

## Setting Expectations and Goals

This would be a good time to set a few goals for yourself to help you track your progress and give you an incentive to work on your game. The time you'll have to practice and play, how athletic you are, how focused, competitive and patient you are should help you determine to what level of playing you'll be satisfied with. That would help define a your long-term goal and from there you can set up short and intermediate goals to help you reach your final one. Certainly all of these may change as you find the game harder or easier or more or less enjoyable than you first thought.

### Rules for Setting Goals

1. Strictly Define
2. Time Frame
3. Measurable
4. Present a Reasonable Challenge

Since there are many facets that contribute to having a successful game you can set goals for some or all of these to help you achieve your overall goal. Some of the facets could include:

- Driving off the Tee
- Iron shots
- Putting
- Chipping
- Sand play
- Making Good Decisions on the Course

## Taking Your Game to the Course

Understand that the environments of practicing and playing are quite different. Your ability to utilize your practiced skills on the course is dependent on your reaction to the change in the your environment and what you have done to lessen the differences.

How the environments differ:

<u>Practice</u>	<u>Play</u>
Many Balls	One Ball
No Consequences	Many Consequences
No Score	Keeping Score
No One Watching	Others Watching
Hills, Trees, Water, Sand	Flat Turf or Mat

### THE RESULT

No Anxiety or Pressure	Anxiety & Pressure
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## How to Minimize the Effects of the Increase in Pressure on the Course

1. Simulate course play during practice
2. Play challenge games during practice
3. Pretend your on the range when playing
4. Develop a pre-shot routine

## Do Your Clubs Fit?

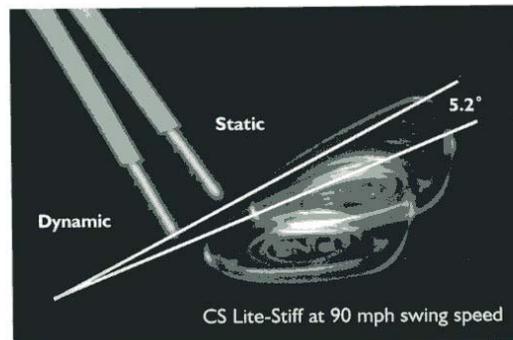
### The Importance of Lie Angle and Affect on Ball Flight Direction

- At set-up all woods and irons should have the toe of the club off of the ground.
- At impact the club will flush to the ground allowing for a straight shot if the face of the club is square to the target.
- If club does not set on the ground correctly then shot will go left or right even though the path and face of the club are in essence square to the target.

The dynamic swing test is the third step of the fitting process and can be conducted in both indoor and outdoor environments.

During the dynamic swing test, the golfer hits shots from a lie board with impact tape on the sole of the club. By evaluating the marks left on the impact tape, the fitter is better able to understand how a golfer's size and swing tendencies may affect the position of the clubhead at impact. For example, a golfer with a pronounced forward tilt from the waist and low hand position may require a flatter lie angle than indicated by the static measurement.

Another consideration during the dynamic swing test is the "toe-down effect." During the golf swing, centrifugal forces cause the shaft to bend down as the center of gravity of the clubhead tries to align itself with the axis of the shaft (right). If these influences are not properly compensated for, the clubhead may not be in the necessary position at impact to produce the golfer's desired ball flight.



High-speed photography, which superimposes a standard stiff-flex 6-iron at the address position (static) with the same club being swung at 90 mph (dynamic) allows us to analyze the "toe-down" effect. In this case, the comparison shows the effective lie angle flattens 5.2 degrees at this swing speed.

## Fitness Affects on Swing and Set-Up

Poor Set-ups and/or swings can be the result of several reasons. But, students who are not able to make corrections through understanding and practice may have some fitness issues that prevent them from making progress. Increased mobility and stability of body joints will help.

Three aspects to focus on:

1. Set-up Posture – Primarily the spine which should be straight from the base of the spine to the middle of the shoulders blades.
2. Upper/Lower Body Separation – Can you turn your upper body independently from your lower body and visa versa.
3. Maintain Your Posture – You need to maintain your original set-up posture through the beginning of your follow-through.