



DAN HANSEN FULL SWING GOLF CLINIC

WELCOME!

Here at Wynstone Golf Club, we take improving your golf very seriously. We consider it a privilege and a responsibility to provide the best instruction available to you, who have entrusted us with your golf games.

Today, we are going to make you aware of the many aspects of the **FULL SWING**.

The Driver and Fairway Clubs (fairway woods, hybrids & irons) will be covered. We will educate you on the concepts of how your swing impacts the golf ball and your corresponding ball flight results.

Good scoring depends most on the golfer's ability to drive the ball accurately, hit on-target approach shots, develop a stroke-saving short game, and possess a dependable putting game – in no specific order.

FACT: Your shots during a round are equally divided 50-50 between full swings and shorter distance-control swings/strokes (including putts). Join us for our Short Game Clinics as well!

Be patient...it is a process! Of course, your commitment to what you learn and the devotion to quality practice time will have a lot to do with your success.

An important part of this learning process today includes you jotting down some personal-needs notes here in the provide space in this handout. Take some time during or shortly after our session today to do so.

Thanks for allowing me the opportunity to help....



Dan Hansen

Wynstone GC Teaching Professional



DAN HANSEN
GOLF INSTRUCTION

THE SET-UP

(G.A.P.P.S) Grip; Aim or Alignment; Posture; Position (ball); Stance

Be disciplined in applying the set-up fundamentals you have are learned. Up to 90 percent of our poor shots are caused by something that occurs before the club is taken away. *Learn about, design and pay attention to your pre-shot routine.*

The Grip

A proper grip is the “steering wheel” to the clubface position and critical to a good golf swing. Making a grip change is perhaps the hardest fundamental change initially. Although experimentation is encouraged, please do not deviate from the fundamentals.

The three basic grip styles include: 1. Ten Finger 2. Interlock 3. Overlap

Although all three are considered acceptable to support a proper golf swing, the overlap is the most common among the lower handicap amateurs and golf professionals.

After reviewing which style is best for you, the other aspects of the grip include:

Grip Pressure – The correct grip pressure is critical to a smooth and effective swing. A grip too firm can prevent a proper release and create unwanted tension in the hands, wrists and arms, inhibiting proper swing motion, pace and rhythm. A grip too light cannot control the club properly.

Hands position – The palms of your hands should generally face each other and the “V” formed by the index finger and thumb of each hand should point toward your right shoulder. The proper position insures the proper release action and face angle of the golf club at impact. A stronger grip promotes the closing action and a weaker grip delays the closing action. We control the club with the fingers, not the palms. Most player grips are too weak (palms).

If change is required, construct your grip this way: With your lead hand and arm (left) relaxed and hanging to your side, allow the grip to fall into your fingers. Close your hand over the grip, making sure the grip stays in your fingers. The palm of your lead hand should best resting on top of the grip for leverage. Lift the club upward by hinging your wrist. The “V” between the thumb and forefinger should be pointed toward the right shoulder. Your wrist should be slightly cupped. You should see at least two knuckles and should have a secure feeling holding the club.

Position your back hand (right) as if you are holding a pistol with your palm facing the target. Place the grip on the inside of the first set of knuckles, with the forefinger about ¼ inch away from the other fingers. Allow the lifeline of your right hand to fit snugly into your left thumb. The “V” created by your right thumb and forefinger should also point towards your right shoulder.

You should be able to hinge the club straight up in front of your body, while your hands stay together.

Aim & Alignment

Become very target oriented, concentrating on getting the ball started on the target line. A good swing and a bad alignment will generally result in a bad shot.

The “Target Line” is the most important line in golf for you. Establish it first by standing directly behind the ball. Club is placed on the target line, the face perpendicular to it and pointing at the target. Feet, knees, hips, shoulders and eyes all are aligned parallel to the target line and perpendicular to clubface. You are now set up *parallel left* of the target line.

Imagine “Railroad Tracks” – target line is the *outside* track, on which you set your clubhead; and your feet are the *inside* track. Shoulder alignment greatly affects the path of the clubhead. This is the critical alignment factor. You will instinctively swing the club through the ball parallel to your shoulders.

Most common mistake: aiming body *at* the target. The only thing aiming at the target is the clubface.

Posture

Use this Three Step Process: **1.** Standing tall (shoulders back and head up) with your arms and club extended out in front of your body, tilt forward from the hips until your arms can hang directly under your shoulders.. At this point, the club should be close to a right angle / perpendicular in relation to your spine. **2.** Your shoulders should be back, almost pinched together. **3.** Your arms should hang naturally under your shoulders.

Position (ball)

Long Clubs: (Woods) Inside of front (left) heel. *Medium Clubs:* (4-6) Midway between center and front (left) heel. *Short Clubs:* (7-SW) Center of stance.

Stance

Take your stance after setting your posture so that your weight is distributed equally and centered between your balls of your feet and your heels. Width: heels just outside of hips. Front (left) toe pointed out ¼ turn: Back (right) toe either square or slightly turned out. Weight distributed 60-40 with the 60% of your weight on the inside of your back (right) leg.

The advice on proper set up stance width, weight distribution and foot alignment (open, square, closed) can vary based on the player’s physical body type and restrictions, swing issues to be corrected, and the type and distance of the shot. *Examples:* a narrower stance can promote better body rotation, but can also cause too much lateral (sway) movement and loss of balance. Alternatively, a wider stance can better stabilize lateral movement, it will restrict body rotation. Smaller short game shots stances can start with a “shortcut” of more weight on front leg, which produces the desired position at impact during a small swing where there is less time and need for any lateral weight shift movement .

Your Personal Setup Notes:

THE BACKSWING

The Backswing is a very critical ingredient of a successful golf swing.

Takeaway

For a smooth one piece takeaway, use the shoulders, arms hands and club, while resisting with the lower body. When the shaft is parallel to the ground, it should also be parallel to the target line. Set the club by hinging at the wrist approximately halfway into the backswing. *This hinging occurs best with light grip pressure.* The shaft should be on a plane toward the ball.

Coiling... Allow the upper body to coil against the inside of the back leg (the backswing pivot point is the back/right hip socket). You should feel the lower body resisting the upper body. The head can have minimum backward (right) movement, *but no up and down movement.*

Top of the Backswing

Your spine angle (in relation to the ground) should be the same as it was at address. You should feel coiled and loaded on the inside of your back leg. Feel your forward shoulder over your back leg. The club shaft should be pointed down the target line. Feel athletically ready to unwind towards the target.

Your Personal Driver Backswing Notes:

THE DOWNSWING

It is the part of the golf swing that has the most speed. That's makes it biggest challenge to change things. Your challenge is to initiate the forward swing with first the forward shift and rotation of the lower body - followed shortly thereafter by the downward motion of the arms & club shaft. Think of this sequence of events in terms of "forward first, down second".

Transition

The forward swing should begin slowly and accelerate to maximum speed through the ball. Your weight will shift from your back foot to your front foot. The forward and around hip motion and release through the finish must be in time with the arm swing for maximum club head speed and the desired squaring of the clubface at impact.

The slight transfer of weight into the leading (forward) hip socket is one of the most important movements and timing elements of the golf swing. Allow your arms to drop slightly to accompany the slight shift. Club should now be on the proper plane. The butt of the club is pointed to the target line at this point

Uncoiling...the energy you stored up and coiled into your back leg can now be uncoiled from the ground up. Your lower body should lead the transfer of weight, while your upper body follows.

Impact

Impact is what it's all about. Many of the great players swing differently, but look the same at impact.

Good impact keys: Clubface is square to target line. Club shaft is leaning slightly toward the target.

The lead (left) wrist is flat. Majority of weight is on the (front) left side. Hips are rotated open (toward the target) approximately 30 degrees. Shoulders are rotated open approximately 10 degrees. Head is behind the ball.

The Finish

Your finish should be balanced with your chest facing your target and shoulders in line with your hips. You should be able to hold your finish position indefinitely.

Your Personal Driver Downswing & Finish Notes:

WHAT YOU MUST LEARN FROM YOUR SHOT “MISSES”

As instructors we attack your swing issues first by diagnosing what needs fixing based on what your golf ball does, the shots you hit when playing golf. We will build backwards from “the moment of truth” in golf **IMPACT!** Our goal is to make you a better player, and we are going to help you learn to diagnose and fix.

Here are the **Rules of Impact** that determine your current shot results, the misses. Learn them, and with our help, you are on your way to the necessary corrections and lowering your handicap!

POOR BALL FLIGHT - DIRECTION, TRAJECTORY & DISTANCE

The Clubface Position at Impact

Open (push/slice), Square (straight!) or Closed (pull/draw) clubface angles at impact will tell us what direction the ball will start, at least...assuming proper body and clubface setup alignment.

The Club or Swing Orbit /Plane / Path

Think of your swing as a circle and as we watch it from a behind the ball / on the target line view. *The path/plane/orbit of that circle around your body and especially at impact will be a balancing act with that clubface position issue at impact. The ball can actually end up in the opposite direction it started, sounds familiar, right?*

Most commonly, we see the players instinctively; involuntarily, subconsciously swing their club to the left in response to their dreaded (open clubface) slice. So there is always this offsetting plus/minus thing going on with all players.

So your clubface angle vs. swing circle direction at impact is the template, and #1 diagnosis tool you need to learn about with your swing

The Club Vertical Angle (steep or shallow) of Approach of the Club at Impact

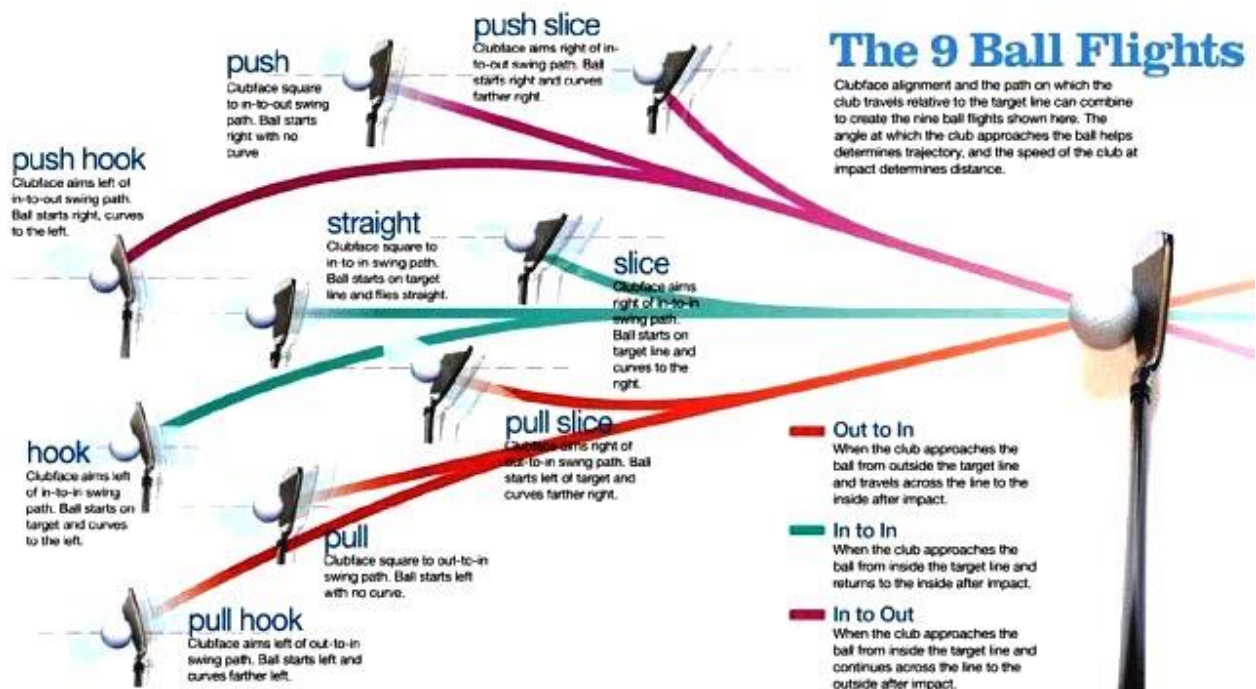
Good swing technique is a requirement here. For the driver, the desired angle of the clubhead at impact is more level to slightly upward arc. This is helped with a more forward ball position and proper tilted setup.

The Shaft Angle at Impact

If you are not happy with the trajectory of your shots, this is where we go to work. Essentially, the shaft is leaning backwards at impact if your shots are going too high. The club is over-lofted. If your ball flight is too low, the opposite is occurring. *Note:* Ball flight trajectory is also affected by your clubface position at impact: Open = higher and closed = lower trajectories. Improper body motion (weight transfer) is also a key contributor.

Your Personal Ball Flight Notes:

FAULTS & FIXES – THE RULES OF YOUR BALL FLIGHT:



Swing Path vs. Clubface Angle: The Balancing Act for Long & Accurate Shots

If the swing path is along the target line and the blade is: Square – the ball will go straight to the target. Open – the ball will start to the right of the target and then slice. Closed – the ball will start to the right of the target and then hook.

If the swing path is inside to outside the target line and the blade is: Square – the ball will start to the right of the target go straight along that line. Open – the ball will start to the right of the target and slice farther to the right. Closed – the ball will start to the right of the target and hook back to the left.

If the swing path is outside to inside the target line and the blade is: Square – the ball will start to the left of the target and go straight along that line. Open – the ball will start left of the target and then slice back to the right. Closed – the ball will start to the left of the target and hook further to the left.

The ideal swing would be one that is along the target line while the blade of the club is square at the impact position. Most professionals and low handicap amateurs are striving for this swing principle.

Your Personal Ball Flight Notes

FAULTS & FIXES – THE GENERAL RULES OF IMPACT:

Good impact occurs when you hit the center of the clubface loft to get the ball into the air. You want to hit the back of the ball first, ball first, so take the club up slightly on the backswing and make a slight downward brush coming through.

The low point of the arc is in front of the ball – FORMING THE DIVOT. A perfect arc both back and through with a good low point impact is one of the secrets to great fairway AND chip/pitch shots.

Poor impact occurs when we involuntarily try to lift the ball into the air with a scooping hands and wrist motion. The result is weight moves to the back foot and the wrists are bending upward. We want you to arc up and inward after you hit down on the ball, not flip the wrists up. Keep the grip ahead of the club head and the left wrist solid through the shot.

Never, ever do you want the clubhead to pass the hands before impact. Oftentimes players will concentrate so much on keeping their head down, they will end up doing so too long, which restricts their body movement and that can actually encourage a scooping motion

Your Personal Impact Notes



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