

Learn To Play Golf

Welcome to the 1st lesson of 12 - Learn to Play Golf E-Book

Throughout the next 12 lessons we will be explaining and demonstrating the basics of building up a fundamentally good posture and set-up which is the foundation for developing a sound golf swing.

In this 1st lesson, we will be explaining about the different components of the golf club with some terminology we will be using over the coming months.

The components which are shown in the picture (below) are listed and explained below:

Handle – Made of rubber, this is the part of the golf club we hold – applying the grip. We need to ensure the handle is kept clean and regularly changed.

Shaft – This connects the handle to the club head. This often is referred to as the engine of the club. This can be made from steel or graphite.

Club head (left picture) – The club head has three very important features:

1. Clubface – The clubface controls the starting direction of the ball & the amount of spin.
2. Leading edge – The "leading edge" is the bottom edge of the clubface, this will show you the direction in which the club is aiming, it needs to sit at a 90 degrees angle to your target line.
3. The sweet spot – This is where we attempt to make contact with the ball at impact.



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Welcome to the 3rd lesson in the Learn to Play Golf E-Book

This month we are going to be looking at 3 key areas which complete the setup, creating a strong foundation ready for a good golf swing.

- Body alignment
- Ball position
- Posture & stance

We are going to start with body alignment. Last month we learnt how to align the club face to the target. All you need to do now is align your shoulders and feet parallel to the clubface target line, as shown in picture 1.

Secondly, we are going to set the ball position, we want to encourage a downward hit into the back of the golf ball, this will help to create spin on the ball, giving us our the desired ball flight. So for the remaining issue, assume ball position to be in the centre of the stance, as shown in picture 2.

To complete the set up, we need to stand correctly to the ball to give us the best chance of making a consistent swing. This is called 'posture'.

Firstly, we need to make sure that the bodies weight is evenly distributed across the balls of your feet, with the weight 50-50 over both legs.

To create the desired posture you need to stand up straight, with your feet shoulder width apart and have your arms and club in front of you as shown in picture 3. Lastly, bend over from your HIPS, pushing your bottom back whilst lowering your arms until the club head is positioned behind the ball. Then soften your knees to give them a slight flex to complete the posture, as shown in picture 4. Now we are ready to make a swing! In the next lesson we begin to swing the club.



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Learn To Play Golf

Welcome to the 2nd lesson in the Learn to Play Golf E-Book

In this 2nd edition, we will be explaining how to aim the club (see picture #1) and how to grip it correctly (pic. #2). Firstly we will start with aiming the club. As you can see from picture 2, there are 3 lines on the ground (2 are red, 1 is green). We are going to focus on the green line. This is called the ball to target line and the club face must look down that line towards the target. We do this by sitting the leading edge of the club on that line (90 degree angle), making sure that the sole of the club is flush to the ground.

The overlapping grip - Leaving a small gap at the top of the handle we position our left hand on the handle first. We do this by holding the handle in the forefinger of the hand and resting the heel of the hand on the front of the handle (see pic. #3 below). Then sit the thumb just right of centre making sure it is in a shorter position and wrap the fingers around the handle (pic. #4). The right hand goes on next. Here we want to imagine shaking hands with the club (the palm of your right hand will resting against the club, pointing out towards the target, pic. #5.) Placing the base of the right hand thumb on the knuckle of the left hand thumb, slots the hands nicely together. The little finger of the right hand rests between the forefinger and the next on the left hand. The right thumb can then rest on the left side of the handle, with the forefinger in a "trigger" like position level with the tip of the thumb. Wrap the fingers around and hold it comfortably (pic. #6). On a scale of 1-10 (10 = tightest), the pressure in your hands should be 3 out of 10 (quite light). This pressure must be constant throughout the swing. You now have a sound hold!



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Welcome to the 4th lesson in the Learn to Play Golf E-Book

So we've now learned how to aim & grip the club, align our body, position the ball & set our posture. That's the sound foundation we need to make a repeatable full golf swing.

As you can see from picture 1, you should create a Y shape letter with your arms & the shaft. Without lifting your body or breaking your wrists move your arms and the Y shape away from the ball, gently turning your back towards the target until the butt of the golf club is pointing down the line of your toes. From here you lose the Y shape by hinging your wrists diagonally towards your right shoulder, creating an L shape in your lead forearm & the shaft, see pic.2. At this position the butt of the club should be pointing at a spot behind the ball, back along the ball to target line. For many of you this is a decent position & perfect for pitching. It is great for accuracy but might lack on power for those of you that dream of hitting the 300 yard drive! We finish the back swing by completing a full 90 degree shoulder turn & lifting the arms (not the body) so that the shaft is now slightly above your right shoulder. Sounds easy, but many golfers go badly wrong because they lose their incline to the ground (posture) by lifting their head & straightening their spine. This can cause a very steep angle back to the ball, usually ending up with the golfer hitting the ground first. The **downswing** is a mirror of the positions & shapes mentioned above. What is crucial when you strike the golf ball is that your hands are ahead of the club head, the shaft is leaning towards the target, 80% of your weight is over your straightened left leg & the club face is looking at the target (see pic.3). You finish the swing with your chest and belt buckle looking left of the target with the shaft over your left shoulder & your right foot heel above toe (see pic. 4). Note that on the **downswing** it is important that there is good speed and it's a fluid motion because we want to maximise distance as we swing through the ball to a balanced finish position. Its time to practice!



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