

Ladies Golf Academy: Intermediate Series

Instructor: John Lombardo, PGA | Dutch Hollow Country Club

Week 1: Calibration & Low-Point Control

Date: Wednesday, May 13

Objective

To refine the fundamental "machine" and ensure consistent ball-first contact through impact zone awareness.

Fundamentals Review

- **Grip Pressure:** Maintain a "3 out of 10" pressure to avoid tension.
- **Railway Alignment:** Parallel lines for feet, hips, and shoulders relative to target.

Intermediate Skill: Low-Point Control

Developing the ability to control where the club enters the turf for maximum compression.

Drills & Circuit

- The Towel Drill: Place a towel 4 inches behind the ball; strike ball cleanly.
- Divot Analysis: Reviewing path and depth to diagnose swing direction.

Week 2: Driver Launch & Power

Date: Wednesday, May 20

Objective

Maximizing distance and accuracy by optimizing the upward launch angle unique to the Driver.

The Setup Pivot

- **Spine Tilt:** Drop the trail shoulder slightly at setup to preset an upward strike.
- **Ball Position:** Positioned off the lead heel/big toe.

Intermediate Skill: Smash Factor

Focusing on centeredness of strike over raw swing speed.

Drills & Circuit

- Face Tape/Spray Drill: Visualizing impact location on the clubface.
- The "Whoosh" Drill: Upside-down driver swings to time acceleration at impact.

Week 3: Fairway Woods & Hybrids

Date: Wednesday, May 27

Objective

Distinguishing between the "sweeping" motion of woods and the "downward" strike of hybrids.

The Identity Check

- Hybrids: Iron replacements; play with a slight downward compression.
- Fairway Woods: Sweepers; brush the grass rather than digging.

Intermediate Skill: Lie Recognition

Applying the "Thumbing Rule": If the ball sits up, use the Wood; if it sits down, use the Hybrid.

Drills & Circuit

- Nick the Grass Drill: Continuous practice swings brushing the blades of grass.
- High-Tee Wood: Hitting woods off 1/2 inch tees to build confidence in flight.

Week 4: Short Game & Scoring Mindset

Date: Wednesday, June 3

Objective

Lowering scores by mastering distance control and mental discipline around the green.

The Philosophy

- Minimum Air, Maximum Ground: Choosing the lowest lofted club possible for chips.
- Landing Spots: Focusing on where the ball lands, not just the hole.

Intermediate Skill: Distance Calibration

Developing "touch" by varying clubs for the same target distance.

Drills & Circuit

- The 3-Club Challenge: Using a 7i, 9i, and SW to hit the same target.
- Pressure Routine: Executing full pre-shot routines under distraction.

"A fundamental is not a fundamental unless it holds up under stress."