



CANADIAN GOLF TEACHERS FEDERATION®  
Leader in the field of Golf Instruction - Learn To Teach Golf...The Profession of a Lifetime®

# The Golf Swing

# Key Components

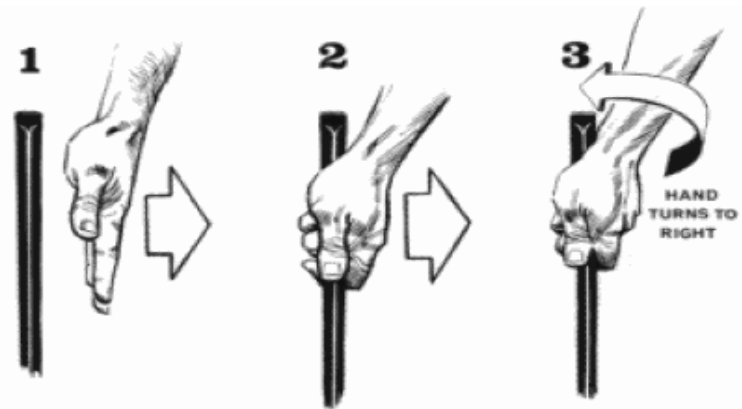
- Posture
- Grip
- Alignment
- Ball Position
- The Swing
- Tempo
- Timing

# Posture

- Knees slightly bent
- Arms hanging from shoulders relaxed
- Chin up
- Weight balanced between toes and heels
- Spine tilted to fit club
- Posture must be maintained for consistency
- Feel ready yet relaxed

# Grip

- In the fingers
- No gaps
- Hands opposing each other
- Neutral to begin with
- Grip pressure depends on tempo
- One purpose. To hold the club
- Strong vs. weak - All other things being equal will encourage the clubface angle.



# Alignment

- Feet line up left of parallel to target line
- Shoulders are slightly open to compensate for the lower hand
- Use what repeats well
- Clubface square to target
- Line up to target from behind the ball first

# Ball Position

- Forward of centre to start
- Alignment will distort appearance of ball position
- More forward with tees

## Ball Position cont'd

- Quickest way to fix direction if alignment is correct.
- Repeatability.
- Ball back will have an open clubface everything else being equal.
- Forward will be closed.

# The Swing

- The club moves on a pure path while the body rotates around the spine and weight transfers from one foot to the other foot.
- The swinging of the arms in a relaxed state will create the weight transfer.

# The Swing cont'd

- The weight of the club head will help the hands re-act to the swing.
- All this will be created not forced. Tension will destroy balance.

# Tempo

Tempo is the overall pace of the swing.  
One second or less.

# Timing

Timing is swinging the club in the correct sequence and is the key to hitting it pure.

Turn Transfer Turn

# Impact- the Moment of Truth

The hands beat the club head to the ball.

Hips open and forward.

Shoulders square to open.

Head behind ball.

Clubface square.

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Let's apply what we have  
learned