

SWGA Full Swing Report

Firstly, I want to say a massive thank you to the Barwon Heads Golf Club & SWGA for hosting today's clinic.

It was a great first experience being able to pass on some knowledge about the full swing to keen golfers around the district.

What we covered today were some fundamentals on posture, ball position, distance away from the ball and driver.

- Posture – first thing to do is get your feet shoulder width apart, from there your knees will be slightly bent. Next, place your hands on your legs, bend only from your waist, until the end of your fingers are at the top of your knee caps. Once this is complete let your arms hang straight down with no tension in your arms, bring your hand together and grip the club.
- Distance away from the ball – once you have achieved your posture and your arms hanging straight down, this will determine your distance away from the ball, **REMEMEBER** let the club determine your distance away, don't reach for the ball with any club.
- Ball position – once these first 2 steps are in place you have 2 options with where the ball is positioned in relation to your feet. Middle of the stance for irons/ hybrids and front foot for your driver/ fairway woods.
- Driver and how to increase distance – like every golfer we want to hit the ball further and this will happen with the following 2 points. **1.** Perfect your posture and distance away from the ball, this will increase the chances of hitting the middle of the club **2.** Don't slow down once you strike the ball, **speed up**. It is everyone's natural instinct to slow the club down once you have hit the ball, but if our objective is to increase distance, we need to make sure the fastest part of our swing is after we make contact with the ball.

Again, thank you to all that participated in today's clinics. I really hope you enjoyed it and took something away from it.

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