troubleshooting the merry go round drill:

The major thing that I see with the merry go round is letting the head drift in front of the ball when you rotate. Make sure that when you rotate, you rotate and don't lunge towards the target. If you need to check this, put your head near a doorway and make sure that you don't get closer to the door jam. This lunge is almost always followed by the scoop of the hands and eliminates any chance of doing the Jackson 5 move correctly.

Drill #4 - Jackson 5

Concepts Addressed – Coming from the inside, Hitting up on the ball

Accessory Concepts – Extending through the ball

Concept Not Addressed – Controlling the clubface rotation,

To execute the Jackson 5 move, place a club or alignment stick across your hips the same way you did in the alignment drill. Practice bumping your hips laterally toward the target using a mirror to make sure that you are not rotating or doing it from the upper body. Then make a backswing pivot and try to recreate the same bump feeling. The image that has helped many golfers is the old Motown dance move where the backup singers would slide to the left and push their right hand down to the right. Once the left hip is sufficiently higher than the right hip, go ahead and begin rotating into the Merry go round position. When you feel proficient you may practice the previous drills or hit full shots trying to recreate the Jackson 5 feeling.

1. Start in a normal set up



2. Push the hips without collapsing the spine



When in doubt, just remember the Motown dance move that inspired this drill. I normally sing “My Girl” when I do the drill, but feel free to substitute your favorite Motown song.



Troubleshooting the Jackson 5:

If you start hitting golf balls either waist height or full swing. There are two major reasons you’re hitting the ball fat –

This drill is very easily confused with hanging back but when done correctly I assure you that you are moving towards the target. There are two common reasons for hitting it fat.

One is to never rotate. Keep in mind the practice the Merry Go Round drill for a little while to regain the feeling of rotating and then reintroduce this drill.

The second reason to hit the ball fat would be a scoop release from the right side. If you are sure that you are rotating with the Jackson 5 move and you are still hitting it fat, then you need to go back and practice the one hand only shot with the right side specifically focusing on the right shoulder portion. If your arms do not get in front of your body, then you are hitting with a scoop. The two ways to have success with a scoop are to rotate excessively and to lunge in front. Most of you will be doing the lunge move and it will take a new understanding of how to get the club down to the ball that will allow you to break through this barrier.

Drill # 5 - Wall Drill

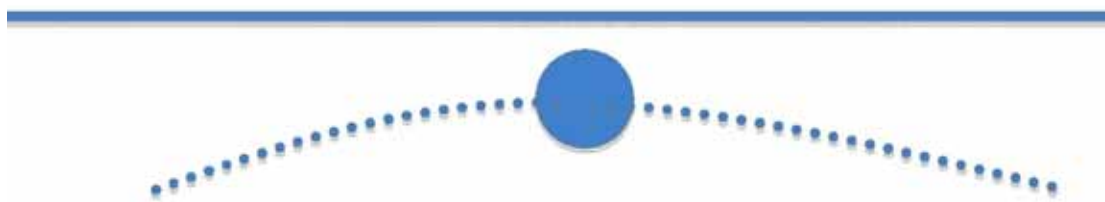
Concepts Addressed – Coming from the inside

Concept Not Addressed – Hitting up on the ball, Extending through the ball, Controlling the clubface rotation,

The wall drill is the ultimate drill in learning to come from the inside. If you come from the outside, then you hit a wall. It's pretty simple. To begin, get in your address position with the toe of your golf club just off a wall in front of you (this is best done with no ball at first). Take the club up to the top of the swing and then begin your downswing frame-by-frame. When you get the club to waist height the club shaft should be parallel to the wall, parallel to the ground, and the clubface should be pointing 90 degrees at the wall or lower. Try and get your body open as much as you can, as if you were doing the Merry Go Round Drill but still keep the club shaft parallel to the wall.

From this waist height position, try and get fully into the Merry Go Round position allowing the club to swing from the inside of the wall while extending your arms. If you do it correctly your club should swing on a nearly circular path with the point closest to the wall being just after contact with the golf ball.

Notice how the club swings in a circular arc with the apex at the wall. Remember this top view of what the club is doing. That solid line is the foam noodle and the dotted line is the club path. It never touches the wall. If you don't touch the wall either, then you have a good club path and should hit the ball very solidly.



Now look at the wall drill in practice and try to imagine that path of the club as demonstrated above. I don't have a top view camera shot, so you'll have to use your imagination as you look at it from down the target line.

1. Set up



2. Halfway down



3. Just before impact



4. Impact (apex)



5. Just after impact



6. Finish Position



After you feel comfortable swinging and not taking a piece of wood off the wall then it is time to take it to the range. Bring either a swim noodle

DRILLS - Summary

The drills are ordered to help the any level of golfer become a driving machine. The reps and rotations below are prescribed for a general purpose but your job is to complete the drill until proficiency (not mastery) is present. Our definition of proficiency is when you can do it very well 6 times out of 10. Pay careful attention to the specific objectives for each drill and do not get caught up in hitting the ball as far as you can or as hard as you can during the drill. It is better to save that for the long drive hole in your next scramble.

A sample golf practice session may look like this:

Practice Week 1 - All practice sessions that week:

Hit 15-20 balls focussing on posture/set up. Then hit 15-20 balls focussing on posture/set up but ALSO using your preshot routine and picking targets and hitting shots. Don't get caught up in just trying to beat balls as fast as you can.

Practice Week 2 All practice sessions that week:

Hit 10 balls focussing on posture/set up. Then hit 10 balls focussing on the right or left arm release. Then hit 10 balls focussing on BOTH posture and the release. And then wrap the session by hitting 20 shots to targets using your full preshot routine.

Practice Week 3 All practice sessions that week:

Hit 5 balls focussing on posture/set up. Then hit 10 balls focussing on the release. Then perform 10-20 reps of the merry go round drill, alternating with less than full swing to try and recreate the same movement. And then wrap the session by hitting 20 shots to targets using your full preshot routine.

Practice Week 4 All practice sessions that week:

Hit 5 balls focussing on posture/set up. Then hit 5 balls focussing on the release. Then perform 5 reps of the merry go round drill, alternating with less than full swing to try and recreate the same movement. Then perform 10-20 reps of the Jackson 5 drill, alternating with less than full swing to try and recreate the same movement. And then wrap the session by hitting 20 shots to targets using your full preshot routine.

Practice Week 5 All practice sessions that week:

Hit 5 balls focussing on posture/set up. Then hit 5 balls focussing on the release. Then perform 5 reps of the merry go round drill, alternating with less than full swing to try and recreate the same movement. Then perform 5 reps of the Jackson 5 drill, alternating with less than full swing to try and recreate the same movement, Then hit 20 balls with a barrier simulating the wall, these should be less than full intensity swings. And then wrap the session by hitting 20 shots to targets using your full preshot routine.

***Go play for gosh
sakes, and hit the
heck out of it!***

***Enjoy your new
found distance!***