

Beginners Complete

8 Week Group Clinic



John Fiander's Teaching Background

- Teaching Golf Since 1985
- Certified PGA Teaching Specialist
(one of only two pros in Ohio)
- 2003 Northern Ohio PGA Teacher of the Year
- Travel & Leisure Golf Magazine "Master Class"
- Consumer Research Council of America
"America's Top Golf Instructors"
- Spent 16 years as a student of a Golf Magazine
"Top 100 Teacher"
- Tips and advice articles have appeared in:
PGA.com
USAToday.com
Cleveland.com
Cleveland Plain Dealer
Greater Cleveland Golf News
WEWS Channel 5 - Cleveland
- Students include a wide variety from beginners to college players and former professional athletes and one's that have won amateur tournaments and championships.



"My teaching is molded around the needs of the student and every student is important."

Weekly Schedule

Week	Areas Covered	Other Items
1	Intro, Setting Expectations, Equipment, Ball Flight (indoor session)	
2	Grip, Stance, Posture, Arm Swing	Effective Practice
3	Review Week 1, Weight Shift	Basic Rules & Scoring
4	Review Weeks 1 & 2, Body Turn	
5	Swing Review, Practice and Drill Programs	
6	Putting	
7	Chipping, Pitching	
8	"On Course" strategies and management, class championship	Care of Putting Green & Etiquette

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

John's Goals for His Beginner Series Students

Basic Goals

- To be able to make swings that gets the ball into the air every time with a simple arm swing.
- To begin to understand the basics of a good of a sound swing, putting stroke and chip stroke.

Advanced Goals

- To not only get the ball airborne every time, but to also have some control on direction and make progress on distance.
- Understand and have a way of correcting bad personal swing habits.

The Learning Process

Modes of Learning Golf Motion Skills

No matter which mode you learn best with you need to incorporate all three modes to maximize your improvement and realize your potential.

Sight - Watch the pros on TV or from an instructional videotape. Observe the flight of your shots to get feedback. Read instruction.

Feel – Feel your body motion and get to know through instruction which feelings relate to proper motions and which ones indicate incorrect motions. Feel impact with the ball and club contact the ground.

Audible – Hear the sound of impact. Listen to instruction.

FEEL WILL BE THE MAIN LEARNING MODE FOR EFFECTIVE PROGRESS

Developing Proper Motions into Habits

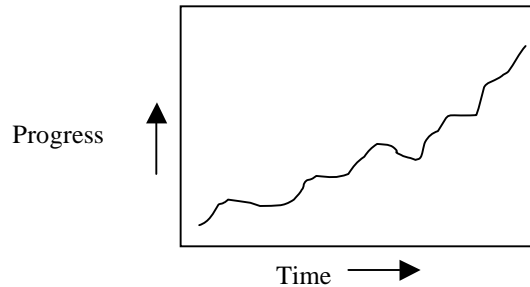
Beginning – A lot of thinking and discipline

Transition – Proper and plenty of repetitions

End – Habit formed

Expected Progress

- Everyone will progress at different rates
- The rate of progress will not always be constant
- Some days everything goes right, some days every thing goes wrong



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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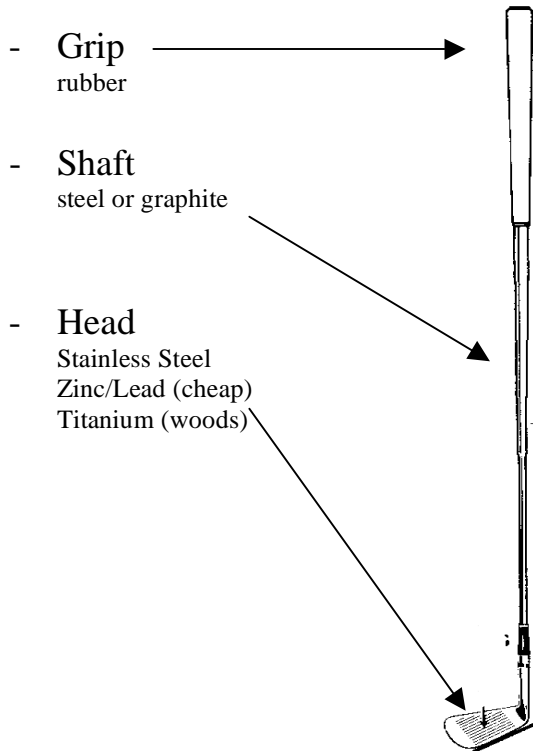
How to Minimize the Effects of the Increase in Pressure on the Course

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

Golf Clubs

Club Components

Golf clubs are made up of 3 components:



General Club Recommendations for Beginners

Grip – Style not important, personal taste should prevail

Size important – Generally top hand when closed on grip should have the tips of fingers touching pad of your palm.

Larger grips promote a fade, thinner grips a draw

Shaft – Graphite is lighter than steel and aids in achieving more distance. Proper flex is important. Players developing higher swing speeds need stiffer shafts.

Length is important – Usually based on a person's body proportions. Most people fit standard length.

Clubhead – Should be stainless steel for irons and either titanium or stainless steel for woods.

Set Make-Up – Set should include eight irons, three woods, a sandwedge and putter.

The Difference Between Men's and Women's Clubs

Length – Men's clubs are 1" longer

Weight – Men's clubs are heavier

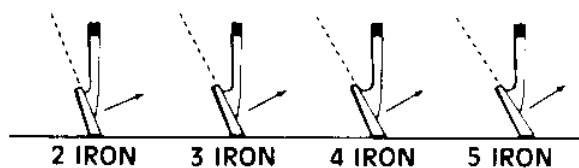
Grips – Men's clubs are larger in diameter

Set Make-up – Both men's and ladies sets usually have three woods, eight irons and a putter.

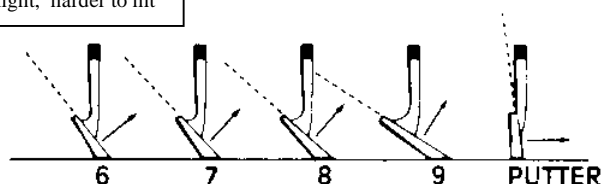
Most men's sets commonly have the #1-#3-#5 woods with irons being from the #3-PW (pitching wedge). Women's set common in a variety of compositions that may or may not have a #1 wood, may have up to four woods and seven irons. Women's sets many times have the least lofted wood (#1) and iron (#3) eliminated from the set as those clubs require high swing speeds to be used effectively. The Rules of Golf allow for fourteen clubs. To reach that maximum many players will add a sand wedge and another fairway wood usually being the #7.

Is it OK for women to play a men's club?

Answer – In most cases no. There are some instances when a tall woman will need clubs the length of men's. There is a great deal of weight difference between a women's graphite shafted club and a men's steel shafted club.



More distance, lower flight, harder to hit



Less distance, higher flight, easier to hit

How Does the Club Get the Ball Into the Air?

- With irons the ball needs to be hit while the clubhead is either traveling level to the ground or still descending.
- With woods the ball must be hit while the club head is either traveling level to the ground or ascending.

What Determines How Far a Ball Goes?

3 Main Components

- The Speed of the Club
- The Quality of Contact (How close is the contact to the “sweet spot”)
- The Length and Loft of the Club

What Controls the Ball’s Direction?

3 Components

- Clubhead Path – Generally determines the ball’s initial direction
- Clubhead Face Angle – Will determine if there is any curvature to the to the ball’s flight.
- Club’s Lie Angle

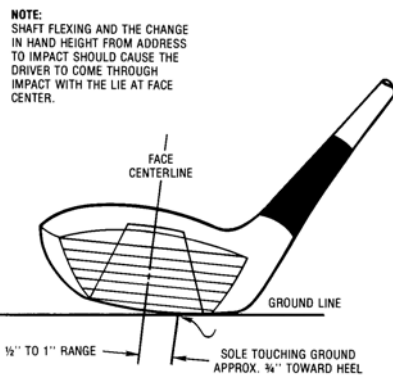


Fig. 12

A driver with the proper lie angle in the address position.

The Joys of Golf

“What other people may find in poetry or art museums, I find in the flight of a good drive.”

Arnold Palmer

1. The Challenge and Sense of Accomplishment
2. The Scenery and Natural Settings
3. It's a Change of Pace
4. The Sociability
5. The Individualism
6. It's a Game of Honor, Integrity and Character
7. Sportsmanship
8. Game of a Lifetime
9. All Can play Against Each Other
10. Exercise
11. It's Fun and Entertaining
12. Great Golf Resorts to Visit
13. Every Golfer of Every Level Throughout the World Plays by the Same Rules

Strength, Flexibility and Exercise

There are four physical aspects that can help you maximize your progress and prevent injury.

Strength

There are specific muscle groups that are important to golf. They are:

- Hands, wrists and forearms
- Abdominal
- Upper and lower back
- Upper legs

There are certainly other muscle groups that play a part in the swing, but a beginner would be well served to trying to strengthen these areas. At minimum one could start doing sit-ups, walking or bicycling and using a hand grip strengthener.

Flexibility

Basic golf flexibility focuses on rotation and spine support. You need flexibility in you upper body to rotate and you need strength and flexibility in your hamstrings to support your spine posture during the swing. Make sure you start each practice and playing session with 5-10 minutes of stretching, then slowly doing practice swings until you build up to a full swing motion.

Endurance

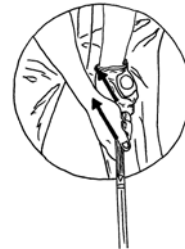
Even if you ride a cart during a round you will still do a lot of walking. Build up endurance in your legs by walking and bicycling. If you walk during a nine hole round at an average length regulation course you will cover around two miles.

Proper Set-Up and Swing Motion

The proper set-up and swing motion will help you play your best and ensure that the potential for injuries are minimized.

Grip Keys

- Grip in both hands near base of the fingers.
- Butt end of the club should be tucked underneath the outer pad of the left hand. →
- Right hand should cover left thumb.
- Creases or V's formed by the thumbs and forefingers should point at right shoulder.
- 2 – 3 knuckles of the left hand should be visible from the set-up position. →
- Moderate grip pressure, the club should not turn in your hands, light pressure from thumbs and forefingers.



Stance & Posture Keys

- Bend over from hips, straight back, no slump of shoulders, slight bend in knees.
- Arms hanging naturally straight down and relaxed. Hands gripping club opposite inside left thigh, 4-6 inches away.
- Weight evenly divided, neither favoring toes or heels or either foot.
- Width of stance even with shoulders for the longest clubs, narrower for shorter clubs.
- Feet, hips, shoulders parallel to target line.
- Ball position varies from middle of stance to just inside left heel depending on club being swung.
- Leading edge of clubface perpendicular to body alignment.



Target Line – Line from ball to target

Inside – Area on player's side of target line

Outside – Area on opposite side of target line

**THE CLUBHEAD SHOULD ALWAYS TRAVEL OVER
INSIDE AREA AND MOMENTARILY ON THE TARGET LINE AT IMPACT**

Arm Swing Keys

MOST IMPORTANT KEY IN THE ENTIRE LESSON SERIES

To consistently hit the ball solidly and avoid most situations where you hit the upper half of the ball and it doesn't get airborne or you miss it completely, you must remain in your set-up posture throughout your backswing until well into the follow-through. Remaining in your posture means keeping your knees flexed and remain bent over from the hips. Finally, both arms must be fully re-extended when you hit the ball.



Backswing

- Wrists hinge
- Feet flat on ground
- Remain in posture



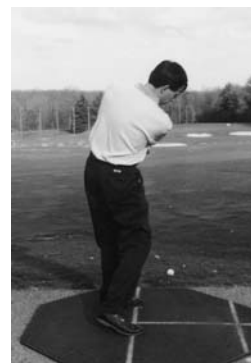
Impact

- Both arms fully extended
- Remain posture



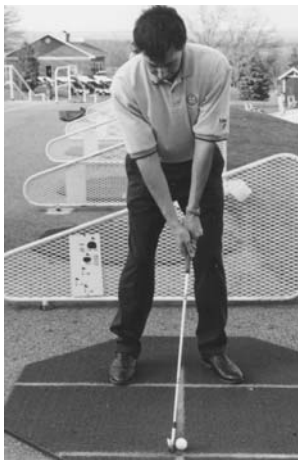
Follow Through

- Hands extended away from body
- Remain in posture
- Look up at finish



Weight Shift

All sports where there involves the propelling of an object involves shifting your body weight from one leg to another. A batter in baseball, a football quarterback, a tennis player and other all shift weight as they execute their arm-swing motion. In golf the weight shift helps to improve distance and is very important for direction.



Address
-Weight equally divided

Backswing
-70% of weight on right foot
-Head shifted a few inches
-Left knee points at ball



Downswing
-Initiated by the left knee moving back toward the target, upper body momentarily passive

Finish
-80-90% of weight on left foot



The first major conscious effort to start the downswing is shifting of the weight back to the left foot. The upper body is momentarily passive. However, the arms should be dropping down in reaction to the weigh shift. One of biggest faults I see in many students is starting the downswing with the shoulders turning improperly. This always leads to an ineffective swing.

Body Turn

The major source of power in the golf swing comes from turning the body and using the large muscles of the torso.



Backswing

- Left shoulder under chin
- Back facing target
- Left heel on or close to ground
- STAY IN POSTURE!

Finish

- Hips and chest facing target
- Right shoulder closer to target than left
- Balanced



Shoulders Rotate More Than Hips

If you look at the backswing picture you will see that from the set-up position to the end of the backswing the shoulders have rotated about twice as much as the hips. This difference in the amount of rotation puts you into a powerful, muscular coiled position to deliver the club to the ball with high speed. Here are the points to remember:

- Shoulders and hips should rotate as far as your flexibility will allow while still staying in you posture and keeping you head from moving but a few inches.
- Keep you left heel on the ground and your right knee flexed. Those two “control” points will have your hips turn half as much as the shoulders.
- If your flexibility is poor, you can allow you left heel to come off the ground slightly to at least be able to achieve a reasonable amount of body rotation.

Putting Keys

Grip

- Hold in palm of left hand.
- Right hand at the base of the fingers.
- Moderate to light grip pressure. (club should not move in your hands)
- Thumbs pointing straight down. Most putter grips have a flat side that your thumbs should be resting on.
- Reverse over-lap grip preferred.

Set-Up

- Eyes over ball or putter.
- Arms relaxed with slight bend.
- Ball positioned below inside left foot.
- Shoulders, hip and feet parallel to target line.
- Body weight even or slightly favoring left foot.



Stroke

- Swing arms in a pendulum motion.
- Wrists firm.
- No movement of the head or body.
- No weight shift.
- Clubhead should travel straight back and through and clubface should remain square. On longer strokes there will be some natural curvature to the path of the stroke causing the face of the putter to slightly open on the backstroke and close on the follow-through.
- Follow through is longer than backstroke.



Chipping Keys

Generally, chipping is shot used from just off the green to few yards away depending on the situation.

Grip & Set-Up

- Use normal full swing grip.
- 60% or more of your weight on the left foot.
- Hands opposite left thigh and well ahead of the clubhead.
- Ball position can vary from inside right foot to middle of stance.
- Stand very close to ball.

Swing

- Similar to pendulum motion in putting.
- Weight remains on left foot throughout.
- Head and body still, except for a slight right knee forward motion on the follow-through.
- Ball is hit on a slight downswing motion.
- **Hands must remain ahead of clubhead at impact, just as they were in the set up.**
- **Back of left wrist firm.**



- Chipping can be done with a variety of irons ranging from a 5-iron to a sand wedge.
- On a chip shot a ball should fly low then land on the green quickly and roll most of the way to the hole. With that in mind you need to select a club that has the loft that will allow you shot to have those components.
- If the ball is sitting down in high grass you must use some wrist hinge in the backswing and chose a club a lot of loft like and a pitching or sand wedge.

Common Terms

Birdie – A score one less than the par of the hole.

Bogey – A score one more than the par of a hole.

Double Bogey – A score two more than the par of a hole.

Eagle – A score two less than the par of hole.

Fat – To have your club contact the ground before impact with the ball.

Fore! – This word is shouted as a warning if a player is in danger of being hit by a ball.

Greens Fee – The fee to play the course walking.

Handicap – A measurement of the ability of a player or difficulty of a hole. The lower the number the better the player or more difficult the hole.

Hazard – Any stream, body of water or sand bunker on the course. The boundaries of “water hazards are marked by either red or yellow stakes.

Heel – The part the clubface nearest the shaft.

Hole-In-One – A score of one on a hole.

Out-of-Bounds – This is the outer boundary of the golf course. It is marked by white stakes.

No shot is allowed to be played outside these boundary markers.

Par – Each hole on the course is assigned a “par” number. It is the number of strokes a better player should take on a given hole. Holes are either assigned a par of 3, 4, 5 and in rare cases a 6. The Length of the hole determines the par. If you shoot a score equal to the par of the hole, then you are said to have made a “par”.

“Ready Golf” – This form of golf does not follow traditional “Honor Golf” and simply says whoever is ready to hit next does. This is the fastest way to play.

Tee Time – This is the reserved time for you or your group to start play. You should be ready to hit your first shot when your tee time arrives.

Tee Shot – First shot on a hole.

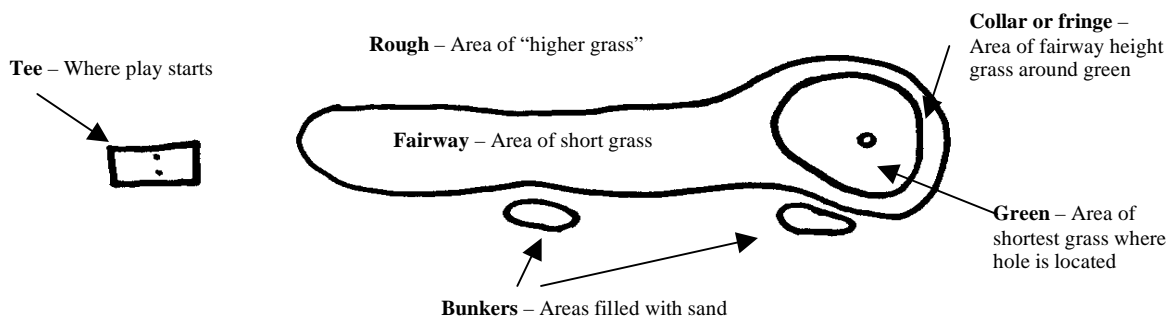
Thin – To hit a ball below a club’s “sweet spot”.

Toe – The part of the clubface on the opposite side from the shaft.

“The Honor” – The player is said to have the honor of being first to tee off on a hole, because they had the lowest score on the previous hole. This is the traditional form of golf that is following mostly in tournaments. It can a slow way to play and so most golfers play “Ready Golf”.

Sweet Spot – This is the area of the clubface, generally near the middle, where contact with the ball will produce maximum distance.

Typical Golf Hole



Recommended Books, Videos and DVD's for Beginners

Books

Jim McLean – Eight Step Swing
Butch Harmon – The Four Cornerstones of Winning Golf
David Leadbetter – The Golf Swing
Dave Pelz's – Putt Like the Pros
Tom Watson – Getting Up and Down
Gary McCord – Golf For Dummy's
Adams, Tomasi, Maloney – Play Better Golf for Women

Video's

Jim McLean – Eight Step Swing
Golf Digest – Find Your Own Fundamentals
Al Geiberger – Sybervision
Patty Sheehan - Sybervision
David Leadbetter – The Full Golf Swing
Rick Smith – Swing Foundations

DVD's

Butch Harmon – Ultimate Golf
David Leadbetter – Greatest Golf Tips
Jim McLean – Golf Warm Ups & Exercises