



# Golf Basics Step 1

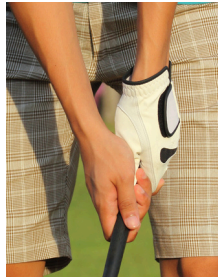


## The Grip

I find the best way to start gripping the club properly is to let your **left arm hang naturally** by your side (for right-handed) and grab the club in the position your hand hangs. As you bring the club to your front, that is the correct position for your left hand.

**The left thumb points straight down the club.** From there take your right hand and with the pinky either interlock or overlap with the **left pointer finger**. This connects the hands together. Either way works fine and is a personal preference. Then the right-hand folds over the left thumb.

Below are some visuals to help.



## What Clubs Are In Your Bag?

You are **allowed 14 clubs in your bag** when playing golf. All clubs have a grip, a shaft, and a head. There are many variations on the make-up of the type of clubs, but most have a Driver and a Putter and then figure out personally the rest whether you have more hybrids or irons.

### Woods and Hybrids

The longest clubs in the bag are your 'woods'. Well, in the old days they used to be made out of wood. Now they are all titanium and fancy alloys.

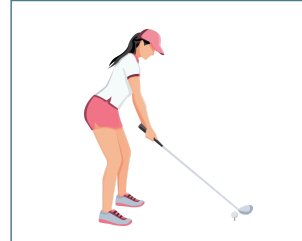


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The **driver is the biggest head and longest club and is what you use off most tees**. The 3, 5, 7, even 9 wood and hybrids help get the ball in the air but go a long way.

## Stance and Alignment

**Grip, stance, and alignment are half the battle** to swinging the club well. If any of those are askew, it can make golf very challenging.



### Stance

Take what we call an athletic stance, meaning **gently bend your knees and feel ready to move**. Take the club and put it straight out in front of you at hip height and then just put it straight down on the ground.

You want an athletic bend in the knee but do not want to be bent over too much at the waist.

**The hands should hang naturally down** and be generally under your chin.

### Alignment

Many amateurs struggle with lining up their shot on the course. This is probably the most common issue I see in set up.

Your feet should be 'square' with each other and **actually point LEFT of the target**, because the line the ball needs to fly is AT the target, therefore your **feet are on a parallel line with the target**.

This is what many get wrong, they step into the stance with the feet aimed at the target.

## What Clubs Are In Your Bag Cont...

### Irons



Your irons are the meat of your bag. **The higher the number (9 iron) the shorter the club and easier to hit.** Many people have ditched the 3, 4, 5 iron in favor of hybrids which are a little easier for the average player. Irons and wedges have grooves in the face, which help control the flight of the ball.

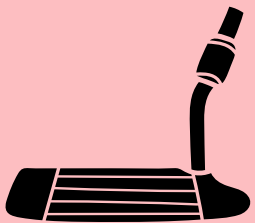
### Wedges



Your wedges are really important. They are the shortest clubs and what you use to hit shots inside 80 yards, around the greens, and out of bunkers. **We call them the 'scoring clubs.'** If you become proficient with your chipping and pitching, you can save a TON of shots on your score.

There are a couple standard go to shots that you can learn and repeat with different wedges, they have various lofts on the face and the same swing or shot can produce different results but very repeatable.

### Putter



The other scoring club is the putter which is the club you use on the green. Those little 2-foot putts count the same as a 200-yard drive!

**Putting is a HUGE part of your score** and my experience with most amateurs is they are losing a TON of shots on just not working on their speed on the greens in putting.

We can show you some fun drills to work on being a great putter and taking the pressure off your other shots.

## Other Equipment

You can walk through your local club pro shop, a golf store like Golf Galaxy or PGA Superstore and see endless golf gadgets! It is fun to try out some of those but for the **basics in your golf bag stick with the items listed below...**not listed is the Birdie Juice if you are so inclined :)



Glove



Divot Tool



Sunscreen/Hat



Umbrella/Rain Gear



Tees



Ball Marker



Water Bottle



Towel

## Putting Basics



I find an image description that works well with putting is that of the grandfather clock.

To avoid having too much movement in the legs, **think of your body and legs as the sturdy outside part of the clock, and your arms and shoulders as the pendulum.**

During the putting stroke the pendulum should swing as one unit together and the body and legs are quiet.

Important basic set up in putting is having **your eyes over the ball**, having your feet mostly being lined up square, and the ball generally in the middle or front of your stance. **It's good to let the arms hang naturally** but many find interesting ways of standing or putting that feel better for them.

## Putting Basics Cont...

**Learning how to putt with proper speed is the most important element.** If you always putt your ball within 2 feet of the hole it makes your golf round much easier than always trying to make 4–8-foot putts for the next one.

With our example above, **the pendulum swing of your stroke is longer with a longer putt and shorter with a short putt.** Learning the rhythm of this length and adjusting to uphill or downhill putts will make you a naturally good putter.

## Chipping Basics

Chipping around the green you can boil down to having just **2 types of shots** that you use a similar method of swinging and then just change the type of club you use.

The sand wedge (56/60 degree) has more loft and will go in the air and land softer, whereas the pitching wedge (PW), 9 iron and other clubs will be lower and roll more and travel further.



## Bunker Shot Basics

For successfully getting out of the sand traps it's important to set up correctly, with your weight on the left foot and the clubface of your sand wedge open or facing more up to the sky.

**Set your feet either square or with the left foot back a little or 'open'.**

Take a long enough swing to have force to hit the sand about 2 inches behind the ball. **The SAND is what takes the ball out of the bunker, you do not want to actually hit the ball.**

A full follow through will help avoid you stopping the club in the sand and having the ball not go anywhere. **Commit to hitting the sand with some speed and force** and you will successfully get the ball out of the bunker every time.



## Chipping Shot 1 (with any club)

With your feet narrow and pointed a bit towards the target, keep your **weight more on the left foot, the ball further back in your stance, and your hands should push the handle of the club to be in front of the ball.** Keep the hands forward through the entire swing of the chip. You don't need a big backswing here, you are just "pinching" the ball, using your torso and a little bit of arm swing (without wrist hinge) to hit down on the ball. **You can use this with any club and the loft will give you different types of shot.**

## Chipping Shot 2 (mostly with sand wedges):

Same as above but **put the ball in the front of your stance**, and open up the clubface, meaning turn the grip so that the clubface is up more to the sky. Use the same motion on your backswing but let the clubhead pass by your hands as you swing through. You will see the ball go up in the air more and land softly. **Make sure to keep your body rotating through and don't just use your arms and hands.**