

On-line golf swing analysis

By Rob Boyle (PGA of Canada member)

www.DriveForSuccess.ca

Homework ☺

Watching your golf swing on video is so helpful especially with a side by side comparison with a top PGA professional. My verbal analysis is also an important part of the process. Writing the points down on paper will add to your learning. Studies have shown that your retention, understanding and memory of the points discussed will improve immensely if you yourself write the points down.

Watch your video analysis at least two or three times. Please write down notes of what you see and hear on the blank form below. Make the notes in point form and leave enough space in each section to rewrite points from the two different angles (face-on and down-the-line.) You are welcome to send this form back to me by email. I can evaluate your "homework" and give you a grade on what you wrote in a follow-up email. Thanks!


Rob Boyle


Student Name:


Date of video:


Type of shot (driver, iron shot, pitch, putt, etc):


<p style="text-align: center;">INTRO</p> <p>Start off with positive points such as the good weather, how you are feeling, your improvement so far to date, etc.</p>	
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<p style="text-align: center;">SET-UP</p> <p>The set up involves all the things you do before you hit the ball</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>FACE VIEW</p> <hr style="border-top: 1px dashed black;"/> <p>LINE VIEW</p>
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<p style="text-align: center;">BACKSWING</p> <p>The backswing is moving the clubhead as far back as necessary to achieve your desired result</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>FACE VIEW</p> <hr style="border-top: 1px dashed black;"/> <p>LINE VIEW</p>
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<p>DOWNSWING TO IMPACT</p> <p>The downswing is super important and impact has been called the moment of truth!</p> 	<p>FACE VIEW</p> <hr style="border-top: 1px dashed black;"/> <p>LINE VIEW</p>
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<p>FOLLOW THROUGH</p> <p>The follow through tells a story of how you swung the golf club</p> 	<p>FACE VIEW</p> <hr style="border-top: 1px dashed black;"/> <p>LINE VIEW</p>
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<p>RHYTHM & TIMING</p> <p>Your golf swing should have a decent rhythm and flow</p> 	<p>What should your rhythm be with a long swing?</p> <p>What should it be with a short chip or a putt?</p>
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<p>NOTES</p> <p>Write a few notes on how you've progressed and what your future goals are. Use the STAR system for goal setting.</p> 	
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Thanks for filling out this form. Good luck with your swing and game. I'll be there if you have questions and for future lessons.

Rob Boyle
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