The book cover features a dark green background with a white border. In the center, there is a silhouette of a golfer in mid-swing, rendered in a lighter green color. The title 'The Long Game' is written in large, white, sans-serif font. Below it, 'MASTERY PROGRAM' is written in a smaller, yellow, sans-serif font. The subtitle 'How to Build a Tour-Quality Golf Swing' is in white, sans-serif font. At the bottom, the author's name 'by Jeff Richmond' is written in a smaller, light green, sans-serif font.

The Long Game

MASTERY PROGRAM

How to Build a
Tour-Quality
Golf Swing

by Jeff Richmond

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How To Build A Tour Quality Golf Swing

Table Of Contents

Introduction	5
Lesson 1 - The Grip.....	19
Lesson 1 - The Grip Procedure	20
Lesson 1 - The Grip Summary	27
Lesson 2 - Ball Position.....	32
Lesson 2 - Ball Position Template	33
Lesson 3 - Posture	45
Lesson 3a - Posture Drill.....	46
Lesson 3c - Posture: Feet Positioning	50
Lesson 3d - Posture: Hand Positioning	60
Lesson 4 - Alignment.....	65
Lesson 5 - Physical Pre-Shot Routine	78
Lesson 6 - Mental Pre-Shot Routine	102
Lesson 7 - The Take-Away.....	107
Lesson 7a - Left Shoulder Takeaway Drill	110
Lesson 7b - The Torch Take-Away Drill	113
Lesson 7c - Push The Ball Takeaway Drill.....	117
Lesson 8 - Weight To The Right Drill	123
Lesson 9 - Wide Arc Drill	129
Lesson 10 - The Shaft Drill.....	141
Lesson 11 - The Body Drill.....	155
Lesson 12 - Wrist Cock Check Drill (Part 1)	165
Lesson 13 - Wrist Cock Check Drill (Part 2)	177
Lesson 14 - The Right Leg Drill	182
Lesson 15 - The Right Hip Drill	190
Lesson 16 - Top Of The Backswing Drill	199
Lesson 17 - Backswing Analysis.....	207
Lesson 18 - The Transition (Part 1)	232
Lesson 19 - The Transition (Part 2)	242
Lesson 20 - The Transition (Part 3)	249
Lesson 21 - The Transition (Part 4)	258
Lesson 22 - The Downswing (Part 1).....	269
Lesson 23 - The Downswing (Part 2).....	283
Lesson 24 - The Downswing (Part 3).....	295

How To Build A Tour Quality Golf Swing

Lesson 25 - Impact (Part 1)	304
Lesson 26 - Impact (Part 2)	318
Lesson 27 - Transition, Downswing And Impact Analysis	329
Lesson 28 - Follow-Through (Part 1)	356
Lesson 29 - Follow-Through (Part 2)	378
Lesson 30 - The Finish	388
Lesson 31 - Follow-Through & Finish Analysis	399
Lesson 32 - Tempo, Rhythm & Timing	423
Lesson 33 - How To Make Your Golf Swing Automatic (Part 1)	431
Lesson 34 - How To Make Your Golf Swing Automatic (Part 2)	443

Introduction

First of all I'd like to personally welcome you to **The Long Game Mastery Program**. This program to improve your golf swing is the result of years of my own research, testing and experimentation. And the result you see in this program is what I've done, and continue to do, to maintain and improve my ball striking success and help others do the same.

So like everything I teach, I'm not teaching you or telling you to do something that I wouldn't do or haven't done at some point myself. Hopefully that in and of itself will give you some measure of faith in me and the step-by-step instructions I'm giving you here.

And on that note, the golfer you see in this program was instructed on the steps to take to build a tour quality golf swing and they took pictures and videos that are used in this program. This was done some time ago which is why the photos and videos look a bit dated. But the process to build a tour quality golf swing is timeless so let's get started...

Every hole of golf you play requires a tee shot **FIRST**. And if you can't hit long, accurate and consistent tee shots then golf will not be as much fun as it should be. Plus you'll never find out how good a golfer you can become.

Look, golf is only a game and one of the best parts of this game is being able to hit long straight drives, and if you can do this consistently then golf is a lot more fun, and easier than the alternative.

So in this **Long Game Mastery Program** I'm going to give you all the tools and step-by-step instructions you need to not only hit long, accurate and consistent tee shots, but to hit great approach shots to the green as well. This way you'll have the most birdie chances and fun from this great game.

Now, the goal I've set for this program is a very general one....

The goal of this Long Game Mastery Program is to get you to become the best, most consistent ball striker you're capable of becoming.

So before you start this program you need to set a goal specifically for **YOU** in the following two areas:

1. Fairway Hit Percentage

How To Build A Tour Quality Golf Swing

2. Greens In Regulation Average

And if you know what your stats are for these two aspects then great...you'll be able to set a goal today. But if you don't know what your stats are for these two aspects then you'll have to start recording your stats for your next 5 games of golf.

Don't worry though, not having those stats doesn't mean you can't start following this program straight away. It's just that having clearly defined goals will help you to improve quicker and help you to keep going through some hard times.

At the end of this introduction I'll give you instructions on what you need to do today and one of the tasks will be to set a goal. So look out for that at the end.

Why Most Golfers That Practice Don't Improve Their Ball Striking

When I watch most golfers practice it saddens me.

Why?

Because I'd say 99% of them have no clue as to what they're trying to do. They have no plan, no structure. They just try one thing after another in a desperate attempt at improvement. And that shot gun approach is not a very good way at improving anything.

So that's why this Long Game Mastery Program is not only very structured but very "task" orientated. Because without action you've just got knowledge, and knowledge without action is useless. I must also point out that at certain parts of this program I give you options to do what you feel is right. And if you come to one of them and you're not sure what to do then simply copy exactly what I've done, then modify it to suit you. That advice applies to the entire program actually.

And an example of that is practice golf swings. As you go through this program you'll notice that I don't suggest you have practice golf swings as part of your pre-shot routine, and you'll read why in lesson 5. But you may have done a certain number of practice swings before your shots for years, and it's a well-ingrained habit. So I wouldn't suggest you change that. If it's working and you like it then keep doing it.

The Golf Swing You'll Be Learning

Now before you start following the instructions in this program I'll warn you. What I get you to do in this **Long Game Mastery Program** is probably like nothing anyone has ever shown you before. And by that I

How To Build A Tour Quality Golf Swing

don't so much mean what I'm teaching, rather it's more the repetition side of it.

You see, the only way you're going to hit long, accurate and consistent long game shots is if you make things (like the correct grip, ball position, the takeaway etc.) a habit.

And the only way to make any of those things a habit so you have the golfing consistency you've always wanted is to repeat the exercises I get you to do over and over again.

Yes, this will take time. **BUT** because you're here I assume you've had enough of quick fixes and know full well that they'll never give you the long-term golfing consistency you want.

And sometimes you will feel awkward because you're creating new habits. But remember when you first learnt to drive a car? It didn't take long before you were driving automatically did it? And that's what is going to happen when you follow the instructions I give you - **you'll hit the ball automatically with the consistency you've always wanted.**

But before you begin this exciting journey I just want to clear something up. When I refer to the "**Long Game**" I'm referring to any full shot (or almost full) with your driver through to 9-iron.

And by the way, I will be teaching you a fundamentally sound golf swing. The instructions I've given you here are what the top pros do when they swing and so let's look at that in more detail...

The Fundamentals Of A Great Golf Swing

Here are the 11 fundamentals of the golf swing that we are going to work through one by one.

- 1. The Setup**
- 2. Physical & Mental Pre-Shot Routine**
- 3. The Take-Away**
- 4. The Backswing**
- 5. The Transition**
- 6. The Downswing**
- 7. Impact**

How To Build A Tour Quality Golf Swing

8. The Follow-Through

9. The Finish

10. Tempo, Rhythm & Timing

11. Making Your Swing Automatic

When building a golf swing that is going to last years it makes sense to start at the very beginning, i.e. The Setup, and work our way from there and that's exactly what I'm going to teach you in this program.

But You've Got To Keep The Faith

As you progress through this step-by-step swing improvement program you may doubt and question that you are doing the right things, but you must trust and commit to this process if you're going to get the results you want.

And a great way of helping you to do this is to get regular video checkups. That way you'll know exactly how you're progressing and you will get better results...quicker.

But you do need to have realistic expectations for your improvement as you're going through this program. Don't expect to greatly improve overnight. It may happen and if it does that's great. Just don't expect it because this program is all about forming new habits, and doing that takes time. But remember the new habits you're forming as you're going through this program will last you the rest of your golfing life.

So it's a very valuable investment of your time.

As you're working your way through this program don't be concerned if you initially hit the ball worse than you normally do. That's very normal because if you're making real changes to your swing it will take a while for those new habits to become "normal". It's just a time thing. Again, you have to have faith in this process and know this, everyone that has completed this program has improved and you will too.

Important Note: As you go through this program you'll no doubt play games of golf, and when you do here's what I want you to do.

Simply forget about the mechanics you've been practicing....but instead for each shot go through your physical and mental pre-shot routine and just

How To Build A Tour Quality Golf Swing

hit the ball....not trying to do anything mechanical.

After the first 6 lessons of this program you're going to learn a fundamentally sound setup and the basics of a physical and mental pre-shot routine. So that's what you should use out on the golf course. Again, don't try and do anything mechanical out on the golf course. That's what practice is for!

Now when you start practicing the swing elements I go through I highly recommend you do so by hitting balls into a net. And it doesn't have to be real balls either. Plastic balls are fine when you're working on swing mechanics.

The reason I **highly recommend** you hit balls into a net instead of at a driving range is because when you're making swing changes you're going to hit some terrible shots. That's just what happens when you're changing and improving your swing. It takes a while to get used to the changes.

But if you hit some terrible shots at the range you can easily see the end result. And this can not only be frustrating but pretty embarrassing too.

So by hitting balls into a net you take away the end result to a degree and you're then free to focus on swing changes.

Also, it's important whenever possible to make swing changes while swinging at a real golf ball. Because time after time I see people making a swing change when they're practice swinging....then when they go to hit a golf ball their swing goes back to normal.

There is no point in doing this. You need to get out of being so concerned about the result. The only place the end result matters is on the golf course. When you're practicing improving your swing mechanics the end result is irrelevant.

So again, practice into a golf net as much as you can. Then as you get more to the end of this program you can then practice more and more without a net.

How To Build A Tour Quality Golf Swing

Important Note: Here is the sort of net you should get for your backyard or garage:



OK, let's look now at...

How You're Going To Become A Great Ball Striker

This program is made up of weekly lessons. And at the end of each weeks lesson I give you tasks to do for that week. Each practice session takes 30 minutes or less so they're not time consuming. This is more about repetition and building long-term good habits and to help do that I suggest two to three 30 minute practice sessions a week rather than one big one.

Now here is a quick summary of what you'll be doing during the core part of this program...

- In **lessons 1 - 6** of this program you're going to learn the fundamentals of a great setup, along with creating a physical and mental pre-shot routine. These first 6 lesson form the basis for the rest of program and without it the rest of the instructions are useless.

Anyone of any ability can setup just like a pro and I'll show you how. But not only that, because I'll show you how you can repeat a great setup every shot and do this automatically. This will help your consistency a lot!

- Then in **lessons 7 - 10** I show you how to improve your take-away and backswing. This is where the majority of swing problems I see are. So make sure you take extra special attention to follow the instructions here.

How To Build A Tour Quality Golf Swing

- In **lessons 11 - 17** I get you to continue to work on your backswing and I also give you a lesson on how to analyze your backswing. This is some very valuable information that essentially makes golf instructors obsolete. Well, almost. 😊 It often does help to have a second pair of experienced eyes to check up on what you're doing. So after completing these lessons it's a great time to send me a video so you can get some feedback on how you're going.
- In **lessons 18 - 21** you're working solely on the transition. And if there is one main area that separates great golfers from average ones then this is it. That's why I get you to focus on improving that area for 4 lessons. And as you'll see, it's a place in your swing where you can add serious yards to your drives if you do everything I teach in there.
- In **lessons 22 - 27** I teach you how to improve your downswing and impact positions along with giving you a full analysis of exactly what should be happening in the transition, downswing and at impact.
- In **lessons 28 - 31** I go over the follow-through and the finish of your swing and how you should go about improving them. Even though the ball has been hit don't be fooled into thinking the follow-through and finish aren't important. That could not be further from the truth as you'll find out in the follow-through lessons.
- Finally, in **lessons 32 - 34** I go over techniques and exercises you should try to improve your tempo, timing and rhythm. Also I give you instructions on how to make your golf swing automatic. These last few lessons will put the icing on your great golf swing cake.

What Happens At The End Of This Program?

At the end of the program I give you a maintenance practice program. And in this maintenance program it covers all the essentials of maintaining a good swing. At that point you'll never have to think about swing mechanics on the golf course again. You'll just go through your mental and physical pre-shot routine and swing automatically.

Having said that, as you go through this program you'll find things in your swing that you need to work harder on. So please modify that final practice program to suit you.

And that advice goes for this entire program actually. Some parts of it will be relatively easy for you. Other parts of the swing may be very tough for you to master. That's just the way it is. We're all different. So use this

How To Build A Tour Quality Golf Swing

program as a guide. A very good one, but adjust it to suit you and your golf game.

Now during this program you will sometimes see boxes like this....

Important Note: This is a sample important note box.

And when you see a box like this make a special effort to read the information contained in it carefully. Because the information in those boxes will be very important and if you don't follow the instructions in those boxes or "get" what I'm saying in them then you will not get the most benefit and best results out of this program.

They really do contain important information so read them....carefully!

All right, after that loooooong introduction it's now time for you to make a start to becoming the best ball striker you're capable of becoming and to do that please complete your...

Tasks For Today

1. Before you start the instructions in this long game improvement program, record your swing with a driver by following these instructions...

Video yourself hitting shots (should be your driver and one iron and get about 5 shot from each angle) from two different angles:

1. Down The Line View



How To Build A Tour Quality Golf Swing

2. Face On View



- Shoot the videos from an eye level position.
- When recording the down the line shots align the lens between your toes and ball.
- When recording the face on shots center yourself in the frame.
- Make sure you are far enough away (or zoomed out enough) to see the entire club while swinging.

It's a good idea to **print out these instructions and take them with you when you do this recording just so you get it right.**

3. After you've done that, then follow these instructions...

Goal Setting For The Long Game Improvement Program

Important Note: I strongly recommend that you print these instructions out as you need to follow these instructions carefully and diligently. **They are very important for your success!**

It's been scientifically proven that people produce better results when they set a goal. So seen as how better results is our aim with this Long Game Mastery Program it's wise to set a goal. Now in this article I'm going to outline a very powerful goal setting formula that you should use. And if you follow this entire formula it will help you to improve your long game without doing anything else.

How To Build A Tour Quality Golf Swing

Not that you're going to do nothing else though! 😊

Now when you're playing a game of golf you should always record how many fairways you hit and how many greens in regulation you hit. And let's say for your last 5 games of golf you have the following stats:

1. Fairway Hit Percentage - **50% Fairways Hit**
2. Greens In Regulation Average - **5 Greens In Regulation**

OK, so here's a 5 step goal setting formula you should follow when setting a goal:

1. Set a specific goal.
2. Set a measurable goal.
3. Set a big, tough goal.
4. Set a realistic deadline.
5. Write out your goal in the form of an affirmation, and this affirmation must be written positively and in the present tense.

So here's, step-by-step, what you should do.

First I want you to choose a **6 month goal**. Then get an index card or something similar to write your goal on. This way, you can easily carry your goal around with you wherever you go. But before you write your goal on the index card you need to write a deadline for the goal. This is the only part of the goal setting process that is in the future. Everything else must be stated as though it has already happened.

So do this by starting your goal with "I am", and then add some positive, grateful emotion to the statement, along with stating the goal in a positive, emotional manner. Here's an example of the type of goal you should be setting:

The Long Game Mastery Program Goal

By March 31st, 2024

I am so happy and thankful now that I average hitting the fairways 70% of the time and I average hitting 9 greens in regulation per round. As a result my golf scores are much lower and I'm enjoying playing golf much more. Also, my playing partners are often commenting on how my ball striking has improved and that makes me feel great.

That's just an example. Use that as a template for the goal you're going to be setting and improve it or change it to suit you. Then when you're ready to start following this Long Game Mastery Program get a card and write a goal similar to the one above. But of course, change the target date to 6 months from when you start following the program.

Then read your goal card at least twice every day. Once in the morning and once at night, and read it more if you can. Do this by carrying your goal card with you at all times. Also, every time you read your goal card I want you to visualize yourself hitting the ball longer and straighter off the tee. And see yourself hitting green after green in regulation. Picture yourself hitting great long shots.

This is very important.

You must picture yourself as a great ball striker before you'll ever become one. So whenever you read your goal card do it with faith. Believe you're going to achieve your goal, no matter how you're hitting the ball at the moment.

So that's the basic goal setting process. But there's a couple of other very important pieces to add to this. For example, to reach your goal you'll need to do the tasks in this program, and to consistently do that you'll need to have strong reasons why you're following this program. Because without strong reasons you'll quit and you won't get the results you want.

I don't want that to happen and I assume you're the same!

So to help you follow through and take action here's what I want you to do.

How To Build A Tour Quality Golf Swing

On a separate index card I want you to write 3 reasons why you have decided to achieve your 6 month goal. Here's an example of what you could put on this card:

Reasons To Complete The Long Game Improvement Program

- 1.** So that I will score lower.
- 2.** So that I will feel more like a success and have more fun playing golf.
- 3.** So that I will have a lower handicap.

Those are just examples. You've got to think up 3 really strong reasons of your own why you want to complete this long game improvement program. The more emotional reasons you can come up with when doing this the better, because the more emotionally involved you become in achieving a goal the quicker the results begin to come, and the more likely you are to consistently follow-through.

So think about why you want to hit the ball longer and straighter and what all the benefits are that will happen when you do. Then write the top 3 reasons on an index card.

OK, finally, there's one last thing I want you to do. And that is to identify 3 habits that you have now, that you'll need to change in order for you to become a great ball striker. For example, if you don't practice your long game much then that habit will have to change if you're going to improve. And if you do practice but you do so carelessly then you'll need to practice more intelligently by following the tasks in this program.

So here's an example of what you could put on an index card or two to complete this:

3 Habits I Must Change To Improve My Ball Striking

1. Old Habit: Not practicing my swing enough to improve.

New Habit: I will practice improving my swing at least 2 times a week for 30 minutes for the

How To Build A Tour Quality Golf Swing

next 6 months.

2. Old Habit: I don't have any clear strategy when I practice improving my swing.

New Habit: When I practice my swing I will do so intelligently by following the instructions in **The Long Game Improvement Program**.

3. Old Habit: I tend to try one thing after another to try to improve my swing, leaving me confused.

New Habit: I will stick to the method of hitting the ball as explained in **The Long Game Mastery Program** for at least the next 6 months.

So that's three things you should do as soon as you're ready to start following this program. And there's no time like now, so I suggest you do this right now. And here's a summary of what you need to do:

- 1.** Write out your **6 month goal** on an index card and read it morning and night. When you're doing that imagine yourself as a great ball striker NOW by seeing yourself hitting great drive and approach shots. And hear people telling you what a great ball striker you are.
- 2.** Write out your top 3 reasons why you **WILL** complete **The Long Game Mastery Program**. Do this on an index card and read it straight after you read your 6 months goal, morning and night.
- 3.** Write out 3 old habits you must change to achieve your 6 month goal and then write the new habits you need to form to help you achieve your goal. Put these on an index card or two and read it at the same time as you read your goal and reasons why.

Please don't take this process lightly because it's one of the biggest steps you can take towards becoming a great ball striker. So make sure you do it.

Then after the 6 months is up you need to evaluate how you did. If you reached your goal then that will be great, you should celebrate. Find a way to reward yourself because you would have earned it. But that's not the end because then you should set another more challenging goal.

How To Build A Tour Quality Golf Swing

You never want to just stop this process of improving. You should always be trying to improve because that way you're more likely to reach your potential and you'll enjoy playing golf much more.

And that advice applies if you don't achieve your goal after 6 months. If that happens don't look on it as a failure. But rather learn from what happened over the 26 weeks and set another goal and make changes to what you did.

Goal setting is not so much about achieving but rather it's more about the person you become in the effort to achieve a goal. So never get upset if you don't achieve a goal because you would have learnt a lot along the way that will help you greatly in the future.

Now as you move through this program always remember, I'm here to help you. So if you have any questions about what you've been instructed to do, then please email me with full details of your question and I'll do my best to help you.

For Consistent Golf,



Jeff Richmond
Director of Instruction
ConsistentGolf™

Lesson 1 - The Grip

The grip is the most important element to building a consistent, repeatable swing.

Why?

Because if you have a good grip your hands and wrists will naturally move where they should in the golf swing. But if you have a poor grip you'll have to make compensation after compensation in your golf swing and you'll probably never groove a swing that produces a consistent ball flight.

"If your grip is sound, you don't have to think about your hands at all during the swing. You're free to concentrate on the other aspects of good ball striking."

Tiger Woods

Also, by having a good grip you're far more likely to return the clubface to the ball in a square position and you're way more likely to do this consistently. Plus, if your grip is correct then you can rule out your hands as a possible reason for inconsistencies.

Another great advantage of a good grip is that it will allow you to produce a fade or draw when you want without changing your basic grip. And a good grip will allow you to control the club without having to hold it too tightly. This also means you'll get very high levels of sensitivity from your hands as you're swinging and when you strike the golf ball.

"The basic factor in all good golf is the grip. Get it right, and all other progress follows."

Tommy Armour

So are you now convinced of the importance of a great grip?

I hope so, because I'm going to show you the steps you need to follow to create a grip that will give you the most chance of a creating a consistent golf swing. And the great thing about the golf grip is that anyone can learn how to hold the club correctly as it takes very little athletic ability.

But when you follow the steps I give you it may mean you'll be holding the club differently from what you're currently doing. And if that's the case it will feel strange and it may even feel uncomfortable. **BUT** please

How To Build A Tour Quality Golf Swing

persevere because your new grip will begin to feel natural very quickly. And it will be the foundation around which the rest of your consistent, repeatable, powerful golf swing is built.

It really is that important, so don't take this section lightly. And please make the necessary changes and stick to them **(for at least 30 days)** because they will pay off big time over the long term.

Also please be rest assured that the grip I'm teaching you here is used by the vast majority of the top golfers in the world today. So with that being said here is The Grip Procedure..

Lesson 1 - The Grip Procedure

When you're starting to practice your grip, I highly recommend you do so with your feet together **(see the picture below)** as this is a stance you can repeat consistently and this will allow you to form a repeating grip day after day. Also, when doing this make sure your clubface is square to your target.



Form the grip with the club in the middle of your feet and your right hand holding the club ready for the left hand.

Once you're in a position similar to the one above, the next step is to place your left hand on the grip. So bring your left hand up to the grip and make sure the back of your hand is pointing at the target. Now position the grip of the club as is pictured below, running across the top joint of your forefinger and under the heel of your palm.

How To Build A Tour Quality Golf Swing

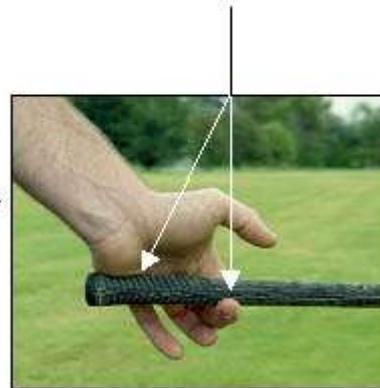


Have the shaft running from the top joint of your forefinger to under the heel of your palm.

Once your left-hand grip is in a position similar to what is demonstrated in the previous couple of pictures, you can now crook your forefinger around the shaft. And from doing this you'll find that you can raise the club up off the ground and maintain a firm grip just by supporting the club with the muscles of your forefinger and the pad of your palm. Here are some pictures to demonstrate what I mean...



Notice how only the forefinger and palm are supporting the club. **Do not continue until you can achieve this.**



Once you've achieved this position, lower the club back down and simply **close the last three fingers of the left hand around the club**. And before you place your thumb on the grip you need to know where to position it.

Your left-hand thumb should be put in a position just to the right side of the front of the grip. Doing this will cause your thumb to fit closely alongside the rest of your hand. And to test this, you should be able to place a tee between your left thumb and hand and hold the tee in place.

How To Build A Tour Quality Golf Swing



Now when your left hand grip is complete it should be compact and secure and it should feel solid enough that you could easily swing the club with just your left hand.

Once it is, then place the club on the ground so the clubface is square to your target and take very careful notice of how many knuckles you can see when you look down on your left-hand grip.

You should only be able to see 2-3 knuckles.

And I suggest you should have a 2 knuckle left hand grip if your problem shot is a hook, and a 3 knuckle left hand grip if your problem shot is a slice.



In this picture I'm demonstrating a 3 knuckle left hand grip. This is the grip I suggest you use if your problem shot is a slice.

How To Build A Tour Quality Golf Swing

So when your left hand is in a position similar to the student's picture on the previous page **and you can see two to three knuckles when you look down**, then proceed to placing your right hand on the grip. But before you do this I want to discuss something about your actual physical grip (i.e. the thing you hold onto on your club!) that can make golf a lot harder than it needs to be.

Grips come in different sizes, shapes and styles and the size of your grips can have a big affect on the types of shots you can hit. For example, a thicker grip will reduce your hand action and will make a fade or slice more likely. Whereas a thinner grip encourages hand action and will help to produce a draw/hook.

Now a good way to tell if a grip is either too thick or too thin for you is by gripping a club with just your left hand as I've just shown you, and then noticing the positioning of your middle fingers. And here is a rough guide that will indicate whether your grip sizes are right for you or not.

- If the tips of your middle fingers barely touch the pad of your palm then the grip is OK for you.
- If your middle fingers don't touch the pad of your palm then that indicates that your grips are too big for you.
- If your fingers push into the pad of your palm then that indicates that your grips are possibly too small for your hands.

Below are some pictures, which will clearly explain what you should be looking for when testing your grip sizes...

Grip Too Thin



See how the fingers are digging into the pad of the left hand. This indicates that the grip is too thin.

Grip Too Fat



Note how far away the fingers are from the pad of the hand. This indicates that the grip is too fat.

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Perfect Sized Grip



This grip size is perfect because the tips of the fingers are just barely touching the pad of the left hand.

Go through all of your clubs and test this now. And if you find that your grips are too small or too fat get them changed immediately.

Also, it's important that your grips are not worn because having grips that are hard and slippery will cause you to grip harder. So make sure your grips are in good condition. If they're not, get new grips fitted and make sure the size is correct!

Now let's move onto joining your right hand to your left hand. There are basically three different ways in which you can grip with the right hand, and I'm talking about the underneath part of the grip at the moment. The three differences are called the **Interlocking grip**, the **Ten Finger grip** and the **Vardon/Overlapping grip**. Each of these variances is pictured below for you to have a look at.

Interlocking



Ten Finger



Overlapping



The **Interlocking grip** is used by Jack Nicklaus and John Daly (just to name a two). But for most golfers and especially for golfers that slice the ball, this should not be used, because the **Interlocking grip** tends to restrict the hands from releasing in the swing, which can cause slices.

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The **Ten Finger grip** is great for young children and some ladies, and it's especially good for golfers who slice the ball to practice with as it encourages a more free and relaxed use of the hands, which can only encourage a draw.

Finally, the **Vardon/Overlapping grip** is used by the majority of the top golfers in the world today and this is the one that I recommend most golfers should use. And I am only going to cover the **Vardon grip** from now on as that is the most popular and **probably** the best grip to use for most golfers.

So to grip the club with the right hand you must understand that the grip should be completely in the fingers. Here is a picture that shows you where the club should lie in the right hand.

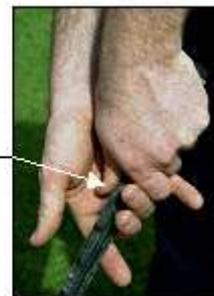


Notice how the grip is formed entirely in the fingers.

Here are some more pictures that show you how you should attach your right hand to the already completed left hand. **It is very important that you note that the grip of the right hand is all in the fingers, not in the palms.**



Once again notice how the grip of the right hand is formed entirely in the fingers.



After getting to this position you simply have to overlap your right hand so the lifeline of your right hand fits snugly over your left thumb. There should be no gaps between your right hand and left thumb, as they should fit snugly together.

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Below is a student golfer demonstrating the completed grip, and the important thing to notice is that the V's of both hands are pointing in the same direction (along the same parallel lines). **This is very important.**

Don't make the mistake that many do, of thinking that the V of the right hand should be pointing to the same place as the V of the left hand. If you do this your right hand will be weaker than your left hand and this will cause the hands to fight each other during the swing and lead to inconsistencies.

Also make sure that the thumb of your right hand rides down the left-hand side of the grip and not on top of the club, as many people do.

Completed Right Hander Grip



Notice how the V's of both hands are pointing along the same parallel lines. This is a very important element that should be present in your grip.

So once your grip is formed like above, go in front of a mirror and complete your grip again and compare it to the picture of this golfer's completed grip.

I know there is a lot of information here so following is a summary you can print out to help you practice your new grip...

Lesson 1 - The Grip Summary

- Position the shaft so that it's running across the top joint of your forefinger and under the heel of the palm **of your left hand**.



Have the shaft running from the top joint of your forefinger to under the heel of your palm.

- The thumb of your left hand should be put in a position just to the right side of the front of the grip. And this will cause your thumb to fit closely alongside the rest of your hand. To test this, you should be able to place a tee between your left thumb and hand and hold the tee in place.



- Once you've completed your left-hand grip (with your feet together like the picture on the next page demonstrates) you should be able to see **2 to 3 knuckles when you look down**. And you should have a 2 knuckle left hand grip if your problem shot is a hook, and a 3 knuckle left hand grip if your problem shot is a slice. But experiment with this and see what works best for you.

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In this picture I'm demonstrating a 3 knuckle left hand grip. This is the grip I suggest you use if your problem shot is a slice.

- Check your grips to make sure they are not too fat or too thin.

Grip Too Thin



See how the fingers are digging into the pad of the left hand. This indicates that the grip is too thin.

Grip Too Fat



Note how far away the fingers are from the pad of the hand. This indicates that the grip is too fat.

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Perfect Sized Grip



This grip size is perfect because the tips of the fingers are just barely touching the pad of the left hand.

- When gripping the club with your **right hand** make sure that you grip the club entirely in the fingers.



Notice how the grip is formed entirely in the fingers.

- Finally, make sure the V's of both hands of your completed grip are pointing along the same parallel lines.

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Notice how the V's of both hands are pointing along the same parallel lines. This is a very important element that should be present in your grip.

So now that you know how you should be gripping the club, it's now up to you to practice it and so here are the...

Task For This Week

Task 1 - I suggest you practice gripping a club following the instructions you've just learnt for at least 5 minutes a day for the next 7 days (and beyond). **Because by doing that you'll habitualize a good grip quickly.**

Now, before you start practicing your grip I must mention something very important and that's relaxation.

Your hands, arms and wrists must be relaxed when practicing and using your grip.

Because most golfers have way too much tension in their arms, wrists and hands, which stops the club from working as it should. And a good technique to reduce tension over a shot is to **tense your arms, hands and wrists as hard as possible before a shot.**

By doing this you'll reduce the chances of tension creeping in when you are hitting your shots. And in fact, this is a good technique to use before every golf shot. Make it a habit and you'll have a lot looser hands when swinging.

Total Practice Time = Approximately 5 Minutes Per Practice Session

So there you go, you have your first task for this program. Please practice your grip as much as possible because **it's critically important to creating a consistent, powerful swing.** Then in next week's lesson I'll give you a lesson on perfecting where you position the ball in the stance. So start the next lesson in 7 days time.

Lesson 2 - Ball Position

Important Note: For this lesson you will possibly need to go and purchase a few bits and pieces to complete what is required. But before you purchase anything read through the instructions to see what you'll need exactly. And to help you, ***in the tasks for this week section*** you'll see a list of the equipment used to do the exercise. So print that out and make sure you have everything you need before you start.

When you swing a golf club **well** you do so without any conscious thoughts. Or in other words you swing the club automatically using your subconscious mind. And the better and more consistent your setup the more you'll be able to **swing automatically** which is what we're working towards.

"Poor ball position is a silent killer. If you don't place the ball precisely in relation to your stance, the ball will be playing you instead of you playing the ball. You'll have to conjure up some type of weird swing movement just to get the club on the ball, and because of that you'll never be consistent."

Tiger Woods

But one huge determining factor as to whether or not you become a consistent ball striker will be where you position the ball in your stance and how consistently you get the ball positioned where it needs to be for each club. Because if your ball is positioned poorly then you'll need to make a lot of compensations as you swing and this will mean you'll greatly lack consistency.

So here's where you need to position the ball in your stance to become a consistent ball striker.

- For your Driver and 3 Wood your ball should be positioned directly off your left foot instep.
- Then for your 2-iron through to 6-iron (and hybrids and higher lofted woods e.g. 7 woods etc.) your ball should be positioned a ball width inside your left instep.

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- Finally for your 7-iron through to 9-iron your ball should be positioned two ball widths inside your left instep.

And now you know this you then need to learn how to automatically setup to every golf shot with the ball positioned in the appropriate place. So to learn exactly how to program yourself to do this...

Lesson 2 - Ball Position Template

Important Note: As I said on the **previous page**, this task requires a few things. So have a quick read through these instructions and then in the **Tasks For This Week** section there is a list of everything you need to complete this task which you can print out.

To turn the ball positions I've suggested into habits, you need to create a ball position template so you can practice the correct ball positioning over and over again. And by doing this it will help to give you amazing ball striking consistency.

"Addressing the ball in the proper position is the most important fundamental because it determines the kind of swing you will make."

Peter Thomson

But the instructions that follow explaining how to create this ball position template will require some time, effort and a few resources. And if they look a bit too hard, complicated or whatever **I implore you to follow through and complete this task because you only have to do it ONCE.** After you've created this template you will then use it as long as you're playing golf.

In fact, creating this template will be the most valuable time and money you've ever spent on improving your golf game. So just have some faith and follow the instructions below and create this template. You'll definitely thank me for it once you start using it.

OK, to create a ball position template you need to get a piece of Vinyl (or something similar) that has squares or lines like what is pictured on the next page and is about 5 1/2 feet wide and 3 1/2 feet long...

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You'll probably have to cut the vinyl to get these measurements and simply do this with a stanley/craft knife or something similar. Once you've done this then place a ball so it is in the right hand corner of this piece of vinyl and about 12 inches (30 centimetres) from the front. Also make sure the ball is just in front of one of the lines so you can setup to the back of the ball (**see the picture below**) ...



Position a ball in the right hand corner of the vinyl about 12 inches from the front. And make sure the ball is positioned just in front of one of the lines so you can setup to the back of the ball.

After placing the ball in the right hand corner then measure 36 inches from the ball to the left edge and start drawing a line from there until almost the left edge of the vinyl.

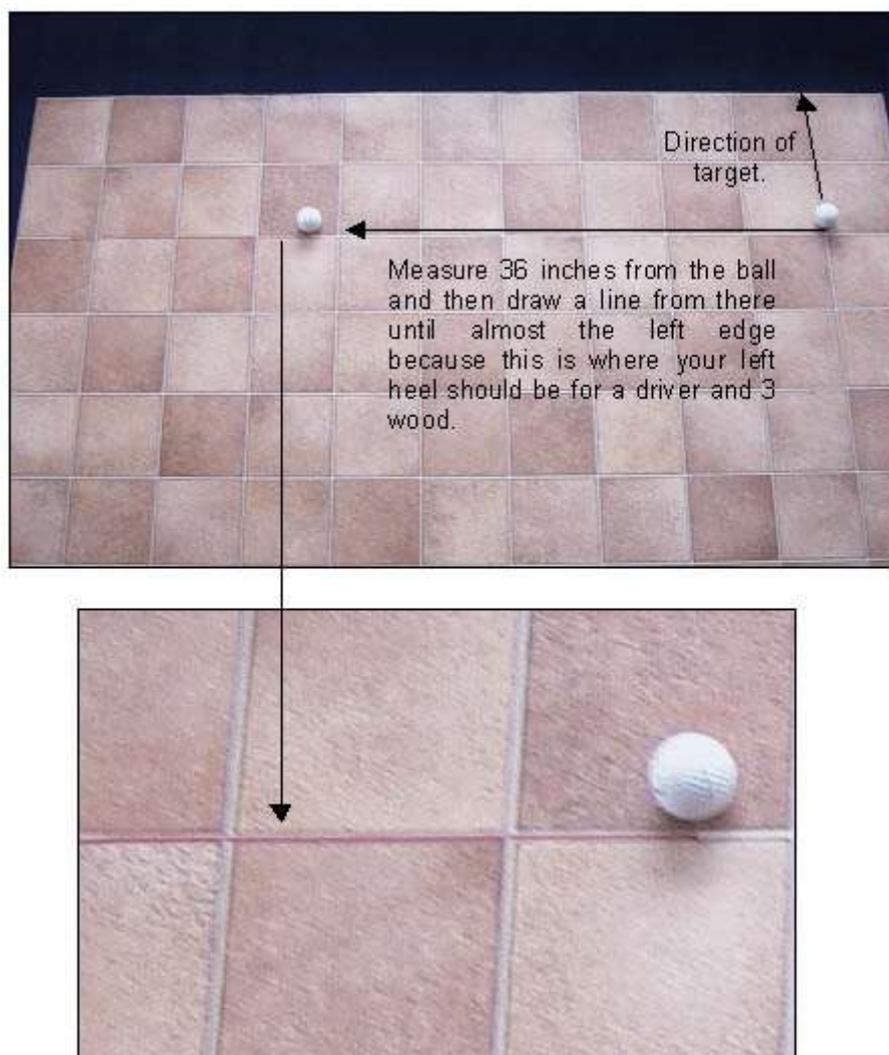
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Important Note: For this task it will help if you have about 6 permanent waterproof markers of different colors.

Also an important point that is often neglected when working on ball position is that **you must take** your ball position measurements from the back of the ball because that's the part you hit!

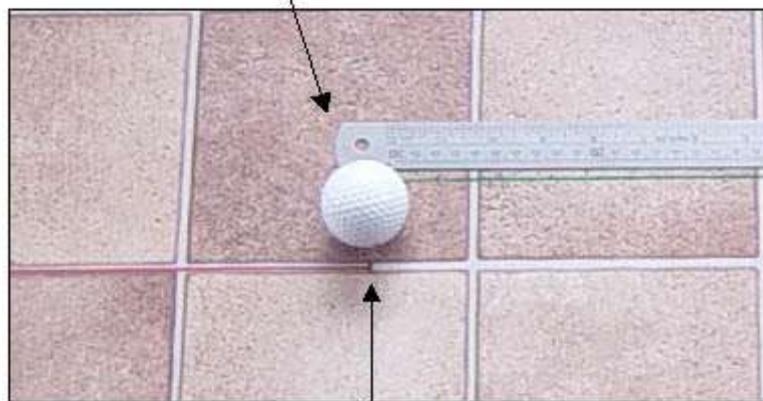
I know that sounds kinda stupid; but I've often seen the ball position taken from the middle of the ball, which doesn't make any sense.

Alright, this line you're drawing is the line you're going to use to place your left heel for your driver and 3 wood (if you have one). Because this line is pointing directly behind the ball which means your ball is positioned directly off your left heel, and that's just where you want it for those clubs.



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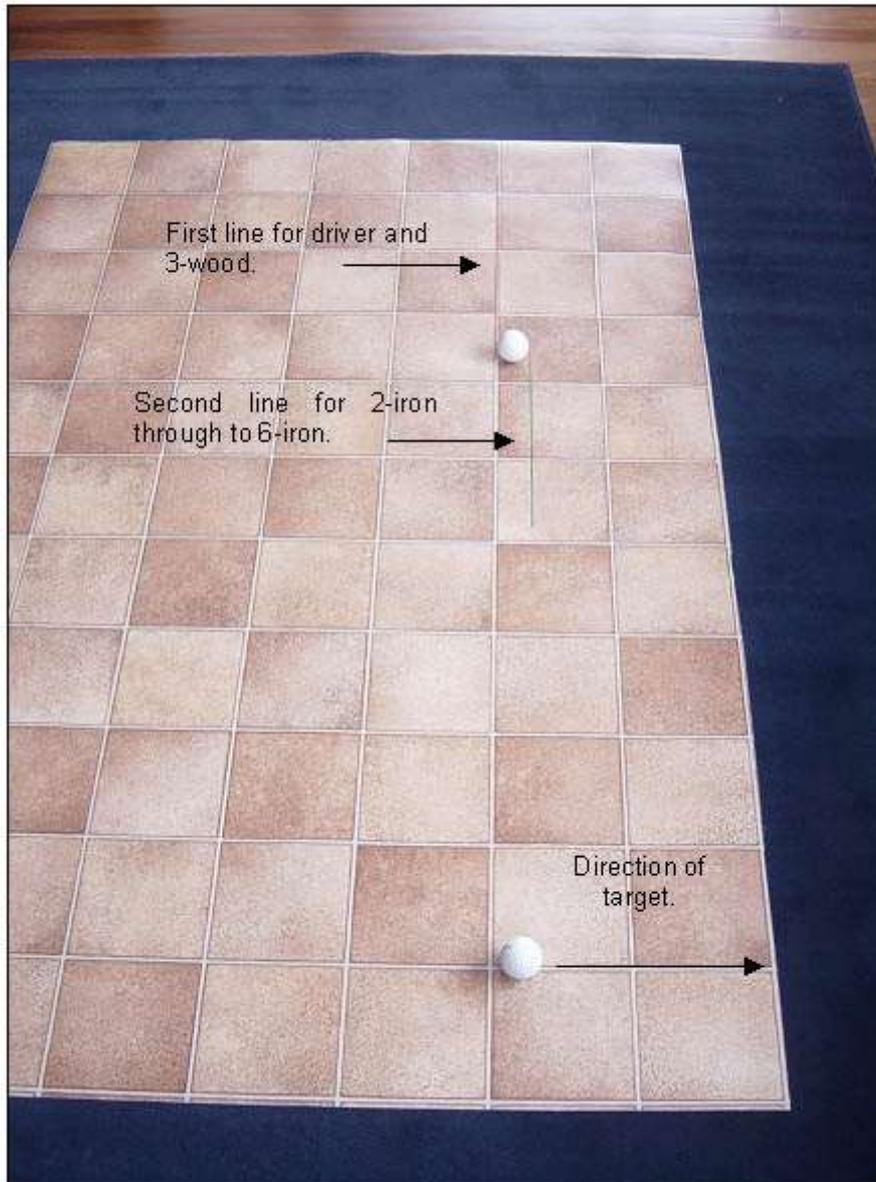
After you've drawn this line you then need to draw a line that is one ball width towards your target starting at the 36 inch mark you've created for the first line, and this second line should be drawn towards the ball you're going to setup to. Below is pictures of what you need to do.



Place a ball so the back of the ball is just in front of the first line you've draw (starting at the 36-inch mark). Then draw a line that is parallel with the first and going towards the ball you're going to setup to. This second line should be about 12 inches long.

Here is another view (face on) of what you should be creating....

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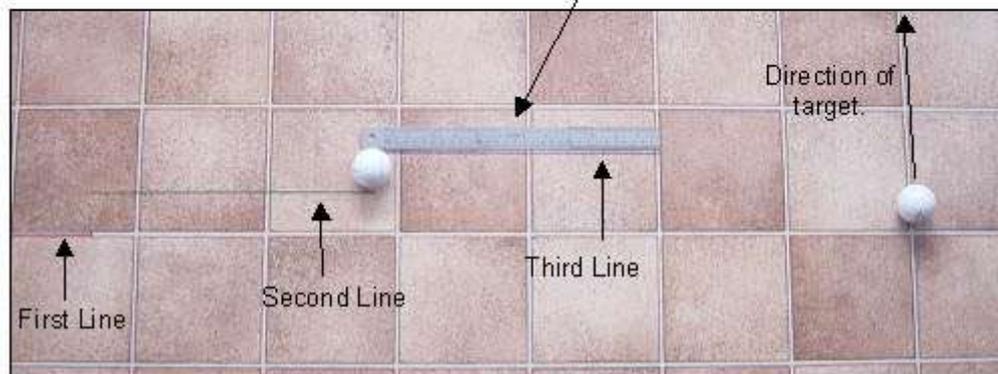


OK, now you need to draw a third line that is a ball width in front of the second line you've just drawn toward your target. On the next page are pictures that will explain exactly what you need to do...

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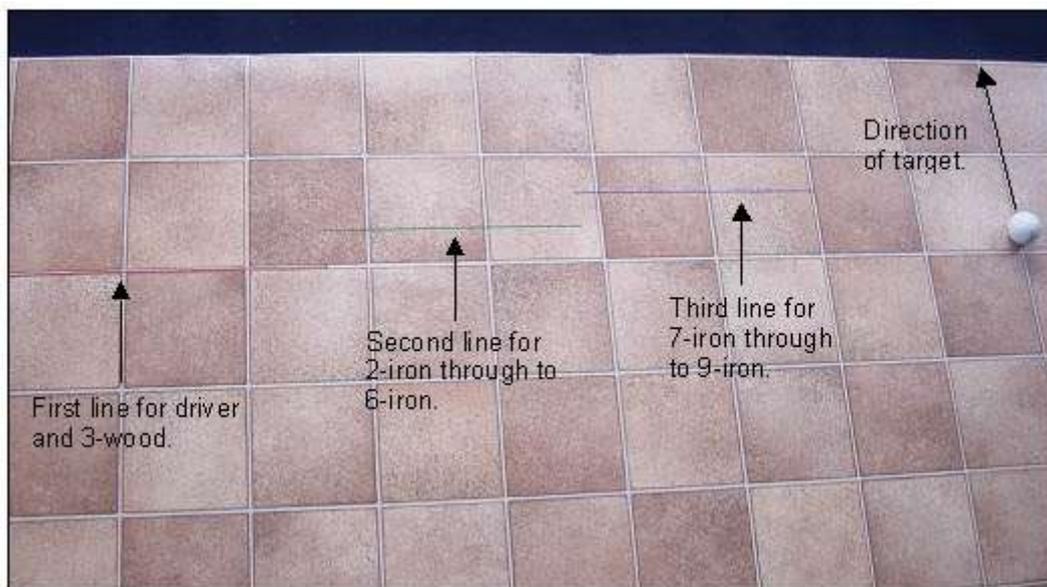
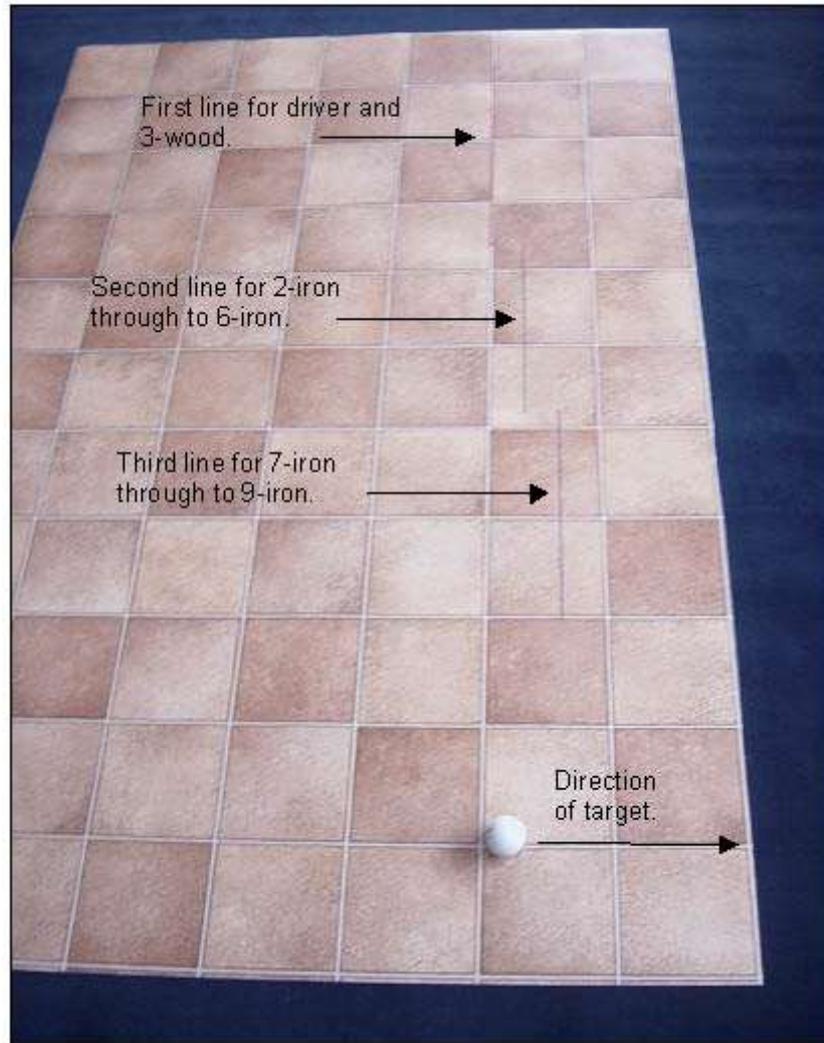


Place a ball so that the back of the ball is just in front of the end of the second line you've just drawn. Then draw a line from the front of the ball towards the ball you're going to be setting up to. Just to clarify: this third line should be parallel with the second but a ball width in front of it.



So you should now have three lines on your piece of vinyl like what is pictured on the next page...

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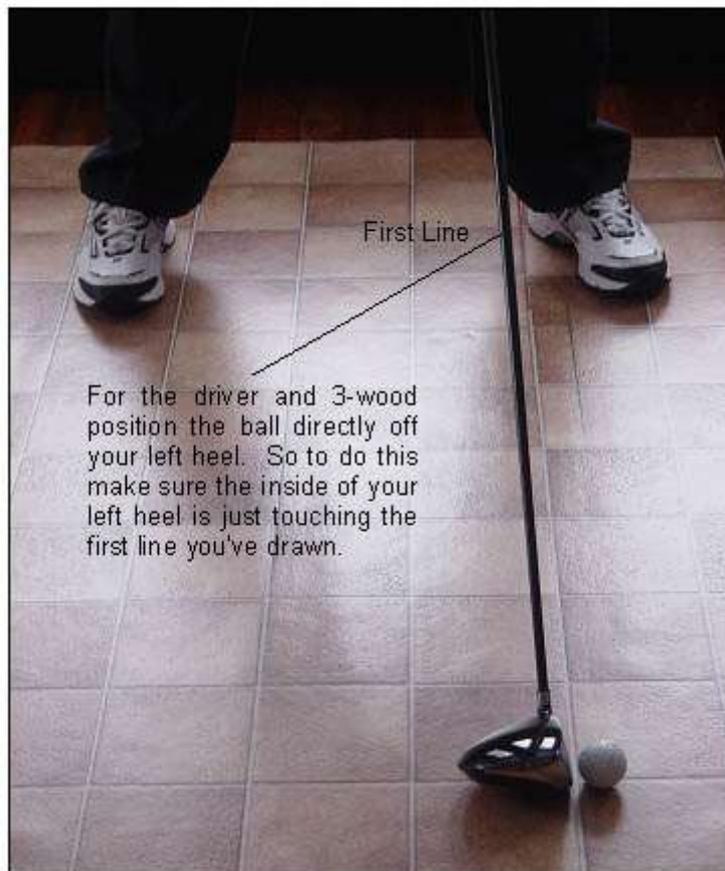


Once you've done this you can then go about practicing your ball position.

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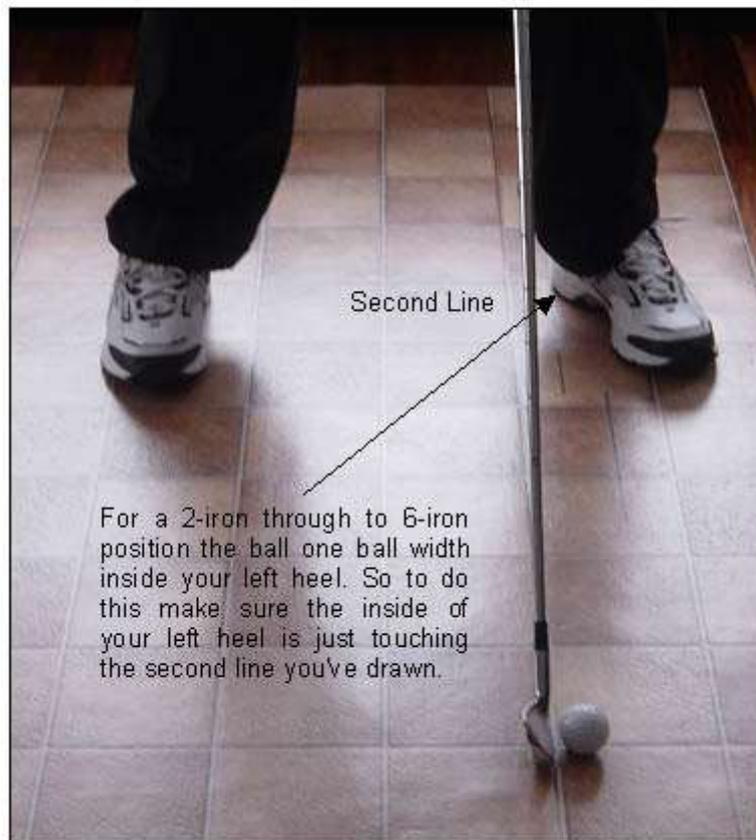
In the section where I explain how to create a physical long game pre-shot routine (**Lesson 5**), I'll tell you how you should approach your shots using these three ball position lines. But for now just practice setting up to a ball making sure the ball is positioned where it should be for the club you're using and your grip is correct.

So first of all, practice setting up to the ball with your Driver and 3-Wood. And for these clubs remember the ball should be positioned directly off the inside of your left heel (the inside of your left heel should just be touching the **first line**). Below is an example of this with a Driver...



Then for your (driving iron) 2-iron through to 6-iron your ball should be positioned a ball width inside your left instep. So simply position the inside of your left instep so it's just touching the second line you've drawn on your vinyl. See an example of this on the next page with a 5-iron:

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Important Note: If you're using high lofted woods or hybrids then here is what I suggest. Anything up to 19 degrees in loft, e.g. a 5 wood should, use the driver ball position line. Woods/Hybrids over that, e.g. a 21 degree 7 wood, should use the 2nd line that I suggest for 2 - 6 irons.

Finally for your 7-iron through to 9-iron your ball should be positioned two ball widths inside your left instep. So simply position the inside of your left instep so that it's just touching the third line you've drawn on your vinyl. And on the next page is an example of this with a 9-iron:

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So there you go. That's where you should position the ball for all the clubs in your bag. But after seeing this you may be wondering why I teach you three ball positions when it would be so much easier to have just one ball position.

Well, here's the reason.

When you swing a driver you need a more sweeping motion than you do with say a 5-iron. And if you had just one ball position for both of these clubs then you would have to adjust your swing consciously to produce the correct swing motion (i.e. a sweeping one for a driver and a more downward blow with a 5-iron) and that's not good.

Even though this may look a bit complicated at the moment, just trust me that these three ball positions are just a habit that you need to create. And to help you do this here's your...

How To Build A Tour Quality Golf Swing

Tasks For This Week

Task 1 NEW - Create a ball position template like I've just shown you above and here is a list of everything you'll need to do that...

Things You Need To Complete This Task

1. A piece of Vinyl (or something similar) that has squares or lines like what is pictured below and is about 5 1/2 feet wide and 3 1/2 feet long...



2. A a stanley/craft knife.

3. A ruler.

4. One golf ball.

5. Six permanent waterproof markers of different colors.

Once you've created your ball position template then I want you to practice setting up to a ball making sure the ball is positioned where it should be for the club you're using and **your grip is correct**. To practice this change clubs every couple of setups and do this for at least 10 minutes.

Total Practice Time = Approximately 10 Minutes Per Practice Session

OK, you have your tasks for the next 7 days. But then in 7 days from now you can start the next new lesson that will teach you simple step-by-step instructions to create an athletic posture position from which to hit the

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golf ball as long as possible. So make sure you start that in 7 days time to learn that because it's critical for your long term ball striking consistency and success.

Lesson 3 - Posture

The posture you assume when you setup to a golf ball has a huge affect on your golf swing. For example, your posture determines whether or not you can shift your weight and turn fully and without restriction away from the golf ball.

Also, your posture position at setup will largely determine how well you maintain your balance as you're swinging and how forcefully you can swing down and through the ball, thus determining how far you can hit the ball.

Yes, the posture you set at address really is that important!

"You need to be in an athletically ready position so you can respond to movement quickly, smoothly and without losing your balance."

Tiger Woods

But luckily, having a good athletic posture position is really, really easy to achieve. Unfortunately most golfers either don't place enough importance on posture or they think their posture is OK.

Sadly, most amateur golfers have terrible posture and they don't realize what a huge detriment their posture is having on their swing itself. But like I said a second ago, it's really easy to have good posture and here's exactly what you should do to improve yours...

Lesson 3a - Posture Drill

To create an athletic posture position place your piece of vinyl down on the ground **(even though this golfer is demonstrating this outside I suggest you do this inside on a hard floor)** and setup to a ball with a driver.



Then once you're all set making sure your grip and ball position are correct then I want you to stand up straight and place the club across your upper thighs as this golfer is demonstrating on the next page...

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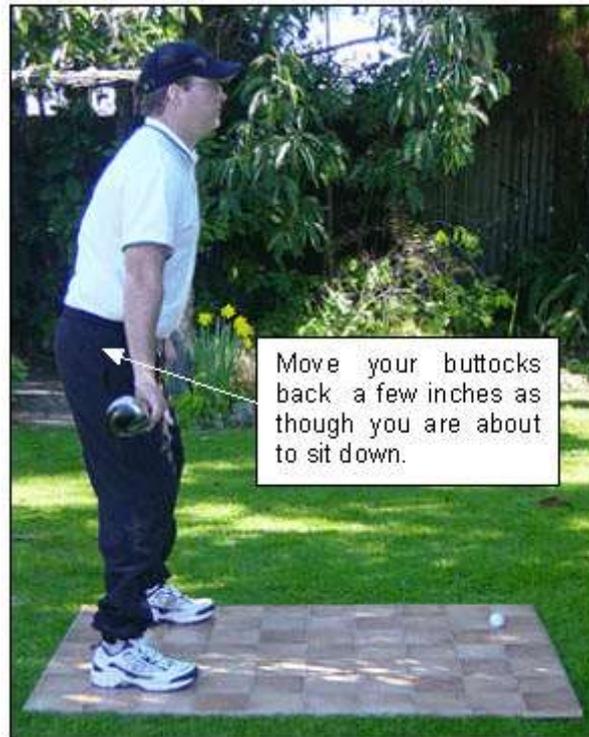


Once in this position I then want you to take the straightness out of your knees...

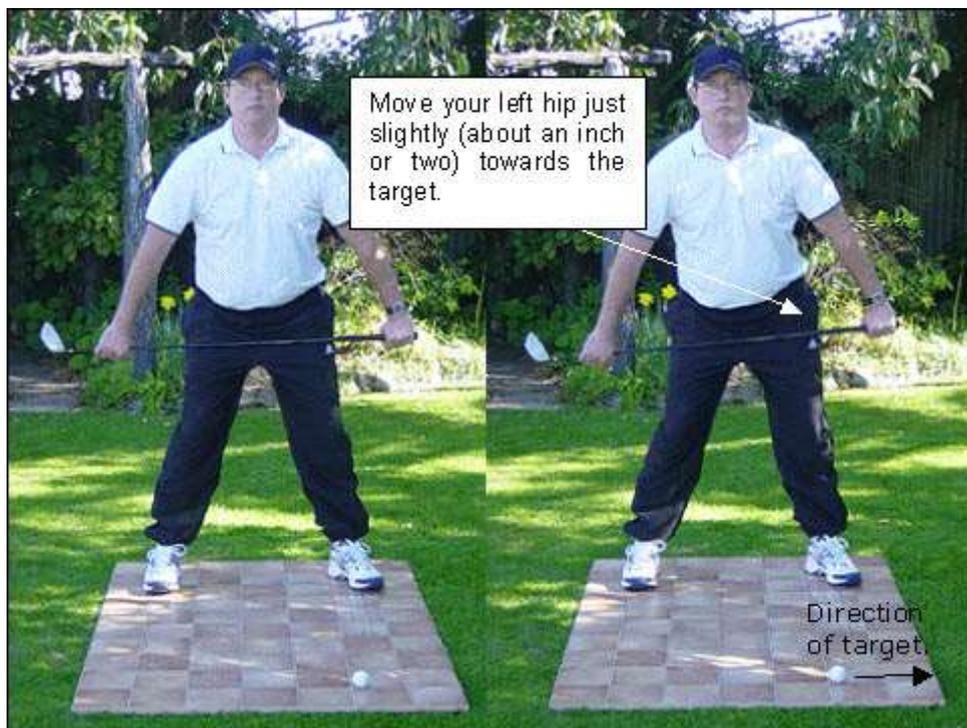


...and then I want you to simply move your buttocks back a few inches as though you are about to sit down.

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Then move your left hip just slightly (about an inch or two) towards the target.



Because by doing this it automatically tilts your spine to the right and this position is going to make it easier for you to shift and turn your hips out of the way on the downswing.

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OK, once you've done this I then want you to place the driver back down on the ground as you would when setting up to the ball. And you may find after doing this that you have to move either closer or further into the ball and that's fine. Just get comfortable.



Also, the clubface of your driver should **NOT** be flat on the ground (**this advice applies for all other clubs as well**). The toe of the clubface should be slightly raised.



The toe should be slightly off the ground and not only with the driver but every other club as well.

Why?

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Because at impact (when swinging) your hands will be in a higher position at impact than they were at address. So by having the toe of the clubface off the ground at setup it means you have a much greater chance of the clubface being soled squarely when it contacts the ball.

Also, here is another misconception about the setup. And that is your back should be perfectly straight i.e. military style. Well it shouldn't because it's natural to have rounded shoulders, as this allows you to be relaxed and just let your arms hang down naturally.

OK, how far should you be from the ball? Keep reading to find out...

Lesson 3c - Posture: Feet Positioning

For every club in your bag, your back foot should be pointing straight ahead and your left foot should be turned out to the target by about 25-30 degrees.



Your right foot should be pointing straight ahead like this:

Your left foot should be turned out towards the target by about 25-30 degrees.

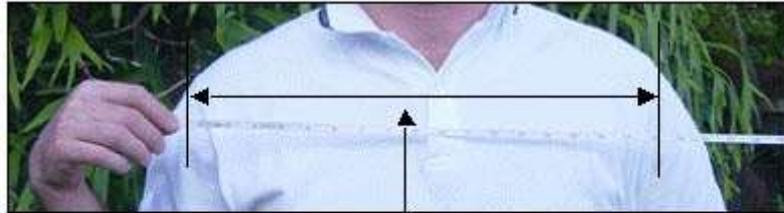
And by positioning your feet like this it means that your backswing turn is going to be restricted....which is good. You want to build up the torque in your backswing so that you release a lot of energy on your downswing.

Also, by having your front foot turned out towards the target it means that you can get through the ball a lot more powerfully.

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OK, let's now look at how wide your feet should be. And what I'm going to give you are some general guidelines rather than hard and fast rules. It's going to be up to you to find out what works best for you.

First of all, I want you to get a tape measure and measure from one edge of your shoulder to the other. For example, this golfer's measurement for his shoulders is 19 inches (48.26 centimetres).



Use a tape measure to measure the distance from one edge of your shoulder to the other.

And once you've got this measurement I then want you to setup to a ball with your driver. Then square up your left foot so it's pointing straight ahead, and mark where your big toe of your left foot is.

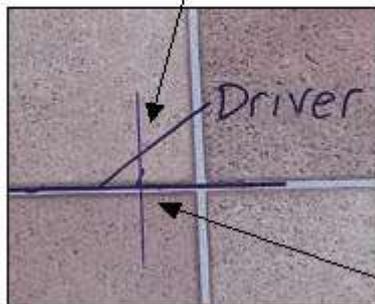
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Square up your left foot so it's pointing straight ahead and then mark where you left toe is.

Once you've done this I then want you to add 4 inches to the shoulder measurement you got and then measure that total distance from the mark where your left toe was along your driver distance line. So for example, adding 4 inches to this student golfer's shoulder measurement (19 inches) means that his feet should be 23 inches (58.42 centimetres) apart. On the next page is a picture of this golfer measuring and marking this...

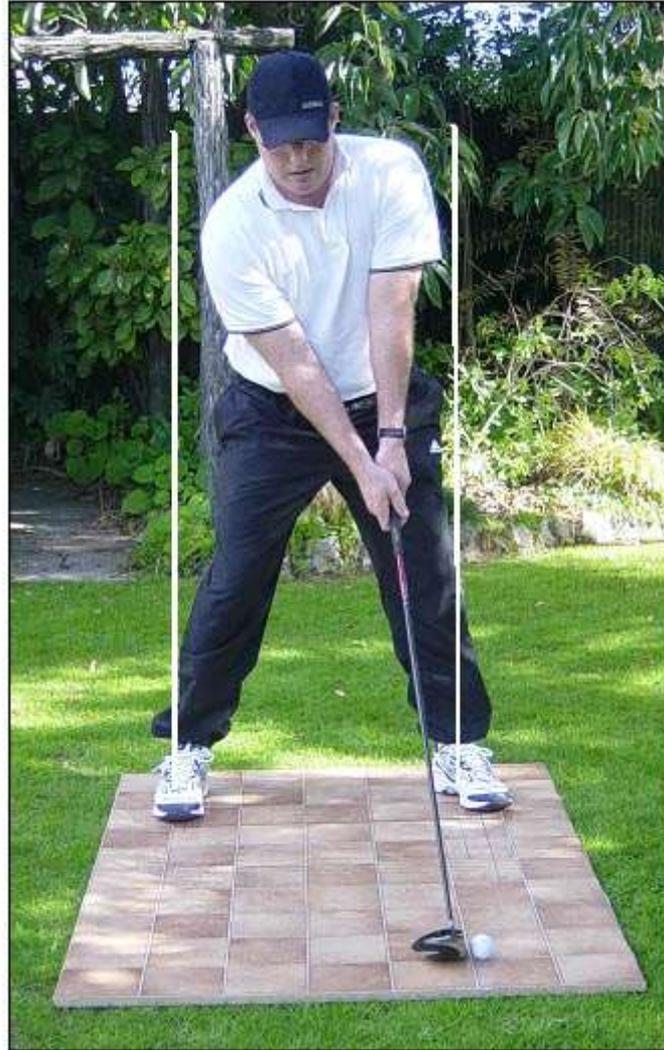
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Mark the vinyl where your right foot should be positioned for a driver. And do this by adding 4 inches to your shoulder measurement and then measure from the left foot toe mark you've made (along your driver distance line) until you reach the right foot measurement required and then mark it.

So this is where this golfer's right foot is going to be positioned for his driver, because you want your feet to be about 1-2 inches wider than each shoulder for your driver. On the next page is a picture of this golfer setting up with a driver and having his feet the required distance apart.

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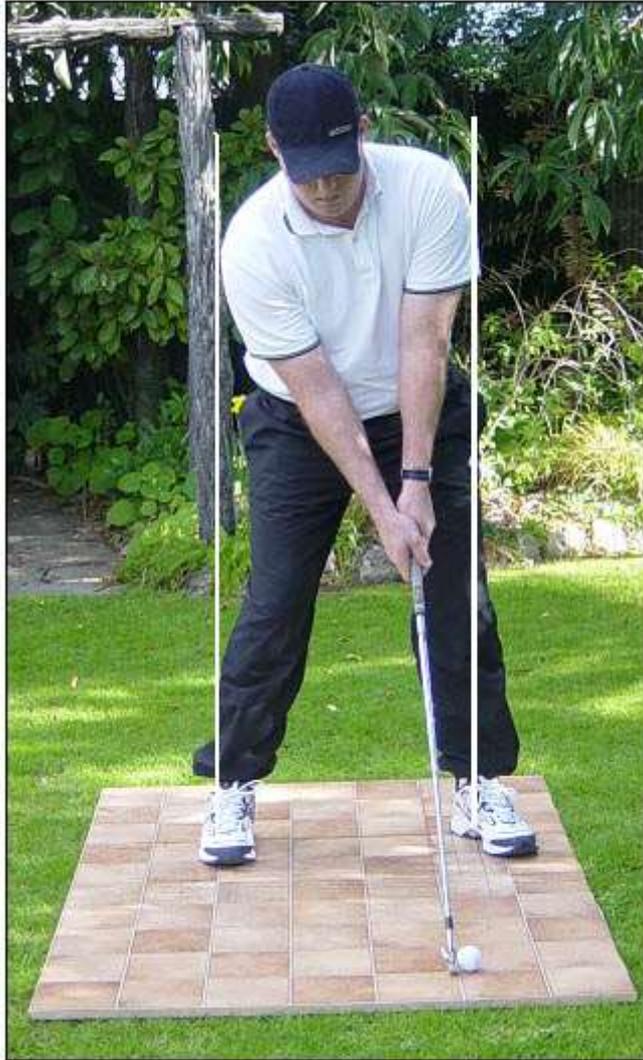


In this picture above I have drawn a white line going up from each foot to demonstrate that each foot is about 2 inches wider than each shoulder at setup. You need to be in a similar setup position every time you setup and you should do this by marking your feet positions just like I've shown you.

But please remember to turn out your left foot by 25-30 degrees though. I just needed you to position it straight ahead to take an accurate measurement.

Once you've done this measurement for your driver you should then get out your 5-iron and do the same thing. But this time your feet should be about shoulder width apart. And for this golfer that would be 19 inches (48.26 centimetres) from toe to toe which is what he is demonstrating on the next page...

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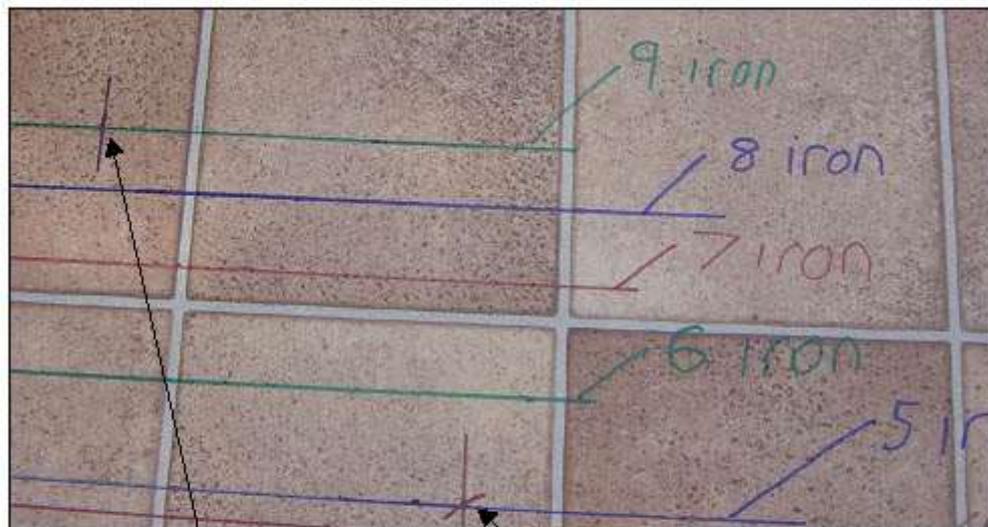
And then for your 9-iron, each foot should be about 1-2 inches less than your shoulder width. So for this golfer, that would mean that his feet should be 15-17 inches apart.

How To Build A Tour Quality Golf Swing



Again, you should mark your vinyl with these right feet positions to give you a good reference point for your driver, 5-iron and 9-iron.

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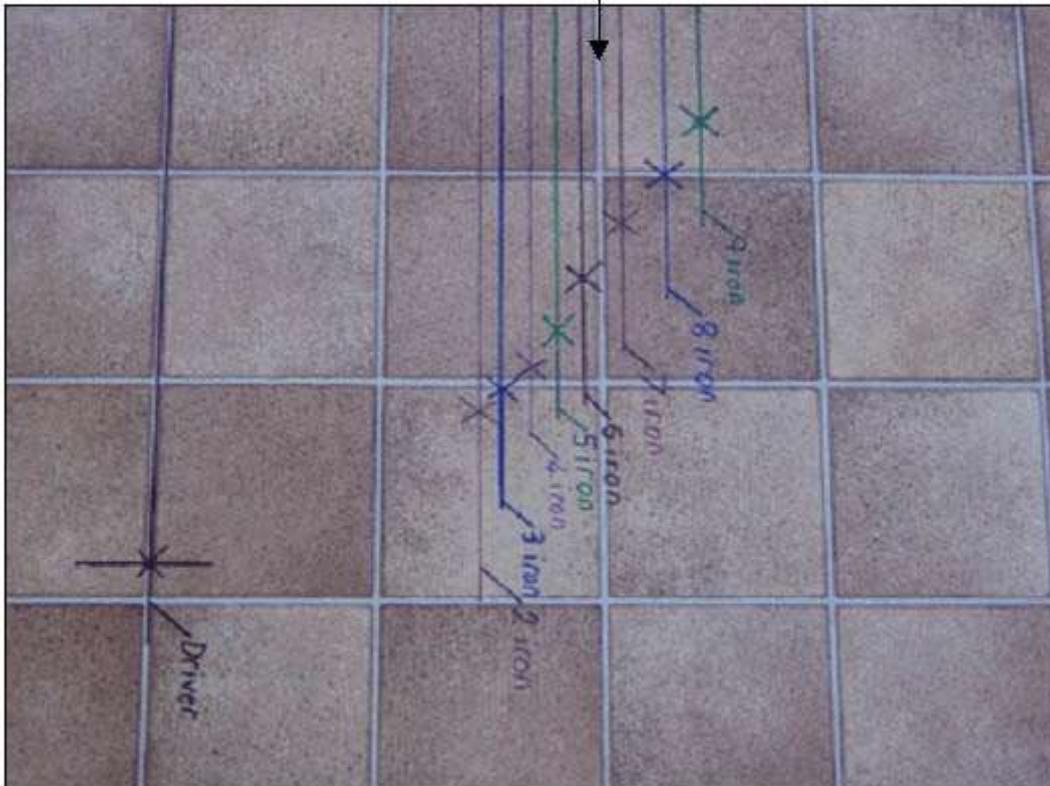


This is the mark where my right foot should go for a 9-iron.

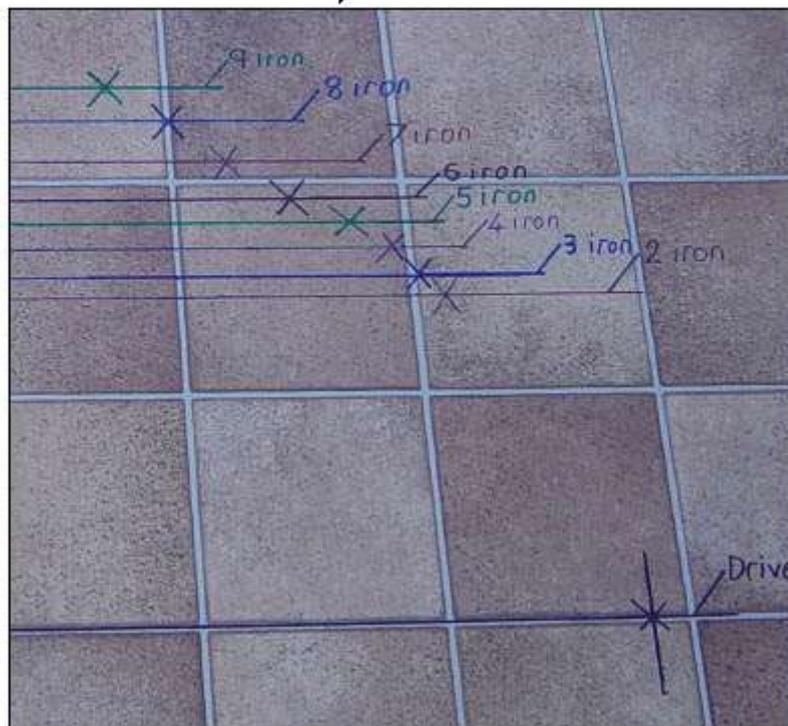
This is the mark where my right foot should go for a 5-iron.

Then once you've done this then go through all the other clubs in your bag and mark out right foot positions in between the stock one's you've got for your driver, 5-iron, and 9-iron, so your piece of vinyl looks similar to what this golfer has completed on the next few pages...

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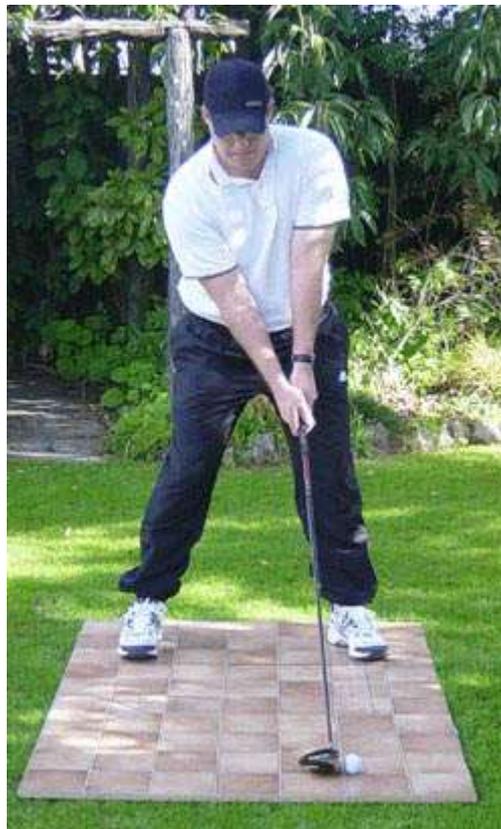
OK, here's something else very important I must mention. Where should your hands be positioned at the start of the golf swing? Keep reading to find out...

Lesson 3d - Posture: Hand Positioning

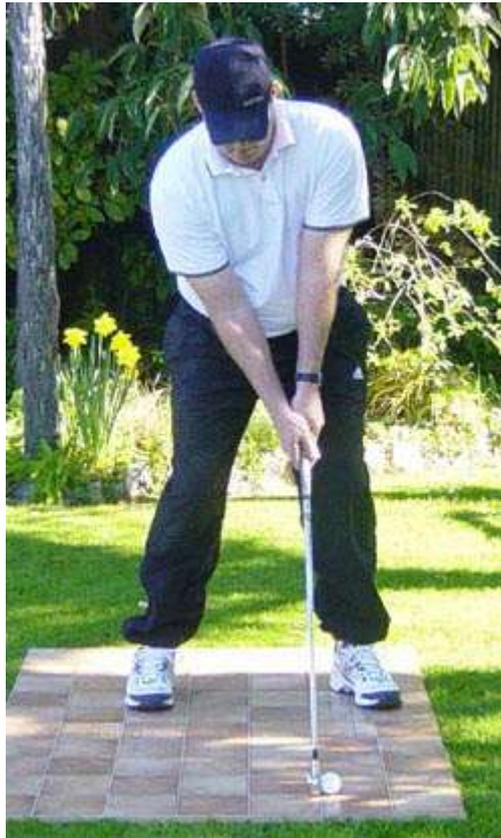
For every club in your bag your hands should be positioned just inside the center of your left leg. And when you do this you'll notice that your hands and driver shaft form almost a straight up and down line. Whereas with the 9-iron the hands are in front of the club face. And that's great, that's exactly how it should be.

But that happens as a result of changing your ball position not through changing the hand positioning as the following pictures demonstrate...

Driver

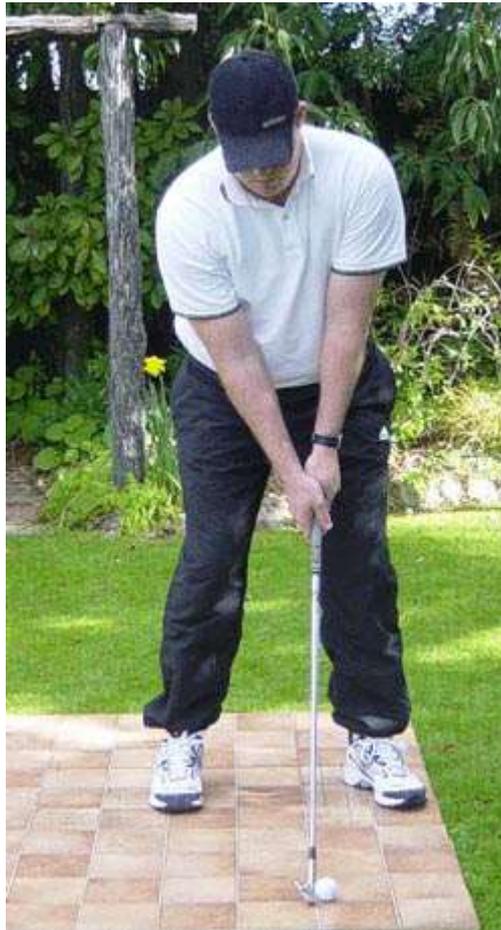


5-iron



How To Build A Tour Quality Golf Swing

9-iron



Also, your arms should form almost a perfect triangle at setup although it will be on an angle because your spine is tilted slightly to the right plus your right hand is below your left. But don't try to make this happen because it will happen naturally as a result of you tilting your spine slightly to the right and gripping the club as this golfer is demonstrating on the next page....

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Now the final thing I want to talk about in regards to posture is balance. And to have great balance during your swing you must have it at the setup position. So to do this, make sure your weight is evenly distributed between each foot so you can move easily in both directions. And your weight should be slightly more towards the balls of your feet to give yourself a very athletic stance.

OK, that's posture well and truly covered. Now here are your....

Tasks For This Week

Task 1 NEW - Follow the instructions in Lesson 3b to find and draw the distance lines on your piece of vinyl for all your long game clubs.

Task 2 NEW - Follow the instructions I gave you in Lesson 3c to find and draw the correct width of your feet for all your long game clubs.

Task 3 NEW - After doing this then practice every day for at least 10 minutes the posture exercise I gave you in Lesson 3a. Also, when doing this change clubs every few setups and make sure your **ball is positioned perfectly for the club you're using** and **make sure your grip is correct** and your hands are positioned correctly as I taught you in Lesson 3d.

Total Practice Time = Approximately 10 Minutes Per Practice Session

OK, that's what you need to do for the next 7 days. Next week you're going to be focusing on the alignment needed to hit consistently long and accurate long game shots. So make sure you start the next lesson in 7 days time to discover that. Because it's not the standard alignment advice probably everyone else has given you i.e. everything should be aligned parallel to your target line.

Lesson 4 - Alignment

"It goes without saying that it is no good having a perfect setup, perfect grip and perfect golf swing if the whole thing is misaligned. It sounds obvious but many players simply do not spend enough time getting themselves on target."

Nick Faldo

How you align your body is critical for your long game consistency and success. And unlike what others have probably taught you, I believe your alignment should be a fraction left with all parts of your body instead of aligning everything parallel to your target line.

So, how much left and why?

Well for starters, your feet should be aligned to the left by about an inch with all clubs in your bag.

Why?

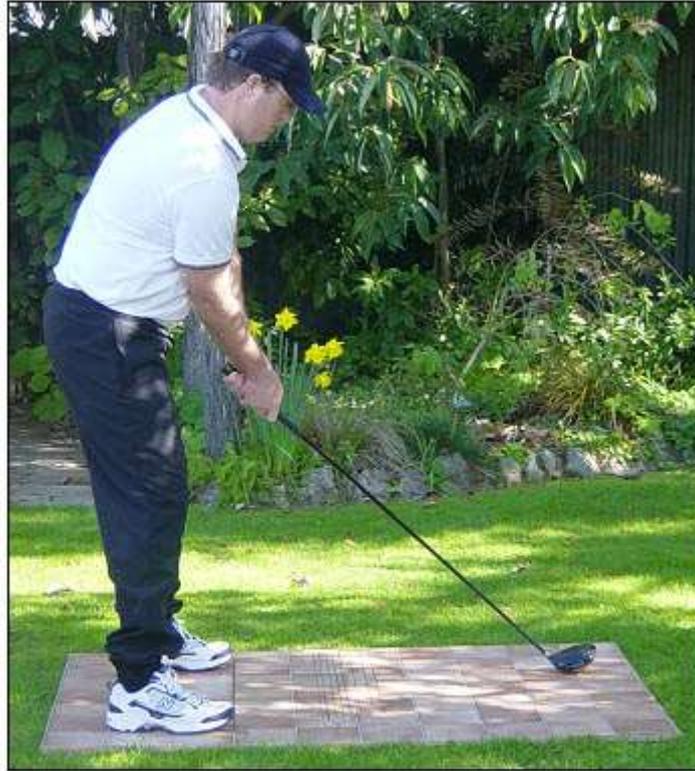
Because this feet positioning restricts the turn of your hips and body rotation on the backswing. And this builds up torque and power so you can then explode down and through the ball.

Important Note: Some people see my advice of aligning fractionally open to the target and get worried that they're going to start slicing everything. And if you're thinking that I want to put your mind at rest because that's not going to happen...we'll not because of your alignment anyway 😊.

Remember, I'm only getting you to align an inch open. That's not a lot open and most people will not even notice it. **But it is very important that you do this so please practice and perfect that.**

So to practice and perfect the correct alignment I want you to setup on your vinyl with a driver. And make sure all parts of your body are aligned parallel to your target line like this...

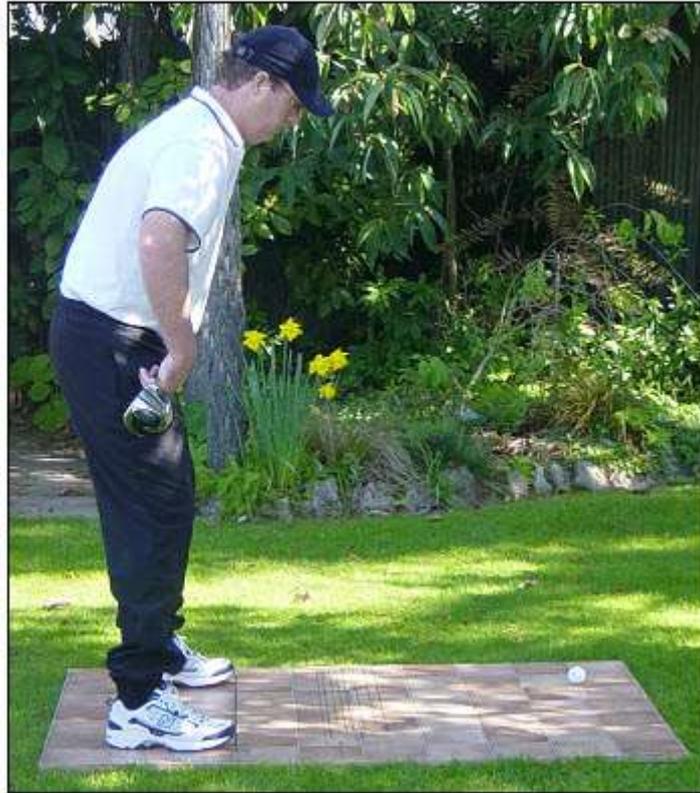
How To Build A Tour Quality Golf Swing



Setup with a driver and make sure all parts of your body are parallel to your target line.



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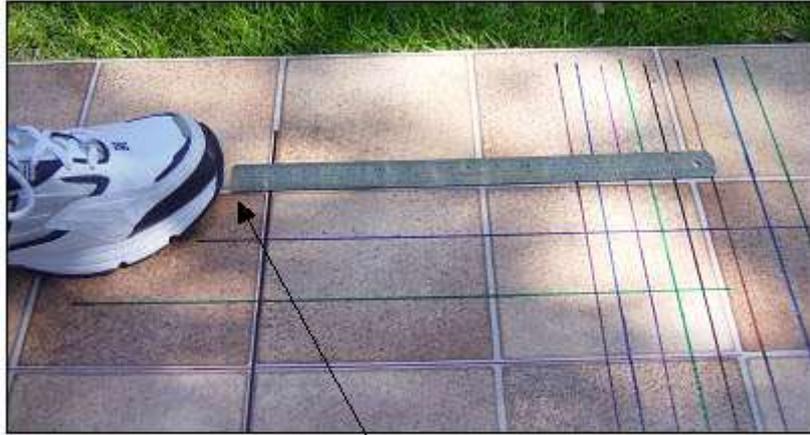


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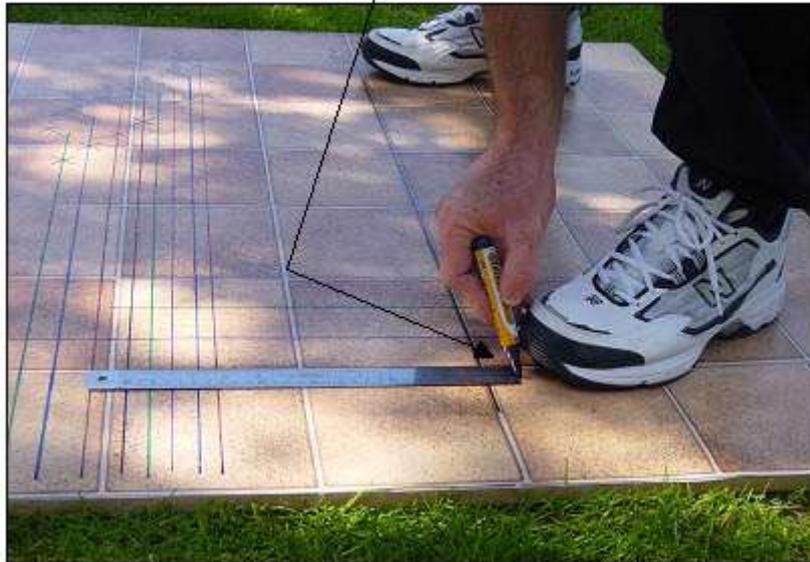


Then from this position I then want you to move your left foot back to the left by an inch and mark this position....

How To Build A Tour Quality Golf Swing

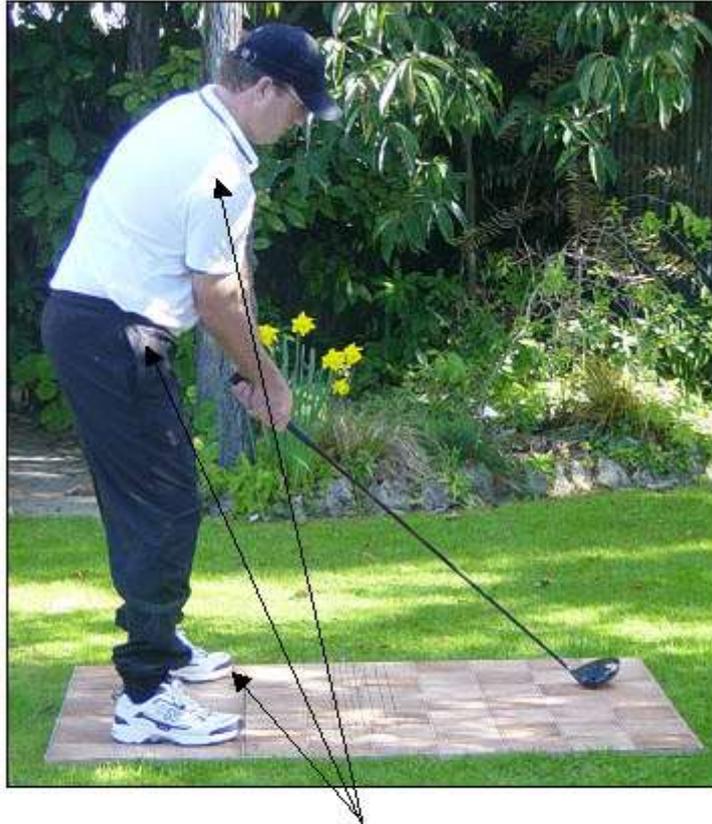


Measure an inch from your driver distance line and then mark this position on your vinyl.



Then setup to the ball again. And you'll find that by aligning your feet an inch back to the left it will naturally open up your entire body to the left by about an inch -- and don't fight this. You should have your knees, hips and shoulders a fraction open to the target.

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Setup so your left foot is 1 inch to the left from the driver distance line you've drawn. Doing this will cause your entire body to be a fraction open as well and that's exactly what you want i.e. all of your body aligned a fraction to the left of your target line.

But do check this yourself and if possible get someone else to check this, because often what we feel is a lot different than what is actually happening.

How To Build A Tour Quality Golf Swing



Check that all parts of your body are slightly open and if possible get someone else to check this too when you're actually setup to the ball.

Once you've done this with your driver then do the same thing with your 5-iron...

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With your 5-iron, setup so your left foot is 1 inch to the left from the 5-iron distance line you've drawn. And again, doing this will cause your entire body to be a fraction open as well, which is just what you want. But check your knees, hips and shoulders to make sure they are a fraction open.



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Then do the same thing with your 9-iron...

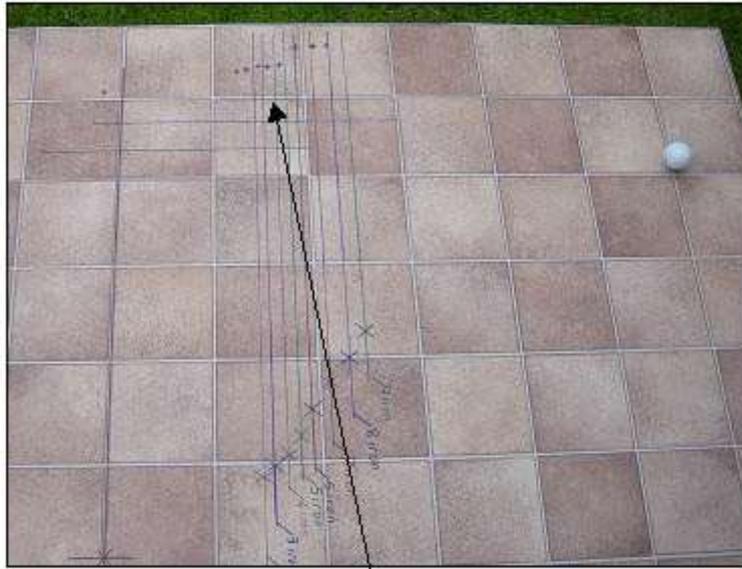


With your 9-iron, setup so your left foot is 1 inch to the left from the 9-iron distance line you've drawn. And again, doing this will cause your entire body to be a fraction open as well, which is just what you want. But check your knees, hips and shoulders to make sure they are a fraction open.

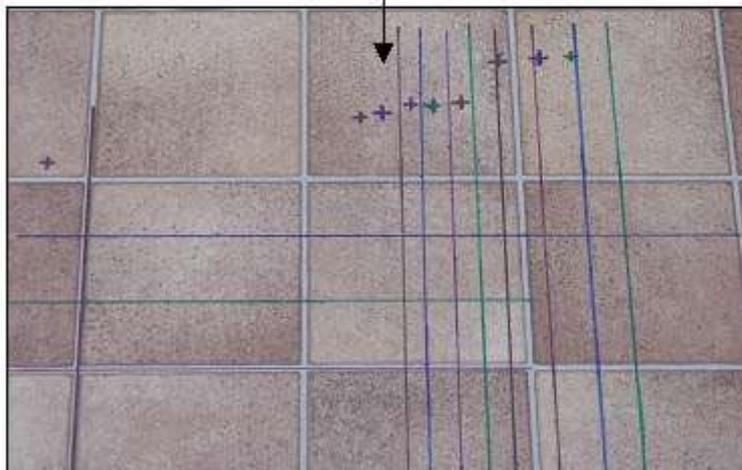


How To Build A Tour Quality Golf Swing

Then do the same thing with all the other clubs in your bag. So here is how your vinyl should look with these left foot marks on them.



For every club in your bag mark on your vinyl where your left foot should be so it's 1 inch to the left from the distance lines you've drawn for each club.



OK, now here is some very valuable and important instructions on what you must do with your arms. And I didn't include this advice in the posture section because this arm position relates very closely to the alignment position of your shoulders.

As I said, your shoulders should be slightly aligned to the left (open). And your left arm should hang down from the club and be relaxed but virtually straight. Whereas your right arm on the other hand (no pun intended 😊) should be flexed slightly at the elbow.

How To Build A Tour Quality Golf Swing

And from the down the line view like this you should be able to see some of your left arm. If you can't that means you haven't flexed your right arm enough at the elbow.



When looking at your setup from down the line you should be able to see some of your left arm. To be able to do this your right arm must be slightly flexed at the elbow.

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Now the reason your left arm should be straight and your right arm should be flexed at the elbow is because your left arm will remain fairly straight throughout the backswing to help you maintain a very wide arc. But your right arm bends a lot at the elbow during the backswing and downswing so it's best to give it a head start when you setup.

And the final point I want to raise about alignment is the clubhead. Your clubhead should be positioned directly at your target. And the lines on your vinyl will help you to do this automatically every time you setup to a golf shot. So just keep an eye on your clubface alignment every setup you do.



If you've made it to here, congratulations! Because that's all the important pieces of the setup you need to know. And to put this final piece into practice here are your....

Tasks For This Week

Task 1 NEW - Follow the instructions in this alignment lesson and draw lines on your vinyl so that you know where exactly to position your left foot for all clubs in your bag.

Task 2 NEW - Then after doing this, practice every day for at least 10 minutes the posture exercise I gave you in Lesson 3a. Also, when doing this change clubs every few setups and make sure **your ball is positioned perfectly for the club you're using** and **make sure your grip is correct** and your hands are positioned correctly as I taught you in Lesson 3d.

Total Practice Time = Approximately 10 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

OK, next you need to create a **physical pre-shot routine** and practice setting up perfectly over and over again for amazing long game golfing consistency and success. So that's what you're going to be finding out in the next lesson. So come back in 7 days time to start that.

But until then just practice your new setup positions so you get more used to them, because this will speed up your progress when you create your own **physical pre-shot routine** next week.

Lesson 5 - Physical Pre-Shot Routine

Important Note: For this lesson you will possibly need to go and purchase something to complete what is required. But before you purchase anything read through the instructions on the **next few pages** to see what you'll need exactly.

OK, I'm now going to give you instructions on how to create a physical pre-shot routine. And to help me do this I'm going to show you a physical pre-shot routine I helped a student of mine to create. Then it will be up to you to see what I got them to do so you can create a physical pre-shot routine that fits you and your personality, while hopefully incorporating some of my "personal recommendations". 😊

"My most important lesson in course management began with Pop's insistence that I have a pre-shot routine."

Tiger Woods

Now the first thing I want to discuss about creating a physical pre-shot routine is practice swings.

Personally, I don't believe a practice swing should be part of your physical pre-shot routine for the long game.

But that doesn't mean I don't think you shouldn't have a practice swing before your long game shots.

Confused?

All right, let's clear this up.

A physical pre-shot routine is a set of physical movements that should be exactly the same before every golf shot.

Now, if you have say two practice swings as part of your physical pre-shot routine then you **must** have two practice swings before every long game shot whether you feel like you need them or not.

How To Build A Tour Quality Golf Swing

And this is one of the main reasons why I teach people to have practice swings **before** they start their physical pre-shot routine for long game shots. Because that way they are free to have as many practice swings as they wish, or none if that's how they feel.

Another reason for **NOT** having practice swings as part of your physical pre-shot routine is because directional accuracy with your long game shots is very, very important.

So to have greater accuracy with your long game shots you should focus on setting up as well and as accurately as you can on every shot. And practice swings as part of your physical pre-shot routine will detract you from this and hurt your accuracy.

But again, before you start your physical pre-shot routine you're more than welcome to have as many practice swings as you feel is necessary.

Although, I would say that you should never get into a habit of doing more than 2-3 practice swings before each shot because you'll slow play down too much.

Generally one practice swing should be enough to get a feel for the swing again unless you've got a very unusual lie then you may want a few more practice swings next to your ball to get a feel for shot you're about to play. Then simply go back and start your physical pre-shot routine.

Just don't do a specific number of practice swings before each shot, vary it by going with your gut instinct.

"In terms of its influence on the golf swing, the pre-shot routine is underestimated - hugely so in my opinion."

Ernie Els

All right, practice swings is cleared up....let's now get into the physical pre-shot routine itself...

For every long game shot you face, I believe you should always start your physical pre-shot routine from directly behind your ball (about 10-15 feet behind) on a line going directly towards your target. Because this gives you the best view of the line from your ball to the target.

How To Build A Tour Quality Golf Swing



Always start your physical pre-shot routine from directly behind your ball (about 10-15 feet behind) on a line going directly towards your target because this gives you the best view of the line from your ball to the target.

Once in this position you should then do a physical trigger to signal to yourself that you're all set and you've started your physical pre-shot routine.

For example, this golfer's physical trigger is to stand behind the ball just as I've described above and then he grips the club with his left hand. While he's doing this he looks down to make sure that his left hand is in the position he wants....

How To Build A Tour Quality Golf Swing



....once it is he then gently knocks the club on the ground and that knocking the club on the ground is the trigger for him to start his physical pre-shot routine.

How To Build A Tour Quality Golf Swing



To start my physical pre-shot routine I grip the club with my left hand and I look down to make sure that my left hand is in the position I want. Once it is I then gently knock the club on the ground like this. And that knocking the club on the ground is the trigger for my physical pre-shot routine to start.

Then he raises the club and places his right hand on the grip and checks to make sure that his grip is how he wants it to be. I suggest golfer do this because I don't believe you should be over the ball and trying to make the grip. This way, it's one less thing to worry about and I "suggest" you do the same 😊.

How To Build A Tour Quality Golf Swing



While this golfer has the club raised he also checks the line he wants his golf ball to start on by shutting his left eye and lining up the club shaft through the golf ball and directly to the target. And when he's doing this he picks out something about 3-4 feet in front of his ball directly along this line.

How To Build A Tour Quality Golf Swing



I check the line I want my golf ball to start on by shutting my left eye and lining up the club shaft through my golf ball directly to the target. And when I'm doing this I pick out something about 3-4 feet in front of my ball directly along this line.

The next step is to obviously walk towards the ball and I believe you should always do so with the same foot. For example, this golfer always starts walking towards his ball using his right foot first.

How To Build A Tour Quality Golf Swing



I always start walking
towards my ball using
my right foot first.

And when he walks to the ball he walks to the left side to a position near where he's going to setup and all the while he's doing this he's looking at the ball and the intermediate target he's selected.

Then he places his right foot in a position so that it's pointing directly at the club behind the ball and at the same time he positions the clubface so it's pointing directly at the intermediate target he's selected.

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I walk to the left side of the ball while looking at the intermediate target I've selected. Then I place my right foot in a position so that it is pointing directly at the club on the ground and at the same time I position the club behind the ball so it's pointing directly at the intermediate target.

Now, this feet positioning is something that you can program to happen naturally and I'll show you how (using your vinyl) in a couple of minutes. Anyway, once his right foot and clubhead is in place then he brings up his left foot into the position it's going to be at when he goes to swing.

How To Build A Tour Quality Golf Swing



I bring up my left foot into the position it's going to be at when I go to swing.

And again, you can program yourself to do this feet positioning automatically on the golf course **(by practicing your pre-shot routine using your vinyl)** and I'll show you how in a few minutes. But next this golfer moves his right foot to the position it is going to be at when he swings.

How To Build A Tour Quality Golf Swing



I move my right foot to the position it is going to be at when I swing.

And from this point this golfer is pretty much set to hit the ball. But just to make sure, he has one final look at his final target and at the same time he waggles the club to keep his arms relaxed.

How To Build A Tour Quality Golf Swing

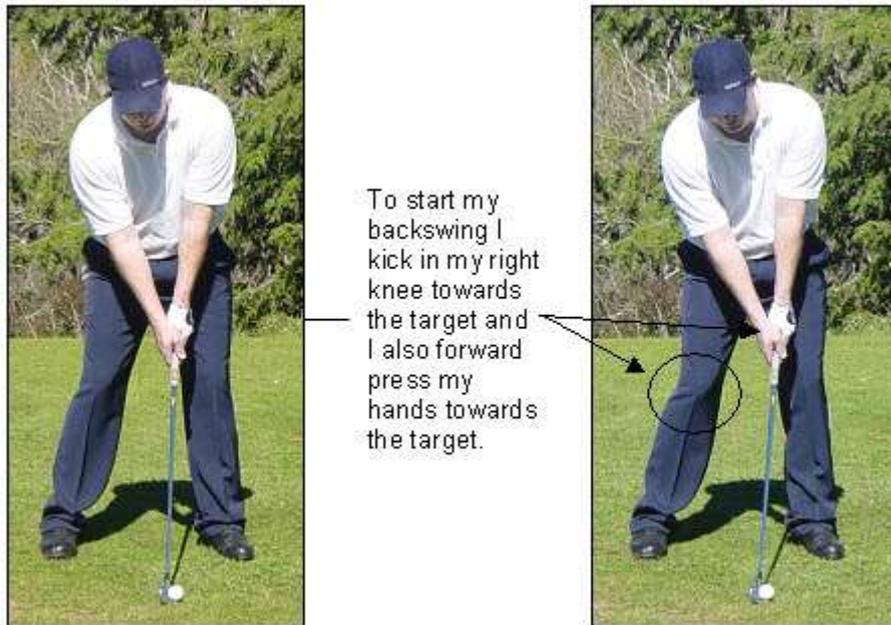


I look at my final target once and at the same time I waggle the club to keep my arms relaxed.



How To Build A Tour Quality Golf Swing

Once the club and his eyes arrive back at the ball he kicks his right knee in towards the target and he also uses a forward press of his hands towards the target to start his swing.



Now I believe you should also start your backswing by kicking in the right knee because this supports your lower-body as it helps prevent you from shifting too much weight to your right side as you swing back.

You never want your weight to move to the outside of your right foot and this kick in with the right knee helps to prevent this. Plus it helps to get your backswing off to a smooth start rather than starting from a stationary position.

So that's the physical pre-shot routine I get my students to use to start with and then they can adapt it to their personality etc. Look at a video of this completed physical pre-shot routine from down the line and face on views to get a feel for the time it takes and the rhythm of it.

[Click Here to go to the page to download the complete videos for this program. And to view the physical pre-shot routine from the down the line view and face on view you'll see the videos in the Lesson 5 Video Folder](#)

OK, now it's your turn to create a physical pre-shot routine (**or copy the one I've just shown you**) that you're going to use for every long game shot. So here are some recommendations on what you should put into your physical pre-shot routine, along with instructions on how to use your vinyl to groove a great automatic setup position shot after shot...

How To Build A Tour Quality Golf Swing

Important Note: This task requires something new that you may have to purchase. So have a quick read through these instructions to see if you have everything required to complete this task.

To help you create your own physical pre-shot routine (or simply copy the one I have shown you and modify it) here are some **recommendations** along with instructions on how to use your vinyl to groove an automatic setup position every time.

First of all, here are some very important things I think you should incorporate into your physical pre-shot routine...

- 1.** Always start your physical pre-shot routine directly behind your ball.
- 2.** Have your grip set to go before you address the ball.
- 3.** Pick out an intermediate target to align your clubface to.
- 4.** Have a waggle in your physical routine to keep movement up and to help keep you relaxed and ready to go.
- 5.** Always make sure you look at your final target before swinging the club.
- 6.** Kick in your right knee to start your backswing.

Also, it's a good idea to write down your physical pre-shot routine so that you can always refer back to it if you forget. Having said that, I'm going to make sure you don't forget because once you have a physical pre-shot routine (or modified the one I've shown you) you need to practice it over and over again.

And by doing this you'll habitualize your grip, ball positioning and alignment so your setup on the golf course is automatic. **This will give you amazing consistency in your long game.** Which, I assume, is the reason why you're here 😊.

Now, the only thing you won't be making a habit when practicing your physical pre-shot routine is your posture. So you'll have to practice that

How To Build A Tour Quality Golf Swing

separately, and I'll give you instructions how often I think you should do that in today's tasks.

OK, get out your vinyl and I want you to also get a wall bracket like this....



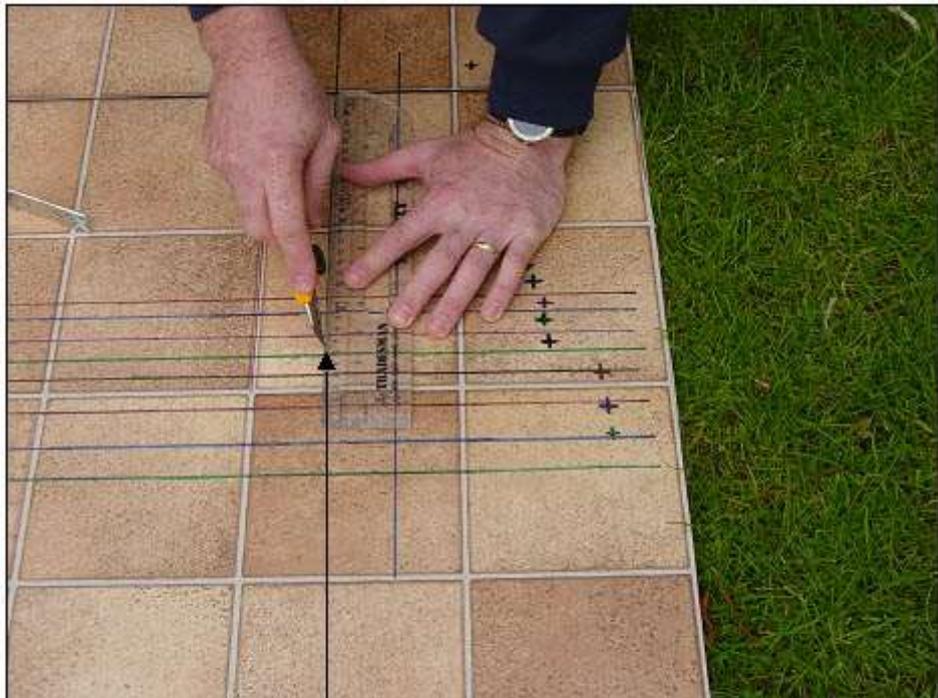
Get a wall bracket like this.

Next I want you to cut a line down the lines you've marked for your 3 ball positions:

How To Build A Tour Quality Golf Swing

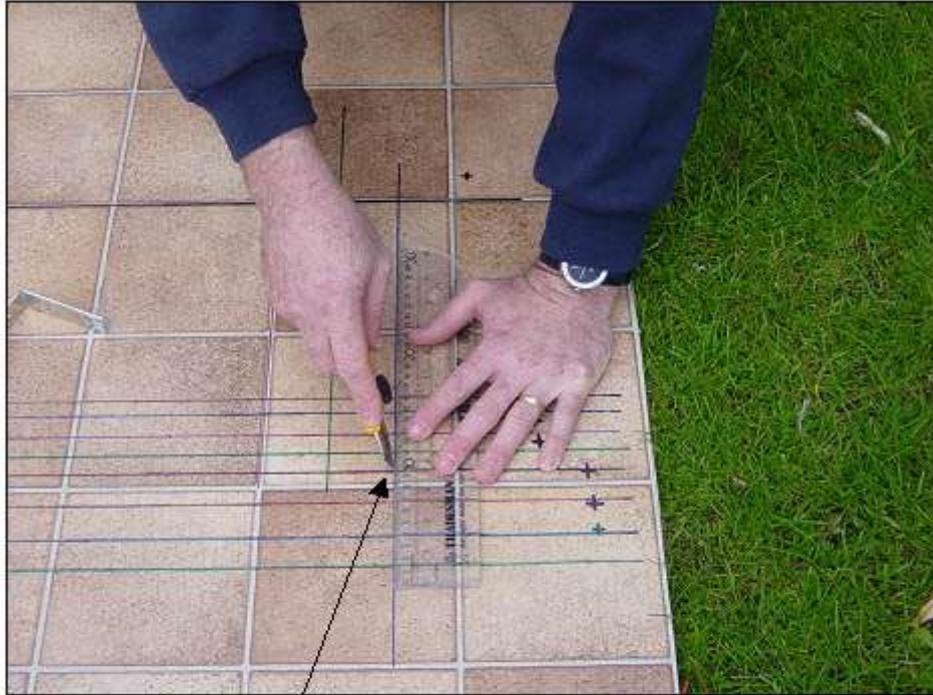


Cut along the ball position line you've drawn for your driver and 3 wood etc.



Cut along the ball position line you've drawn for your 2-iron through to 6-iron.

How To Build A Tour Quality Golf Swing



Cut along the ball position line you've drawn for your 7-iron through to 9-iron.

After you've done this then simply slide the wall bracket into the appropriate ball position slit for the club you're going to practice your physical pre-shot routine with.

How To Build A Tour Quality Golf Swing



Slide the wall bracket into the appropriate ball position slit for the club you're going to practice your physical pre-shot routine with. Also, position the bracket close to where your left heel is going to be for the club you're using. You'll have to experiment with this though.

And here is an example of a golfer setting up with a driver using this wall bracket...

How To Build A Tour Quality Golf Swing



Position your left heel up against the wall bracket.

And here this golfer is doing the same thing but this time with a 5-iron and obviously they've moved the wall bracket to the 2nd ball position line...

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Finally, here this golfer is setting up with a 9-iron after placing the wall bracket in the 3rd ball position line they have created.

How To Build A Tour Quality Golf Swing



Why am I getting you to do this?

Simply so you can practice your physical pre-shot routine and not worry about the positioning of your left heel because you simply need to place your left heel so it's touching the wall bracket.

By doing this over and over again you'll be grooving where to position your left heel for the 3 separate ball positions. This way, out on the golf

How To Build A Tour Quality Golf Swing

course you won't have to think about the positioning of your left foot because it will happen naturally.

And that's what I'm trying to get you to do with this....practice your setup using your physical pre-shot routine so that on the course you don't have to worry about where you're positioning the ball, aligning or how your grip is. Because they will just happen naturally from you following your physical pre-shot routine that you've practiced.

Now the only way this is going to happen is if you do actually practice it hundreds/thousands of times. That's why from now on I'm going to suggest you practice setting up to a ball **15 times a day using your vinyl**. And when you do this go through your entire physical pre-shot routine each time.

Important Note: Before you ever play a game of golf after doing this, I strongly urge you to hit some golf balls. Because by doing so many setups and not actually hitting any balls you may find you'll have to make a few tiny adjustments when you hit balls. **BUT** these adjustments must never be conscious.

Simply hit golf balls and get used to your new setup position. The adjustments will happen naturally. And that brings up another very important point. We are never the same from day to day. We change and so should your setup.

What I'm trying to give you here is a procedure to get into almost the same good setup position shot after shot and obviously this creates **amazing golfing consistency**.

But from one day to the next your setup position will be different because you're physically different from one day to the next. No one else will see that, but you'll probably feel it.

So go with the flow.

And if you feel you need to be a fraction further away then so be it. Just adjust naturally.

This advice also applies to different lies on the golf course. If you have a downhill lie you will have to adjust your posture, ball positioning etc. to hit the best golf shot. So adjust your setup position to flow with the contours, rather than fight them. OK, now here are your...

How To Build A Tour Quality Golf Swing

Tasks For This Week

Task 1 - Practice every day for 5 minutes the posture exercise I gave you in Lesson 3a. Also, when doing this change clubs every few setups and make sure **your ball is positioned perfectly for the club you're using** and make sure **your grip is correct** and your hands are positioned correctly as I taught you in Lesson 3d.

Task 2 NEW - Cut slits in your vinyl like I've shown you on the last few pages and get a wall bracket that you can use when setting up to a ball.

Wall bracket



Task 3 NEW - Create your own pre-shot routine. And remember, if you are struggling doing this then simply copy the physical pre-shot routine I've shown you and then modify it to how you like it. **Yes, it really is that simple** 😊.

Once you've created your own physical pre-shot routine then practice it **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Important Note: When practicing your physical pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 4 NEW - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical pre-shot routine and simply swap clubs for every setup, e.g. use a 7 iron for one setup then a 3 iron for the

How To Build A Tour Quality Golf Swing

next then an 8 iron etc., etc.

Task 5 NEW - Finally, do another **5 setups** just practicing your posture position and checking your alignment. Because it's very easy to get into bad habits and you don't want that to happen to your posture position and alignment, so make sure you do this. Also, when you're setup make sure your grip is correct and your club is aligned square to the target.

Total Practice Time = Approximately 20 Minutes Per Practice Session

So that's what you need to practice for the next week. Then in 7 days time you need to add a mental pre-shot routine to your setup. To do this come back here to read the next lesson that will teach you exactly that. Until then, keep practicing what I've taught you so far as it's really important to have this solid foundation to become a great, consistent ball striker.

Lesson 6 - Mental Pre-Shot Routine

In lesson 5 I gave you instructions on how to create a physical pre-shot routine. But now you **must** add a mental pre-shot routine to what you've created.

To help you create a mental pre-shot routine I'm going to show you the mental pre-shot routine I teach all of my students. Then after this you can simply copy my routine and modify it to suit you and your personality.

OK, here's the mental pre-shot routine.

1. Stand behind your ball and ask yourself this question, **"Where do I want my ball to finish?"** From this question you will come up with your final target. Then once you have your final target finalized then you should visualize your ball sitting where you want it to finish, which in the case below for this golfer is in the hole.



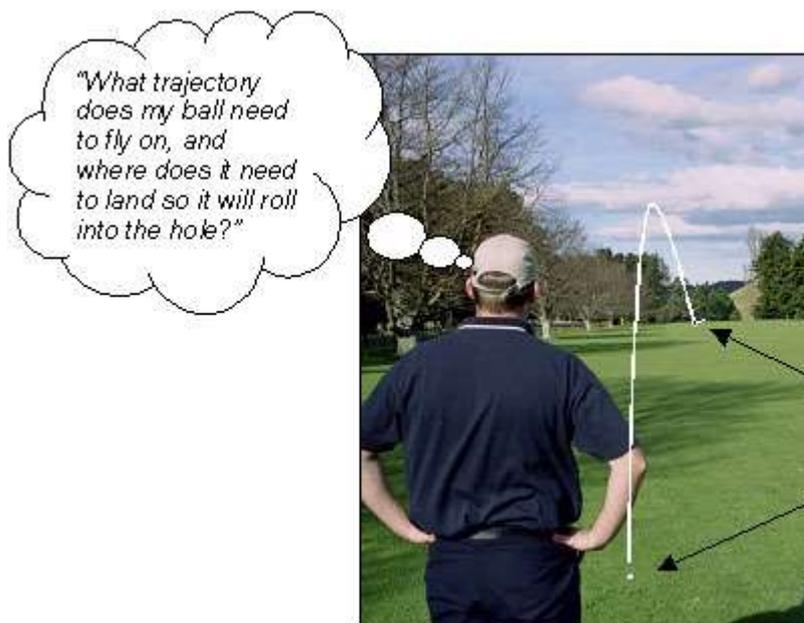
2. Next you should ask the following question to help you determine how far it is to your target.

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Asking this question will help you to pick the correct club. Plus it also builds up a database of distances in your mind so when you have a similar shot in the future you will have a better idea what club to use.

3. Then you should ask ***"What trajectory does my ball need to fly on and where does it need to land so it will roll into the hole?"*** This automatically forces your mind to visualize the ball flying on a good trajectory, landing and then rolling into the hole.



When asking this question visualize your ball flying, landing and then rolling into the hole.

4. After seeing this visualization you then need to ***"What club will allow me to achieve that?"*** This question allows you to make the best club decision based upon what you've just seen and your past experiences in similar situations.

How To Build A Tour Quality Golf Swing

"What club will allow me to achieve that?"



From this question pick the club that you believe will fly your ball the distance and trajectory you're after and also roll the ball the rest of the way to the hole. At this point go with your gut instinct and make a definite decision.

5. The last question you should ask for a long shots is...."***How do I need to swing this club so my ball will fly along the trajectory I want, land where I want it to, and roll into the hole?***" When you ask this question you should then visualize your ball flying along the trajectory you want, landing where you want it to, and rolling into the hole. Then you should come back and visualize the swing that will produce that result.

"How do I need to swing this club so my ball will fly along the trajectory I want, land where I want it to, and roll into the hole."



When you're asking this question visualize your ball flying along the trajectory you want, landing where you want it to, and then rolling into the hole.

How To Build A Tour Quality Golf Swing

So if I were to summarize this mental pre-shot routine it would be asking good questions and visualizing. But the visualizing comes as a result from asking the good questions. It's not forced in any way.

Here are the questions you should ask:

- 1.** Stand behind your ball and ask yourself this question, **"Where do I want my ball to finish?"** From this question you will come up with the final target. Then once you have the final target finalized you then visualize your ball sitting where you want it to finish.
- 2.** Then ask, **"How far is to my target?"**
- 3.** Then ask **"What trajectory does my ball need to fly on and where does it need to land so it will roll into the [target]?"** This automatically forces your mind to visualize the ball flying on a good trajectory, landing and then rolling into the target.
- 4.** Then ask **"What club will allow me to achieve that?"** This question allows you to make the best club decision based upon what you've just seen and your past experiences in similar situations.
- 5.** The last question you should ask for a long shots is....**"How do I need to swing this club so my ball will fly along the trajectory I want, land where I want it to, and roll into the hole?"** When you ask this question visualize the ball flying along the trajectory you want, landing where you want it to, and rolling into the hole. Then come back and visualize the swing that will produce that result.

Now that's the main parts of the mental pre-shot routine. But there are two very important things I get my students to do after all of this that I'm going to discuss in a later lesson . For now however I want you to create your own mental pre-shot routine like I have just shown you.

Tasks For This Week

Task 1 - Practice every day for 5 minutes the posture exercise I gave you in Lesson 3a. Also, when doing this change clubs every few setups and make sure **your ball is positioned perfectly for the club you're using** and make sure **your grip is correct** and your hands are positioned correctly as I taught you in Lesson 3d.

Task 2 NEW - Create your own mental pre-shot routine by copying the one I have just shown you and then modify it slightly to suit you. Having a good mental pre-shot routine is a huge key to becoming the best golfer you're capable of becoming. And remember, like a physical pre-

How To Build A Tour Quality Golf Swing

shot routine a mental routine should be done exactly the same for every shot.

Task 3 NEW - Practice your mental pre-shot routine along with your physical pre-shot routine **for 5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 4 NEW - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your mental and physical pre-shot routine and simply swap clubs for every setup, e.g. use a 7 iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

Task 5 - Finally, do another **5 setups** just practicing your posture position and checking your alignment. Because it's very easy to get into bad habits and you don't want that to happen to your posture position and alignment, so make sure you do this. Also, when you're setup make sure your grip is correct and your club is aligned square to the target.

Total Practice Time = Approximately 20 Minutes Per Practice Session

So that's what you need to practice for the next week. Then in 7 days time come back here and start the first lesson on the golf swing. And this will be on the take -away. So until then practice what I've taught you so you're ready to groove a consistent and repeatable takeaway.

Lesson 7 - The Take-Away

Important Note: In the **Torch Take-Away part of this lesson** (Lesson 7b) you will possibly need to go and purchase a few things to complete what is required. But before you purchase anything read through the instructions in that lesson to see exactly what you'll need.

In this lesson you're going to learn the very important lesson of how to start the backswing using a one piece takeaway. And it's very important to master these instructions because it will make your golf swing a lot simpler and easier to repeat consistently.

"The old maxim that the entire swing is governed by it's first few inches is certainly true in my case. I can sometimes instinctively make midswing compensations to produce an effective shot after a poor start but, generally, when I start back incorrectly I hit a mediocre shot."

Jack Nicklaus

Now, when you're setup to a ball your shoulders and arms should form a slightly imperfect triangle. And as I've mentioned before, this triangle is imperfect because your your spine is tilted slightly to the right and your right hand is below your left which obviously raises your left shoulder.

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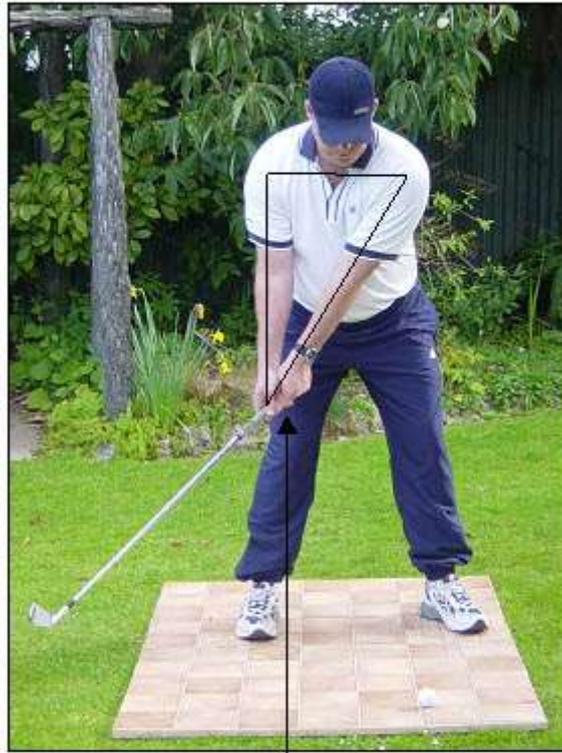
When setup your shoulders and arms should form a slightly imperfect triangle like this:

OK, from a setup position similar to this you simply need to turn your shoulders to the right to start your backswing. And when doing this your arms, hands and club should only move as a result of the turning of your shoulders.

Again, during the takeaway do not manipulate your hands or wrists by hinging or rolling them. They should just be moving as a result of your shoulders rotating to the right.

Then when your left hand is directly over your right leg the takeaway is complete as the picture on the next page is demonstrating.

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When your left hand is directly over your right leg the takeaway is complete.

Take a look at the picture above and notice how the angles of the triangle this golfer had at setup remain constant until the end of the takeaway.

Again, this is a result of keeping both of my arms in the same position they were at setup; i.e. left arm fully extended and the right arm slightly flexed, and keeping my hands and wrists totally motionless.

Also notice how the hips and knees have not moved either (i.e. rotated). All that should be moving (rotated) in the takeaway is the shoulders, arms, hands and club.

Now, the backswing motion should be controlled by turning your shoulders to the right. And in particular you should concentrate on turning your left shoulder as this will push your left arm and hand backwards, which of course will move the club to start the swing.

So now you have a good understanding of what is involved in a good takeaway it's time to start making this a habit. And to do this, keep reading for a great takeaway drill that you should practice in conjunction with practicing your mental and physical pre-shot routine.

Lesson 7a - Left Shoulder Takeaway Drill

To get a feel for this takeaway drill I suggest you setup to a ball with a 5-iron and using your vinyl.



Once you're set then take your right hand off the grip and place it on your left shoulder.

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Take your right hand off the grip and place it on your left shoulder like this.

Then from this position simply start rotating your left shoulder to the right and by doing this you should feel your left arm moving the club back naturally on a path that is slightly inside the target line.

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To get to this position simply rotate your left shoulder to the right.

Remember when doing this to keep your left arm, wrist and hand powerless. They should only move as a result of your left shoulder rotating to the right.

So do this movement until your left hand is opposite your right leg and then stop and move the club back to the ball.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 7 Video Folder. This drill is called: onearmdrill](#)

In this drill above I said that you should feel your left arm moving the club back naturally, on a path that is slightly inside the target line. **BUT** I haven't given you any instructions on how to do that. So here is the best drill I've found for learning to start the club on a good path.

Lesson 7b - The Torch Take-Away Drill

Important Note: As I said on the **take-away introduction page**, this task requires a few things. So have a quick read through this drill and then in the **Tasks For This Week** section there is a list of everything you need to complete this task which you can print out.

When you take the club away it should move on an arc just inside the target line **NOT** straight back along the target line.

Why?

Because a straight back takeaway gets the club travelling too much outside and causes your arms to become separated from the body. All of this will require compensations later in the swing which will result in inconsistent ball striking.

Obviously we don't want that, so here is a great drill that will help you to start taking the club on the correct path and with repetition this will fast become a habit. But to do this drill you will need a couple of things. The first is a small torch.



The second thing you'll need is a golf shaft with a grip on it.



↑
This is a driver golf shaft.

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Once you have these two things then simply tape the torch to the bottom of the shaft, as shown below.



Tape the torch to the bottom of the shaft.

Then find a straight line. Where the wall and floor meets is perfect.



For this drill find a straight line and where the wall and floor meets is perfect.

Now, it's a good idea to do this drill at night time because you'll be able to see the torch light easier.

So to do this drill turn the torch on and then setup as normal and make sure the torch is about 2-3 inches away from the line you're going to use as a plane reference line. And make sure the torch's main light is pointing directly at the line.

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Turn the torch on, setup as normal and point the torch at the line so it's about 2-3 inches away like this.

From this position simply take the club away with your one piece takeaway (**concentrating on turning your left shoulder to the right and keeping your arms, wrists and hands passive**) and make sure you keep the light on the line as you're going back.

Keep going until you get to the place where your left hand is over your right leg and then stop. Then repeat this takeaway, and I suggest you do this drill at least 30 times a day for the next 7 days (and beyond). But feel free to do this drill as much as you want as it's a real good one and quite interesting.

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Take the club away with your one piece takeaway and make sure the light of the torch remains pointing at the line until your left hand reaches opposite your right leg. Then stop and repeat the drill.

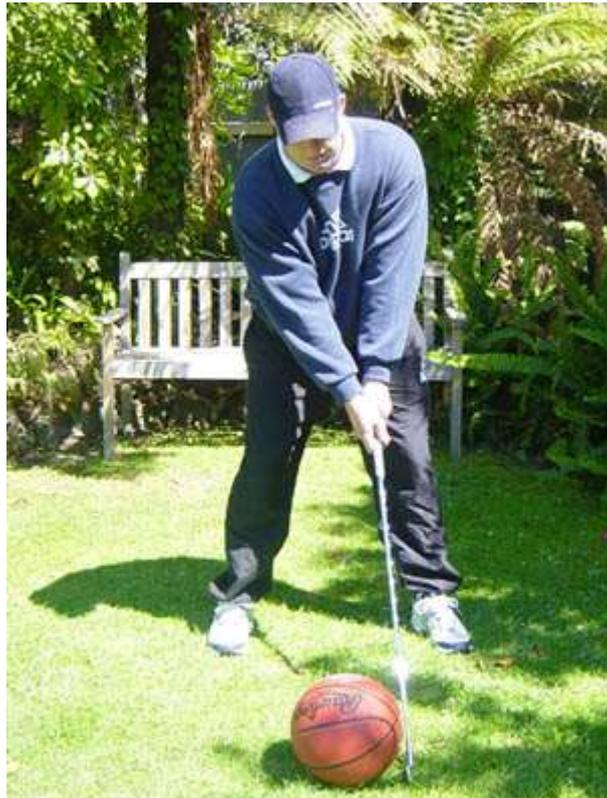
[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 7 Video Folder. This drill is called: torchdrill-1](#)

Now here's the final takeaway lesson that will help you to master a one piece takeaway that is so critical for your ball striking success...

Lesson 7c - Push The Ball Takeaway Drill

Starting your backswing with your arms and shoulders rather than your hands is critical for you to develop a consistent golf swing. And because a lot of golfers struggle with this, here's one more takeaway drill that will help you to do this.

Get out a long iron and setup to an imaginary ball. Then place a basketball directly on your target line just behind the clubhead.



Then raise the club head up so it's about half way up the basketball just like the picture on the next page is showing....

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↑
Raise the club head up so it's about halfway up the basketball.

From this setup position I then want you to start your swing with the physical trigger you've chosen when you created your physical pre-shot routine. But instead of moving the clubhead back I want you to move it forward about a foot or two.

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Start your swing with the physical trigger you've chosen when you created your physical pre-shot routine. But instead of moving the clubhead back I want you to move it forward about a foot or two like this.

Then from this position simply start your swing back with a one-piece takeaway and make sure the triangle you had at setup is maintained as you're moving the club back. Doing this will push the ball away and that's the feeling you want....pushing the ball away with your big muscles, i.e. shoulders and arms. And at this stage of the takeaway your hands are not involved in the swing at all.

So move the club away until your hands reach about your right hip. You'll notice that when you do this drill well, the resistance you'll feel will be in your shoulders and arms **NOT** in your hands.

How To Build A Tour Quality Golf Swing



Also, if you do this drill properly the ball should roll straight back along your target line.

The goal of this drill is to get you to groove and habitualize a takeaway where the hands are not used at all in the takeaway. Remember, it's the big muscles (shoulders and arms) that move the club away, and this drill will help you to feel that.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 7 Video Folder. This drill is called: basketballdrill](#)

So that's the final takeaway drill and so here are your...

Tasks For This Week

Task 1 NEW - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip % Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill. So that will mean you'll do that drill 5 times.

Task 2 NEW - Do the Torch Take-Away Drill 30 times.

Things You Need To Complete That Drill

1. One small torch.
2. One golf shaft with a grip on it. A driver shaft is the best for this.
3. Some tape.

Task 3 NEW - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 4 NEW - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7 iron for one setup then a 3 iron for

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the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Task 5 NEW - Finally, Do another 5 setups just practicing your posture position and checking your grip and alignment. Because it's very easy to get into bad habits and you don't want that to happen to your posture position, grip or alignment, so make sure you do this. **Plus after every setup do the left shoulder takeaway drill.**

Total Practice Time = Approximately 25 Minutes Per Practice Session

OK, you've got a bit to practice for this week. Next week you're going to learn how to shift your weight in conjunction with your take-away. So come back here in 7 days time to get that.

Lesson 8 - Weight To The Right Drill

Once you've mastered the one piece takeaway, you then need to combine that with the movement of shifting your weight to your right side at the beginning of your swing. This lateral shifting of your weight to the right means that your head, hips and shoulders **ALL** move to the right also.

Now we're not talking about huge distances here. Only about 2 inches to the right by the time the club is parallel to the ground.

Also, please take special note that I said **your head** should also move to the right at the start of your swing. You don't want it to remain still otherwise you run the risk of doing a reverse pivot and that's often disastrous.

Now when you move your weight to the right it must **NEVER** go to the outside of your right foot. Also this weight shift should occur very early in your backswing i.e. once the club reaches a position where it is parallel with the ground all the weight shift that should occur in your backswing should have long taken place.

And the drill I'm giving you on the next few pages to practice will help to enforce this feeling of moving the weight early in your backswing to the inside of your right foot.

OK, here's the drill that will teach you how to do this weight shift effectively.

Setup to a ball with your driver.

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Then place a ball (or something similar) under the outside of your right foot.



Place a ball (or something similar) under the outside of your right foot like this.

Once you've done this, then grab a driver shaft and place it in the ground just outside your right heel and angle it so it's about 2 inches away from your right hip.

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Place a driver shaft in the ground just outside your right heel and angle it so it's about 2 inches away from your right hip, like this.



Once you've done this then start your backswing using your one-piece takeaway. At the same time move your entire body laterally to the right until your right hip lightly bumps the shaft.

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This bump of the shaft should occur very early in the backswing -- well before the club reaches a parallel to the ground position. To clarify exactly what you should be doing look at the photos below.



Start your backswing with your one-piece takeaway. As you're doing this move your body/weight to the right so that your right hip bumps the shaft at about this point in your takeaway.

Then continue swinging until your club reaches a position where it is parallel with the ground as I'm showing below.



After you've done this once, then complete the move again and stop when your club reaches a position where it is parallel to the ground.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 8 Video Folder. This drill is called: weightshiftdrill-1](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the posture section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill. So that will mean you'll do that drill 5 times.

Task 2 - Do the Torch Take-Away Drill **30 times**.

Task 3 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in the lesson. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 4 - After you've completed the **5 setups** with the club

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you're going to be using the most to tee of with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Task 5 - Do another **5 setups** just practicing your posture position and checking your grip and alignment. Because it's very easy to get into bad habits and you don't want that to happen to your posture position, grip or alignment, so make sure you do this. **Plus after every setup do the left shoulder takeaway drill.**

Task 6 NEW - Practice the Weight To The Right Drill **30 times**. Making sure that each time you take the club away with a one-piece take away. And when you're comfortable with this drill then try some full swings, getting the feeling of moving your weight to the right early in your swing and bumping the shaft.

Task 7 NEW - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 25 Minutes Per Practice Session

So there you go....practice that and then in 7 days time make sure you come back to get the next lesson which will teach you **how to create a wide arc** in your backswing -- so you can hit the golf ball as long as you're capable of.

Lesson 9 - Wide Arc Drill

To hit the golf ball as long as possible you **MUST** create a wide swing arc on your backswing. Now to do this your arms must **NOT** remain connected to your upper body.

Yes, you read correctly -- your arms should disconnect/move away from your body as it continues to turn. If this doesn't happen your backswing plane will be very flat and you'll have a very narrow swing arc, costing you a lot of distance and probably causing a slice.

Now you want your arms to be connected to your turning body for the takeaway and that's what I've taught you so far. But once your hands reach a position where they are level with your right leg then your arms should start disconnecting/moving away from your turning body.

I am going to give you a drill to learn how to do this, but first I want to show you the correct wide arc as opposed to the incorrect narrow one.

From your setup position....



Take the club away with your one piece takeaway that you've learnt and practiced, and stop once your hands are opposite your right leg...

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Now if you keep your arms connected to your body and you continue to turn your body you'll get to a position similar to this....

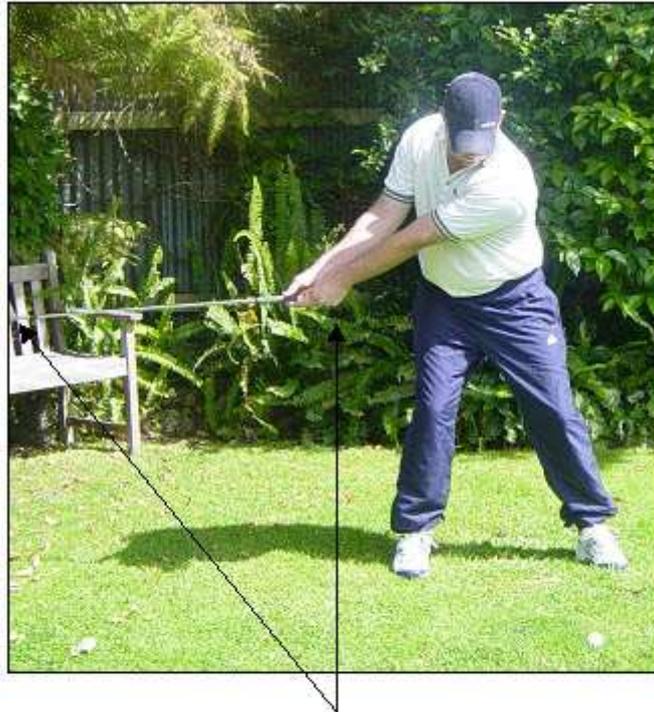


In this backswing my arms are staying connected with my body which is creating a narrow swing arc.

But a position like this will produce a swing that will hit shots that lack both power and accuracy.

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So you need to create a wide swing arc, and the only way to do this is for your arms to disconnect/move away from your turning body after the takeaway has finished. Doing this will feel as though you are pushing the club directly away from the target. And when the club has reached a position where it is parallel to the ground you should be in a similar position to this.



My arms are reaching away from the body to create this very wide arc.

Now to learn how to create a long, wide swing arc like this, setup to a ball as normal.

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Then slide the club up so the butt end of the club is touching the top of your pants like this.



Slide the club up so the butt end is touching the top of your pants.

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Then keeping the butt end of the club in place, move the club away by completing your one piece takeaway until your hands are opposite your right leg like this...



Move the club away with your one piece takeaway and this will mean the butt of the club stays in contact with your pants. Stop the club once your hands reach your right leg.

Once you've done this I then want you to feel what you **SHOULDN'T** be doing in your backswing. So from the position you've just reached I then want you to simply keep turning your body, keeping your arms connected and turning with your body. When you do this the butt end of your club should remain in contact with your pants like this...

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Keep turning your body and keep your arms connected with your body so the butt end of your club stays in contact with your pants. This is what you **SHOULDN'T** do in your backswing.

So now you've experienced **what you shouldn't do in your backswing** I want you to now feel what you should be doing to create a wide backswing arc. To feel this assume this setup position again...

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Slide the club up so the butt end is touching the top of your pants.

Then move the club away using your one piece takeaway and stop once your hands are level with your right leg.



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Now from this position I then want you to continue to turn your body but at the same time move your hands away from your body so they feel like they're going straight back from the target.

When you do this the butt end of your club will gradually move away from the top of your pants. And when your club reaches a point where the shaft is parallel with the ground there will be a **big gap** between the butt end of your club and your pants.

Here is a picture that demonstrates what you should look like at the end of doing this drill.



Once you reach a position where your club is parallel with the ground the butt end of your club should be quite a way from your body. Also the club shaft should be along a parallel line with the target.



And again, the feeling you should have when doing this is one of reaching with your arms and hands as far away from the target as possible. Because this is what creates a very wide arc which will give you maximum power.

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Once you get a feel for this then do this drill over and over again. After you have grooved that feeling then you should address a ball normally....



Then take the club away and once you reach this position....



Then you should feel your arms and hands slowly moving away from the target. When you reach the position where your club is parallel with the ground you should have extended your arms as far away from your target

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as possible. Here is a picture of the position you should be trying to achieve.



When you're comfortable doing this, try some full swings getting the feeling of creating this very wide arc in your backswing.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 9 Video Folder. This drill is called: widearcdrill-1](#)

How To Build A Tour Quality Golf Swing

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill. So that will mean you'll do that drill 5 times.

Task 2 - Do the Torch Take-Away Drill **30 times**.

Task 3 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 4 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Task 5 - Do another **5 setups** just practicing your posture position and checking your grip and alignment. Because it's very easy to get into bad

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habits and you don't want that to happen to your posture position, grip or alignment, so make sure you do this. **Plus after every setup do the left shoulder takeaway drill.**

Task 6 - Practice the Weight To The Right Drill **30 times**. Making sure that each time you take the club away with a one-piece take away. And when you're comfortable with this drill then try some full swings, getting the feeling of moving your weight to the right early in your swing and bumping the shaft.

Task 7 NEW - Practice the Wide Arc Drill **30 times**.

Task 8 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 25 Minutes Per Practice Session

Now in 7 days time you're going to get a new lesson in which you'll learn how to make sure you're in the perfect position, once your club reaches a position parallel to the ground. So make sure you come back here to get that in a week's time.

Lesson 10 - The Shaft Drill

In this lesson I'm going to provide you with a great drill that will give you **the best feedback** to make sure you're in the perfect position, once your club reaches a position parallel to the ground. So to do this drill here is what you need to do.

Place a ball on the ground with a club beside the ball, like what is pictured below.



Then place a club parallel with the first club, about where your feet should be when you setup with a 5 iron.



Then setup to the ball with your 5 iron and have a club shaft handy.

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Then place your 5 iron on the ground with the butt end of the club pointing at the little toe of your right foot, and the shaft parallel with the other two clubs you have put down on the ground. Also **place a tee** in front of your right foot so you can keep the same right foot positioning.

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Place your 5 iron on the ground so that the butt end is pointing at the little toe of your right foot. Then make sure your 5 iron is parallel with the other two clubs you have on the ground.

Then place a shaft in the ground at the very end of your 5 iron like this:



And when you place the shaft in the ground make sure the top of the shaft is about level with your belt line.

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Push the shaft in so that the top is level with your belt line like this.

After you've done this then setup to the ball with your 5 iron.

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Then start your backswing using your one piece take away.



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Continue your backswing using your **new wide arc backswing**, and stop once the club reaches a position where the shaft is parallel to the ground.

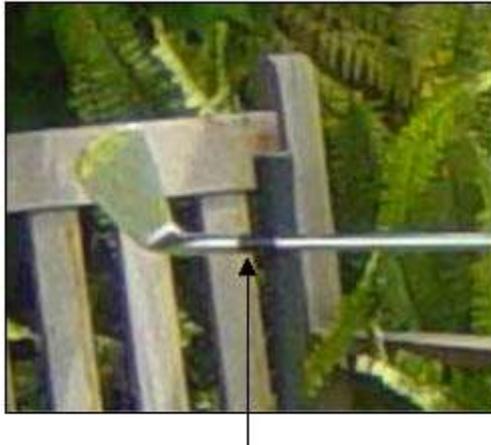
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Now the beauty of this drill is that it's so simple to check and make sure you're in a good position once the club reaches a position where it is parallel with the ground. And here is what you need to check.

First of all, your body should have shifted a couple of inches to the right. You can check this in combination with your wide arc because when you stop the club at a position where it's parallel with the ground, some part of your club should be in contact with the shaft in the ground.



To check that you've created a wide enough arc some part of your 5 iron (e.g. clubhead or shaft) should be touching the shaft in the ground.

Important Note: If your club misses the shaft when your club is parallel to the ground, then you probably haven't moved laterally to the right and your swing width is definitely too narrow.

So if this happens to you then you need to go back to the previous lesson and once again practice moving your body laterally to the right at the start of your backswing, and having a wide swing arc.

Anyway, back to the check points.

Next you need to check that your hands, shaft and clubface are all positioned correctly.

How?

Well, if you look down the line where the shaft is in the ground then once your club is parallel to the ground then your hands and club should be

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basically all you see. You shouldn't be able to see much, if any, of the club shaft.

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If you look down the line of the shaft in the ground you should basically only see your hands and club head. You shouldn't be able to see much, if any, of the club shaft.

How To Build A Tour Quality Golf Swing

To check this you can get someone else to see if you're getting into the correct position or you can do this drill in front of a window or mirror to check this for yourself.

Finally, you want to make sure that the clubface is slightly closed. But this should not be as a result of any manipulation on your part. Because if you complete your setup and one piece takeaway correctly and then continue creating your wide arc then naturally the club should be slightly closed. And to check this, simply look at your clubface in relation to the shaft in the ground once your club is parallel to the ground.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 10 Video Folder. This drill is called: shaftdrill-1](#)

So that's the drill that will help you to check that you're in a great position once your club is parallel with the ground. And I suggest you practice this drill completely, every day, for the next 7 days and beyond. But when you do this drill do it slowly until the club is parallel with the ground position. Then check you're in the right position and repeat.

This way you'll be sure to make the correct movements rather than rushing it and doing it incorrectly. So with that being said, here's the....

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill. So that will mean you'll do that drill 5 times.

Task 2 - Do the Torch Take-Away Drill **20 times**.

Task 3 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 4 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

How To Build A Tour Quality Golf Swing

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Task 5 - Do another **5 setups** just practicing your posture position and checking your grip and alignment. Because it's very easy to get into bad habits and you don't want that to happen to your posture position, grip or alignment, so make sure you do this. **Plus after every setup do the left shoulder takeaway drill.**

Task 6 - Practice the Weight To The Right Drill **20 times**. Making sure that each time you take the club away with a one-piece take away. And when you're comfortable with this drill then try some full swings, getting the feeling of moving your weight to the right early in your swing and bumping the shaft.

Task 7 NEW - Practice the Shaft Drill **30 times**.

Task 8 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

In 7 days time when you come back here to get the next lesson you'll find it will fully explain what exactly your body should be doing during the backswing. You won't want to miss that as what I teach you in that lesson is a real key for maximum distance. Until then however practice what you've been given so far -- it's very important!

Lesson 11 - The Body Drill

In this lesson I'm going to give you a drill that will teach you exactly what you should be doing with your body to complete your backswing, and it's actually pretty simple, as you'll see. So here's the drill.

Setup to a ball with your driver. And place a ball under the outside of your right foot. Then place a shaft in the ground so it's a couple of inches away from your right hip.

Setup with your driver and place a ball under the outside of your right foot along with a shaft in the ground about two inches away from your right hip like this.



Then place the driver across your shoulders like this golfer is demonstrating on the next page...

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Once you've done this then I want you to start your backswing by slowly turning your shoulders and moving your weight to the right so you bump the shaft lightly. Your head should also move to the right by a couple of inches.

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Slowly turn your shoulders and move your weight to the right so you bump the shaft lightly. Also, move your head laterally to the right by a couple of inches.



After you've lightly bumped the shaft then you don't need to shift any more weight to your right side. You then simply need to keep turning your shoulders as far as they will go against a solid lower half.

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You'll get the feeling that you're almost hugging the shaft as you turn and that's exactly what you should be doing.

So now you know the drill I want to point out some things in your backswing in relation to the major muscle groups of your body, and what they should be doing in your backswing. So let's start with the feet.

When you make your backswing shift and turn, your weight should move to your right foot and more specifically **most of your weight should move to your right heel**. Also, your left foot should stay on the ground.

OK, let's move up to the knees.

When you make your backswing your knees should only move as a result of your shifting and turning. In other words, you should **NOT** try to move your knees. They should only move as a result of your other movements.

One of golfer's biggest faults in the golf swing is to straighten the right leg in the backswing. So you must make sure that when you're completing the backswing you keep the same flex in your right leg that you had when you setup to the ball.

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All right, moving up to the hips now. Like the knees, your hips should only move as a result of you shifting and turning. You don't consciously want to try and turn them.

Next let's look at what the shoulders should be doing. You want to turn your shoulders as far as they will go (keeping everything else the same). If you can get your shoulders to turn at least to 90 degrees that's great, and even further is a bonus. For example, Tiger Woods rotates his shoulders about 120 degrees!

Also, the angle you turn your shoulders on is very important. When you turn your shoulders it should be about on a 90 degree angle to your spine angle at setup -- like this.



Turn your shoulders on a 90-degree angle to your spine angle at setup. Just like this.

Finally, let's look at what your head should be doing in your backswing.

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When you make your backswing your head **should move to the right by a couple of inches**. So don't try and keep it still because if you do you run the risk of doing a reverse pivot and that's not good.

Also, your head shouldn't move up or down at all in your backswing. It should pretty much maintain the same level throughout the entire backswing that it was at setup.

Here's a pictorial summary of exactly what you should be doing in your backswing with your body:



Hips: slide your right hip laterally a couple of inches to start the backswing.

Shoulders: turn your shoulders as far as they will go and turn them on a 90-degree angle to your spine angle at setup.

Head: move your head a couple of inches to the right but keep the head at the same level as it was at setup.

Feet: move most of your weight to the heel of your right foot.

Knees: keep the flex the same in your right leg.

Hips: only let your hips move as a result the other parts of your body moving.

OK, there you go. You should now have a very good understanding of what your body should be doing in the backswing. But to turn this understanding into a habit here's what I suggest you do.

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Do this 'club on shoulders' drill every day, for the next 7 day and beyond. And once you feel like you have a good handle on the correct body movements then try to replicate your body movements while swinging a club.



And when you do this start your backswing by doing your one piece take away and transferring your weight to your right side by laterally moving everything to the right a couple of inches. This will mean your right hip lightly bumps the shaft.



And then from there simply keep turning around your flexed right leg.

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So the backswing is simply a shift and then a turn. Keep practicing this and if you want you can even hit balls doing this. Or simply swing if you're doing this at home.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 11 Video Folder. This drill is called: bodydrill-1](#)

How To Build A Tour Quality Golf Swing

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip and Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill. So that will mean you'll do that drill 5 times.

Task 2 - Do the Torch Take-Away Drill **20 times**.

Task 3 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 4 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

How To Build A Tour Quality Golf Swing

Task 5 - Do another **5 setups** just practicing your posture position and checking your grip and alignment. Because it's very easy to get into bad habits and you don't want that to happen to your posture position, grip or alignment, so make sure you do this. **Plus after every setup do the left shoulder takeaway drill.**

Task 6 - Practice the Weight To The Right Drill **20 times**. Making sure that each time you take the club away with a one-piece take away. And when you're comfortable with this drill then try some full swings, getting the feeling of moving your weight to the right early in your swing and bumping the shaft.

Task 7 - Practice the Shaft Drill **20 times**.

Task 8 NEW - Complete The Body Drill **20 times**.

Task 9 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

OK, in the next lesson you're going to start focusing on the correct wrist cocking that should occur in the golf swing. And that is very important in terms of you hitting the ball as far as possible. So make sure you come back here in a week's time to start that.

Lesson 12 - Wrist Cock Check Drill (Part 1)

In this lesson we're going to start to look at the wrist cock needed during your back swing. And the best way of doing this is to combine the appropriate wrist cocking with a couple of other drills you've been doing.

The first drill that's going to help you to learn the correct wrist cock during the backswing is the shaft drill.

So set everything up to do that drill and then take the club away until it is about parallel with the ground like this:

The Extended Shaft Drill



Once you reach this position then you need to cock your wrists up as your body continues to turn. To check that you're doing this correctly you should stop once your left arm is parallel with the ground, like this...

How To Build A Tour Quality Golf Swing



Now at this point your left arm and club should form **about a 100 degree angle** and this should be the same for all clubs in your bag. A good way to check this is to do this drill in front of a mirror or a big glass window.

And when you watch this golfer doing this drill in the video below you'll see him lifting up his head to check his left arm and club in a big window that is behind the camera.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 12 Video Folder. This drill is called: wristcockcheckdrillpart1-1](#)

Now the other drill you can practice your wrist cocking with is the weight to the right drill. So set everything up to do that drill and then take the club away until it is parallel with the ground:

The Extended Weight To The Right Drill



Then from this position continue turning your body and cock your wrists up so that once your left arm is parallel with the ground, your left arm and club form about a 100 degree angle.

How To Build A Tour Quality Golf Swing



And then simply keep repeating this over and over again to get used to the appropriate wrist cocking. Also remember to do this drill in front of a large mirror or window to check that you've got the correct angle between your left arm and club at this half way point.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 12 Video Folder. This drill is called: wristcockcheckdrillpart1-2](#)

Important Note: The following task requires a few things. So have a quick read through this section and then in the **Tasks For Today** section there is a list of everything you need to complete this task which you can print out.

Now along with getting the correct wrist cock during your backswing you also need to learn how to have the correct swing plane during your

How To Build A Tour Quality Golf Swing

backswing -- and this is critical. So to learn this you're going to need the following:

Two small torches like this:



A golf shaft with a grip on it:



This is a driver shaft.

Once you have these three things then simply tape a torch to the bottom of the shaft and the other torch to the top of the grip, as is shown below.



Tape the torches to the ends of the shaft like this.

Then find a straight line. Where the wall and floor meets is perfect.

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For this drill find a straight line and where the wall and floor meets is perfect.

Now, it's a good idea to do this drill at night time because you'll be able to see the torch lights easier.

So to do this drill turn the torches on and then setup as normal and make sure the bottom torch is about 2-3 inches away from the line you're going to use. Make sure that the torch's main light is pointing directly at the line, as this student golfer is demonstrating on the next page...

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From this position simply take the club away with your one piece takeaway and make sure you keep the light on the line as you're going back.



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And keep swinging until you get to a position where your left arm is parallel with the ground. At this point the light from the torch that you taped to the top of the grip should be pointing directly at the straight line.



When your left arm is parallel with the ground the light from the torch (that is attached to the grip) should point at your plane reference line.

Now if you do this and your top torch does not point at the plane reference line when you reach this half way point, then simply try again and get the club into a position where the torch light **does** point to the line.

Getting this right is very, very important for your golf swing. And you need to practice this drill over and over again. Watch the video below of this student golfer doing this drill to get a clear idea on what you're supposed to do.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 12 Video Folder. This drill is called: twotorchdrill-1](#)

How To Build A Tour Quality Golf Swing

I suggest you practice this drill every day for the next 7 (and beyond) days because it's really important.

Also, here's another way of doing this drill. And this variation will help you to make the correct swing plane a habit during your swing at an actual golf ball. So to do this get your driver and tape a torch to the end like this.



Tape the torch to the end of the driver like this.

Then put a ball down just inside the line you're using to check your swing plane.



With the torch on setup with your driver, then take the club away, but stop when your left arm is parallel with the floor. At this point the light from your torch should be pointing just inside the line you're using as a plane reference line.

How To Build A Tour Quality Golf Swing



Like the previous drill keep doing this over and over again. And watch the video below to see this drill.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 12 Video Folder. This drill is called: drivertorchdrill-1](#)

All right, this concludes the first part of the wrist cock lessons. Here are your...

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 NEW - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Things You Need To Complete This Task

- 1.** Two small torches.
- 2.** One golf shaft with a grip on it. A driver shaft is the best for this.
- 3.** Some tape.

Task 5 NEW - Do the Extended Weight To The Right Drill **20 times**.

Task 6 NEW - Do the Extended Shaft Drill **20 times**.

Task 7 - Complete The Body Drill **20 times**.

Task 8 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

All right, in the next lesson you're going to learn the wrist cock needed to get you to the top of your backswing primed and ready for a powerful downswing. So please make sure you come back here in 7 days from now to get that important lesson.

Lesson 13 - Wrist Cock Check Drill (Part 2)

This is the final lesson on the wrist cock needed in your backswing **BUT** it's a very, very important one.

To do this drill simply setup to a golf ball with a driver.



Then take the club away until your left arm is parallel with the ground and check that your wrists are cocked about 100 degrees, and your club is on the correct swing plane.

How To Build A Tour Quality Golf Swing



Now once you've made sure this is correct then I want you to pump the club up and down a few times (say 3). Then to complete your backswing **simply turn your shoulders** as far as they will go against a solid lower half

At the top of your swing your club and wrists should form about a 90 degree angle like this...

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So you can have a little more wrist movement to help set the club at the top of your swing **BUT** not much more.

You see, the majority of the wrist cocking is done from the time the club is parallel with the ground until your left arm is parallel with the ground. From then on there's very little wrist cocking, it's all basically turning from then on.

To get used to this feeling, do this drill and once you reach the top of your backswing position complete your golf swing. And if you can do this drill while hitting a golf ball then that would be better.

You don't need to hit golf balls for this drill to be effective, but it helps. Before you do this drill click the link below to get a better idea on how to perform this drill correctly.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 13 Video Folder. This drill is called: wristcockpumpdrill-1](#)

All right, this concludes the wrist cock lessons so here are your...

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Complete The Body Drill **10 times**.

Task 6- Do the Extended Weight To The Right Drill **20 times**.

Task 7 - Do the Extended Shaft Drill **20 times**.

Task 8 NEW - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 9 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

OK, next week you're going to learn what your right leg should be doing as you're making your backswing. It's very important you learn the correct moves for that because if done incorrectly it can ruin a potentially good golf swing. So come back here in 7 days time to read the next lesson.

Lesson 14 - The Right Leg Drill

When you setup to a golf shot your right leg should have some flex in it like this student's....



During your backswing there are three main things that can happen to your right leg:

1. It can remain with the same flex throughout the entire backswing.
2. It can remain flexed but straighten slightly from the setup position.
3. It can straighten completely.

Unfortunately most golfers straighten there right leg **completely** on the backswing and this is a terrible mistake to make in the golf swing. Here is a picture of this golfer near the top of my backswing with a straight right leg.

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But from this view things don't look so bad. It's not until you look from the face on view that you can see why **this is such a disastrous move...**



With a straight back leg my weight is practically forced to move to my left foot. This is commonly called a reverse pivot and it is one of the worst, most disastrous moves in golf.

So you should never, ever have a straight leg in your backswing. And just so you don't confuse this issue...

Never, Ever, Ever Have A Straight Leg At Anytime In Your Backswing....EVER!

OK, so it's clear you should **never** have a straight right leg during your backswing 😊. So that only leaves two options:

- 1.** Keep the same flex throughout the entire backswing that you had at setup.
- 2.** Keep the right leg flexed but allow it to straighten **slightly** from the setup position.

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And I recommend you go with **option 2** but when doing this obviously you can't let your leg straighten so much it ever becomes straight. **Remember, it must always have some flex in it.**

Now the reason why I suggest you should allow your right leg to straighten a fraction in the backswing(**remember, not too straight**) will become a lot clearer in the next lesson.

But for now I want you to practice your backswing and making sure that there is some flex in your right knee during the backswing.

The best way of doing this is to simply setup to a ball with your driver...

1.



Then swing and **stop** at the top of your backswing....

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2.



Once you've done this then look down or check in a mirror (as this golfer is doing below) to make sure your right leg still has flex in it. Remember, it doesn't have to be in the exact same position it was in at setup but it **MUST** have some flex in it....

3.



Then from this position simply take the club back to the ball and repeat the drill again.

How To Build A Tour Quality Golf Swing

Now when you're swinging back remember to move your hips laterally to the right by a couple of inches. Because this, along with keeping your right knee flexed during the backswing, virtually eliminates any chance of a reverse pivot.

OK, to see how to effectively do this drill view the video below.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 14 Video Folder. This drill is called: rightlegflexdrill-1](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Complete The Body Drill **10 times**.

Task 6- Do the Extended Weight To Right Drill **10 times**.

Task 7 - Do the Extended Shaft Drill **10 times**.

Task 8 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 9 NEW - Do the Right Leg Drill 10 times.

Task 10 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

All right, in the next lesson you're going to learn how to produce the correct hip movements in your backswing so you're ready to explode down into the ball. And this relates a lot to this right leg flexed position. So come back here in 7 days time to get that next important lesson.

Lesson 15 - The Right Hip Drill

In this lesson you're going to learn exactly what your right hip should be doing in your backswing. Also you'll find out how this relates to the right leg flex that you learnt in the last lesson. Now to learn this you need to setup to a teed up ball with your 5-iron and have a ruler and a shaft handy.



Setup to a teed up ball with your 5-iron and have a shaft and ruler close by.

Once you're setup with your 5-iron then get the ruler and place it directly behind your right heel.

How To Build A Tour Quality Golf Swing



Without moving your feet
place a ruler directly behind
your right foot.

Then grab the shaft and place it in the ground about 6 inches behind your right heel like this...

How To Build A Tour Quality Golf Swing



Without moving your feet, place the shaft in the ground about 6 inches behind your right heel.



Once you've done this then setup to the ball again.

How To Build A Tour Quality Golf Swing



Now the position of the shaft is very important. It needs to be positioned so it's parallel with a line that would go down from the edge of your butt to the ground. So when you look down the line the shaft is right on the edge of your butt like this...



When looking down the line the club shaft you put in the ground should be in line with the back of your butt.

You may have to experiment with the placement of the shaft to get it positioned correctly for you.

Now when you look at a golfer's swing from down the line, the player's butt should not come away from the line that is setup at address. Now for this to happen in your backswing the hips must rotate and the weight should move **towards the right heel**.

How To Build A Tour Quality Golf Swing

And if you remember, in the last lesson I said that you can let your leg straighten a bit on the backswing, but I didn't say why.

Well, the reason is because by letting your right leg straighten slightly (remember, still have some flex in it) it allows you to easily rotate the right hip and keep it on this butt line.

But remember, you must also move your right hip to the right by a couple of inches before rotating it. This was discussed in Lesson 8 so check that again if you need to.

Anyway, to get the feeling of the correct hip movement you simply need to swing back and make sure that your right hip contacts the shaft you've placed in the ground and stays in contact with the shaft the entire backswing.

The first few times you do this drill stop at the top of your backswing and make sure your right hip is touching the shaft like this...

How To Build A Tour Quality Golf Swing



At the top of your swing **stop** and make sure that your right hip is touching the shaft. Also check that your right leg still has flex in it.



Now above I mentioned that most of your weight should move towards the heel of your right foot. And to check that you've done this correctly when you stop at the top of your swing you should be able to lift up the toes of you right foot quite easily.

How To Build A Tour Quality Golf Swing



At the top of your swing you should be able to lift up your right toes quite easily. Why? Because you should shift most of your weight to the right heel of your right foot during the backswing.

So to groove the correct right hip movements during your backswing I suggest you practice this drill at least 20 times a day, and do this when hitting a ball (if possible). Below is a video of a golfer doing this so you get a good idea of what you should be doing.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 15 Video Folder. This drill is called: righthipdrill-1](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Complete The Body Drill **10 times**.

Task 6 - Do the Extended Weight To Right Drill **10 times**.

Task 7 - Do the Extended Shaft Drill **10 times**.

Task 8 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 9 NEW - Do the Right Hip Drill **20 times while hitting golf balls** if you can, otherwise just swing. But either way, make sure your right leg always has some flex in it.

Task 10 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

In the next lesson you're going to find out about the correct positioning of the club at the top of your backswing. This obviously has a huge bearing on the direction of your shots so come back here in 7 days time to get that next lesson.

Lesson 16 - Top Of The Backswing Drill

At the top of your swing (with the driver) your club should be aligned parallel with your target line like this:



But having said that, this is just a guide as to where the club "should" be positioned. For example, with your driver it's OK to have the club slightly across the line or slightly laid off. And with your 9-iron it's OK for your club to be laid off like this:

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Why the differences?

Simply because the shaft lengths are quite different between a driver and a 9-iron. Therefore your swing will be flatter and longer with a driver and shorter and more upright with a 9-iron.

So if there are different top of the swing positions depending on the club you're using, how can you learn to get into the best position at the top of the backswing?

Boy you ask good questions 😊.

Well, I think the best way of learning this is to select the longest club in your bag and set about perfecting your top of the backswing position with that one club. Once you've done that then the other clubs will naturally end up where they should be.

Make sense?

I hope so, but there is another factor that will affect your potential top of the backswing position, and that is your flexibility.

You see, if you can't turn your shoulders 90 degrees on the backswing then you probably won't be able to get the club into a position where it's parallel with your target line and parallel with the ground.

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But that's OK. You just have to recognize this and realize that your club is going to appear a little laid off at the top simply because you haven't turned as far as you could if you were more flexible.

As a result of this you will lose a bit of distance.

How much is hard to say. But it may give you some motivation to start a flexibility program as you definitely will gain some yards with a full backswing.

All right, let's get down to grooving a perfect top of the swing position.

And through experimentation with my own swing I've found an interesting technique to groove a perfect top of the backswing position. I found this out because I had a problem with my club crossing the line too much at the top of my backswing.

So to fix this I tried taking a lot of slow swings and stopping at the top and looking in a mirror to make sure I was in the perfect position. And I could get into the perfect backswing position doing this with no problems. But when I would swing at normal speed I found I would go quite a bit beyond what I had been doing when I was swinging slowly.

So I had to try and figure out a solution to this and I believe I've done it.

You see, when you swing at full speed you're going to naturally go beyond what you're doing when swinging slowly. So the answer is to swing to the top at full speed while making sure you end up in the perfect top of the backswing position.

How can you do that?

Well, that's the tricky part 😊. To do this you need to have a large mirror or glass window behind where you are swinging so you can check the top of your backswing position.

Once you've done this then setup to a ball as normal.

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Then before you're ready to take your backswing turn your head to look at your reflection in the mirror or window.



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Once you've done that then swing back at full speed and watch your backswing and make sure that at the top of you backswing you get into the perfect position.



Then once you've checked this position in the mirror or window then turn you head back to it's normal position and swing down and hit the ball as normal.

Now for you to get a really good idea as to what I'm talking about view the video below of this student golfer doing this drill. Then I'll explain a couple more things.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 16 Video Folder. This drill is called: clubalignmentdrill-1](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

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Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Complete The Body Drill **10 times**.

Task 6 - Do the Extended Weight To Right Drill **10 times**.

Task 7 - Do the Extended Shaft Drill **10 times**.

Task 8 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 9 - Do the Right Hip Drill **20 times while hitting golf balls** if you can, otherwise just swing. But either way, make sure your right leg always has some flex in it.

Task 10 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Task 10 NEW - Do the Top Of The Backswing Drill **20 times while hitting golf balls**.

Task 11 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

In the next lesson I'm going to show you a video of the student's swing that I'm using in these lessons and I'm going to go through all the major muscle groups and explain what each should be doing in the backswing and what they need to work on improving. This will be very interesting

How To Build A Tour Quality Golf Swing

and give you a great understanding of the backswing and what should be happening in **YOUR** swing and why.

Plus it will give you a chance to really cement what I've taught you so far so that when you progress to the transition lessons you'll be in a much better position....literally! So come back here in 7 days time to get that next lesson.

Lesson 17 - Backswing Analysis

In this lesson I'm going to show you exactly what I look for when I'm analyzing a golfer's backswing. And for this I'm going to critique the student golfer's swing that has been featured in these lessons and show you what should be happening in the golf swing. So before reading the rest of this lesson take a look at this golfer's backswing from two different angles by playing the video below.

[Click Here to go to the page to download the complete videos for this program. And to view this video you'll see the videos in the Lesson 17 Video Folder. This video is called: backswinganalysis-1](#)

Now the pictures below are taken from this student's digital video camera so I apologize for the lack of quality. But you'll still get a very good idea what each part of your body, plus your club, should be doing in the swing.

At the end of this lesson I'll let you know what things **MUST** happen in your backswing before you try to work on your transition and downswing. There are also things in your backswing that you may need to work on and improve that don't necessarily stop you from working on your transition and downswing. But I'll explain them as we go along.

This lesson is going to be invaluable for you because it's going to clear up exactly what you should be trying to achieve in your backswing.

So let's start this lesson by having a quick look at the setup.

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Now from this down the line view I must see whether the golfer is in an athletic posture position and everything is aligned slightly open.



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From this face on view I look at the stance width. And with a driver the feet should be 1-2 inches wider than the shoulders. Also I obviously look at the ball position and make sure it's off the left heel. Plus I make sure that the right side is lower than the left. Finally, I look at the club and left arm. These should form almost a straight line like this golfer is demonstrating above.

So from the two photos above it looks like this golfer is in a good setup position, so there's nothing for him to work on there.

OK, let's start our analysis of the backswing by looking at the feet.

Your left foot should not move at all during the backswing, and the majority of your weight should move to the heel of your right foot. Also, you must make sure that the weight does not move to the outside of the right foot during the backswing.

Now your weight distribution during the backswing is largely a result of other movements in your body. So as I go through the other parts of the body I'll let you know how they affect the weight distribution.

All right, during the backswing the right knee should remain flexed. It doesn't need to remain in exactly the same place as it was at address. But it must never completely straighten at any time in the backswing.



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Below is a picture of this golfer at the top of his backswing. Notice how the right knee has remained flexed and moved back to the left a fraction. I would want his right knee to straighten a bit more during his backswing **BUT** it's pretty good.

And if your right knee is completely straightening at anytime in your backswing, you should not try to improve your transition and downswing until you can keep some flex in your right knee during your backswing.

Now with your left knee you should just let it move naturally where it wants to go during the backswing. You shouldn't try to restrict it.



OK, let's take a look at what your hips should be doing in your backswing.

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By the time your club is parallel with the ground your hips should have moved laterally to the right by a couple of inches. Doing this transfers most of your weight to your right foot. But remember, it must never go to the outside of your right foot.



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Then after that point the lateral shifting should stop and then the matter goes to turning the hips behind you. Doing this causes most of the weight to move to your right heel.



Now from these video shots it appears as though this golfer is laterally moving to the right a fraction too much. But it's better to do this than the reverse, however it's something he will have to keep an eye on.

Next I look at the golfer's butt line during the backswing.

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And because the weight should be shifted to the right heel during the backswing the butt should be in contact with the butt line all throughout the backswing, if not over the butt line.

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After checking this I then look at the spine angle during the swing.



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And this spine angle should be maintained during the backswing.



From this picture above you can see that this golfer has pretty much maintained a good spine angle during the backswing but he has moved down a fraction towards the ball. Not a lot to worry about though.

After checking the spine angle it's a good time to check the shoulder rotation. It should be on a 90 degree angle (or near enough) to the spine angle at the top of the backswing.

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From the face on view your shoulders should turn at least 90 degrees. Of course this depends on how flexible you are.



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After this I then look at head movement. From the down the line view the head shouldn't move at all either up or down, left or right. But of course we're humans and not machines so if your head does move at all it should be down a fraction.



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When you view a golf swing from the face on view the head should not really move up and down very much. But it should move to the right anything from a couple of inches to about half a head, as this golfer is demonstrating at the top of his backswing in the pictures below.



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Now we're going to have a look at what the arms should be doing during the backswing. In the first part of the backswing the arms should be very quiet, i.e. they should do very little.



Then your arms should reach away from the target like this to create a wide arc.

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During the backswing your left arm should remain pretty straight. It doesn't need to be kept perfectly straight throughout the backswing. But as you complete your backswing your right arm should naturally bend so that at the top it is very bent. This should just happen naturally though.



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Next we're going to have a look at wrist cock. At the half way point in your backswing your left arm and club should form about a 100 degree angle. Below is a photo of this golfer at this point with his angle being 120 degrees. So he needs to work on having more wrist cock at this point in the backswing.



Having said that, it's better to have less wrist cock and a wider arc than too much wrist cock and a smaller arc. But ideally you should be between 90-110 degrees at this point. Now at the top of your swing you want your left arm and club to form about a 90 degree angle. It doesn't need to be exactly, just pretty close like this.

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Next I look at the swing plane, and I do this by drawing a line along the shaft at setup like this:



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Now when you take the club away your hands and club should move very close to this plane line. This will happen if you take the club away with a one piece take away and along the correct plane.



Then when the club reaches a point where the club is parallel with the ground the club and hands should be close to the plane line like this.

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Now the most important check for the plane of the golf swing is once you've reached the position where your left arm is parallel with the ground. At this point you want the butt end of your club to point at the ball or slightly inside the ball.

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If at this point in your backswing the butt end of your club points outside the ball this means you have a very flat backswing. And you should not try to improve your transition or downswing until you can at least get the butt end of your club to point at the ball at this half way mark.

OK, let's have a look at the clubface angle during the swing. At the start of your swing the club should point directly at your target. Then at the point in the swing when the club is parallel with the ground your clubface should be slightly closed.

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Then at the top the clubface should also be slightly closed.

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Finally, the last thing I look at is the top of the swing position. At the top of your swing with your driver it's OK if you have the club cross the line slightly like this golfer is demonstrating above. But as I mentioned in the last lesson whether it does or not is related to the amount you're turning the shoulders.

If you can't turn your shoulders at least 90 degrees then your club should appear slightly laid off at the top of your swing.

Now if you have a video camera you now know what you need to analyze in your backswing and you can modify **this weeks practice plan** I'm giving you to improve the weak areas of your own backswing.

And I said at the beginning of this lesson that I'm going to show you what **MUST** happen in your backswing before you try to work on your transition and downswing. And here are the three main things that must be present in your backswing before you start those lessons.

1. Right Knee: Your right knee must maintain some flex in it during the backswing. If it completely straightens at any point in your backswing then you must continue to work on swinging back with some flex in your right knee.

How To Build A Tour Quality Golf Swing

2. Lateral Body Movement: During the backswing you must move your entire body laterally to the right by at least a couple of inches. If you don't do this you'll run the risk of doing a reverse pivot, which is a swing wrecker. So if you're not doing this keep working on moving your body to the right by a couple of inches.

3. Swing Plane: When you take the club away you need to have your hands and shaft very close to the plane line. Then at the half way point in your backswing the butt end of your club must point either at the ball or to the inside of the ball. If it points outside the ball your swing is much too flat so you must work on having a steeper swing plane before you continue on to the transition drills.

So that's the **three most important** aspects of the backswing that will determine whether you should start the transition drills. Other things in your backswing of course will have an affect on your transition but without doing the three things above to a decent level then the transition and downswing drills you're going to be getting will not be so effective. So here's your...

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

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one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Complete The Body Drill **10 times**.

Task 6 - Do the Extended Weight To Right Drill **10 times**.

Task 7 - Do the Extended Shaft Drill **10 times**.

Task 8 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 9 - Do the Right Hip Drill **20 times while hitting golf balls** if you can, otherwise just swing. But either way, make sure your right leg always has some flex in it.

Task 10 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Task 10 - Do the Top Of The Backswing Drill **20 times while hitting golf balls**.

Task 11 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

OK, that's the end of this lesson. Now you know pretty much everything you need to look for in your backswing. In the next lesson I'm going to start giving you drills on the transition. This is where the real action starts and where the biggest ball striking gains will come from.

It's going to be exciting!

But in the meantime, practice and perfect what you've learnt so far. Then come back in 7 days time to get that next lesson on the transition.

Lesson 18 - The Transition (Part 1)

As you've been going through these lessons you may've been wondering when you're going to start to learn to hit the ball with more power.

Well, this (the transition) is the **START** of you finding amazing power in your golf swing that you never thought existed or was even possible!

And this amazing power will come with much greater accuracy too. So if you're still suffering with a fade/slice or any other directional problem, the next 7 lessons are going to be of huge help to you.

Now hearing this may give you the impression that the backswing lessons you've been following have been of little value.

But that could not be further from the truth.

Because if that was true you'd have golfers simply setting up to a ball, lifting the club up and positioning it perfectly at the top of the backswing, and swinging down from this perfect top of the backswing position.

Of course that doesn't happen and never will.

Why?

Because it's the transition from the backswing to the downswing where the majority of the power in the golf swing comes from. And the better your backswing the easier it is to make a great transition to the downswing -- **giving you more power and accuracy!**

You see, everything you've done until this point has been setting the stage for the transition. And what separates the great ball strikers from the average ones is the quality of the transition.

So for you to become a great ball striker this is one aspect of your golf swing that you're going to have to really spend some time practicing. But remember, the pay off for doing this is huge i.e....

Longer and More Accurate Golf Shots!

Now like everything where only a small percentage are successful, the great ball strikers have spent a lot of practice time perfecting their transition from backswing to downswing.

And to be completely honest with you, the transition is the hardest move in the golf swing to perfect.

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The reason for this is obvious.

During your swing, for a brief second your upper body **should** be completing the backswing while your lower body is starting to move towards the target. So to complete the transition successfully you should have two main segments of your body (upper and lower) going in different directions.

I know that sounds hard....and that's because it is! 😊

But it's doable and I'm going to show you how you're going to learn this in the following lessons.

And when you "**get it**" you're going to get so much more enjoyment from this game due to the extra distance and accuracy you'll gain...you're going to love it!

Now if you've ever taken part in any other sport that requires kicking (e.g. soccer), throwing (e.g. baseball), hitting (e.g. tennis) you would've experienced the transition move that is needed in the golf swing. And one move that almost every one can relate a transition to is the action of throwing a ball.

So if you wanted to throw a golf ball as far as you possibly could down the fairway would you?:

a) shift your weight to your back foot as you're taking the ball back and then shift the weight to your front foot to throw the ball,

or

b) keep your weight evenly distributed the entire time you're throwing the ball.

I hope you picked "**A**" because that's what any athlete would do to throw a ball as far and fast as possible.

Just take a look at a baseball pitcher for example. When they pitch they move their weight to the back foot. And they do this so much so that when they're taking the ball back they lift their front foot up.

Then to change directions they shift their weight aggressively to their front foot and keep moving all of their weight so that at the end of the pitch basically all of their weight is on their front foot.

Now that's a great example of a powerful transition!

How To Build A Tour Quality Golf Swing

And if baseball pitchers didn't shift their weight back and forth so much they could not do the fast pitches that they do. That example of the baseball pitcher leads nicely into this drill, as you'll soon see. So here is the first transition drill...

During the transition from backswing to downswing you must let the club follow the lead from the rest of the body because the club is the last thing to move in the transition. Here is the sequential order of things that should be moving back towards the target during the transition:

- 1. Feet**
- 2. Legs**
- 3. Hips**
- 4. Shoulders**
- 5. Arms**
- 6. Club**

So when your club is just about at the top of your backswing you want to then start transferring the weight aggressively back to your left foot. By doing this it means that for a fraction of a second your backswing is being completed but your lower body is moving towards the target.

Again, this transition happens from the ground up. And in today's lesson you're going to discover a great drill that will help you to learn the correct weight transfer during the transition.

When you do....watch out! You're going to find some serious power in your swing.

OK, to learn how to do this here's what I want you to do. Get out a 5-iron and tee up a ball and setup to the ball as normal.

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Once you're set then start your backswing as normal and stop at the point in your backswing where your left arm is parallel with the ground.



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At this point bring your left foot back towards your right foot so it ends up right next to it as you can see in the picture below. And this should be easy to do as most of your weight should be on your right foot at this point in the backswing.



Then to start your backswing again I want you to pump the club up and down a few times and then continue your backswing....

How To Build A Tour Quality Golf Swing



...BUT while you're completing your backswing I want you to move your left foot back to a position close to where it was at address.



How To Build A Tour Quality Golf Swing

This of course will quite quickly stop your backswing and cause you to change directions and swing down. So just do that and follow through to a full finish.



Now that gives you a general idea of how to do this drill. But to get a better understanding so you know exactly what you should be doing view the video below of this student golfer doing this drill.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 18 Video Folder. This drill is called: bbdrrill1-1](#)

Before you do this drill though, here's a piece of advice.

I suggest you get used to this new transition action by swinging at a tee. Then once you've practiced that a number of times and you're quite confident doing that exercise without a ball, then simply put a ball on a tee and do the same move but hit the ball.

Trying to hit a ball while doing this drill will make it harder but that's OK, because you've got to get used to doing this move when hitting a ball. Just don't worry about how well you're hitting the ball though because it's more about grooving the correct transition movement than hitting good shots (at this point).

How To Build A Tour Quality Golf Swing

Then with a bit more practice you can then progress to the more advanced version of this drill.

To do this tee up a ball fairly high and get out your driver. Then setup to this ball as you normally would with your driver and then start swinging back as normal. But about half way into your backswing move your left foot back to your right foot (so it's touching) just like you did in the previous drill **BUT DON'T STOP YOUR SWING!**

Simply continue your backswing and just before you reach the top of your backswing move your left foot back to a position close to where it was at address. It doesn't need to be in the exact same place though, so don't worry about that.

Now by moving your left foot back to the left again that triggers the transition, which means your lower body is moving towards the target while you're still completing the backswing.

So complete your backswing as much as you can and then swing down and through to a full finish.

All of this should be done in one smooth continuous movement just like a baseball pitcher sending down a fast pitch.

But view this video below of this student doing this exercise to get a real good idea of what exactly you should be doing. Also, after doing this drill hit a ball normally and feel your **new powerful swing!** 😊

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 18 Video Folder. This drill is called: bbdri11-2](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

How To Build A Tour Quality Golf Swing

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 7 - Do the Right Hip Drill **10 times while hitting golf balls** if you can, otherwise just swing. But either way, make sure your right leg always has some flex in it.

Task 8 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 9 NEW - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 10 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

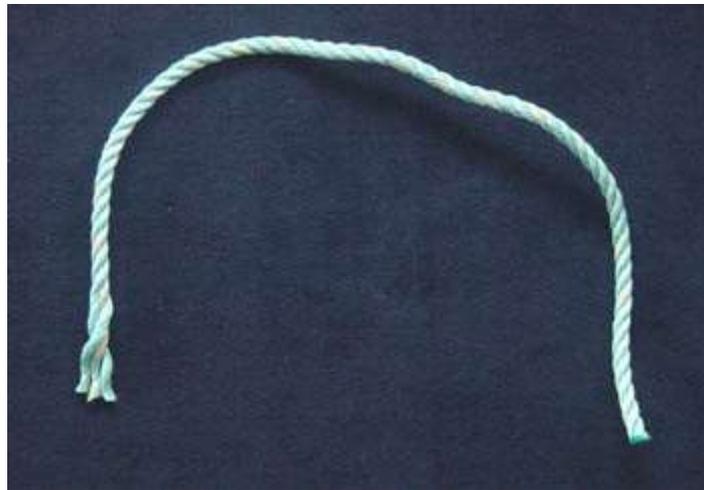
In the next lesson (in 7 days time) I'm going to show you another great drill to improve your transition. So practice what you've learnt so far and then come back here in 7 days time to get that next lesson.

Lesson 19 - The Transition (Part 2)

In the previous lesson you learnt that the transition from the backswing to downswing starts with the weight shift from the right foot to the left foot. And continuing on up the transition sequence, in this lesson you're going to learn the vital role the hips play in the transition move.

However to start to learn this you may have to purchase something - unless you've got one lying around. If you do have to purchase this, the cost is minimal and you'll get a huge benefit from it, as you'll soon see.

OK, to do this drill you'll need to get a fairly thick piece of rope that is 1-meter (3.28 feet) in length like the one pictured below.



Once you get a 1 meter length (3.28 feet) of fairly thick rope you'll also need some duct tape. This is to put around one end of the rope where you're going to be holding the rope, and then a smaller amount down the other end.



How To Build A Tour Quality Golf Swing

Then after your rope is ready I then want you to setup to an imaginary ball with your rope, like this golfer is demonstrating below.



From this position make your normal backswing move with your body. But here's a tip - you should start your backswing with the big muscles of your back and shoulders to get the rope moving away smoothly.

Now once you get into your final backswing position, I then want you to **STOP** so the rope is resting on your back as is pictured below.

How To Build A Tour Quality Golf Swing



Then from this top of the swing position you then need to start your downswing. And to do this here's what you must do...

Important Note: Start your downswing by moving your weight from your right foot to your left foot, and at the same time move your hips laterally to the left and turn them as fast as you can.

This should all happen very quickly however so you won't be able to easily distinguish the difference between your weight being transferred and your hips moving and turning.

How To Build A Tour Quality Golf Swing



Before you do this drill however here's a word of **warning** and some more advice.

If you don't start the downswing correctly with a weight shift and a lateral shift and turn of the hips you're going to get hurt doing this rope drill. Because the rope will come through very fast at the finish of your swing and hit you.

Trust me, this does hurt. But it's great feedback and you'll probably only do it once 😊.

But to make sure this doesn't happen at all make sure you don't do anything with your hands after they've reached the top of the swing position. They are simply pulled through the downswing by the powerful lower body.

Also do nothing with your shoulders and arms. Because like the hands they are moved as a result of your lower body movements. There should be no conscious thoughts as to how to move them in the downswing, or follow-through for that matter.

And when you do this drill correctly the rope will lightly tap you at the end of your swing. It won't hurt you at all.

Why?

How To Build A Tour Quality Golf Swing

Because with the correct transition all the power in your swing is generated at the bottom of your swing -- which is just where it should be. So that's where the rope is moving the fastest.

At the end of your swing the rope should be moving very slowly as it should have very little power.

That's why this is such a great drill because you learn to use your body to get the club moving the fastest just where it needs to....through the ball.

Now even though I've given you a thorough explanation of how to do this drill you can't beat actually seeing it performed to get a full understanding of what I'm talking about. So to do that...click the play button on the video below to see a golfer performing this drill. This will help to get a real clear image in your mind of what you need to do.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 19 Video Folder. This drill is called: ropedrill-1](#)

Now once you're used to that feeling then you should do the more advanced version of this drill. Which is to simply do the same thing but do it without stopping at the top.

This requires a lot of timing but it's really a great exercise.

So to do this, simply swing back slowly. The once the rope touches your back at the top of your swing, then start your downswing by moving your weight to your left foot and shifting and turning your hips as fast as you can. All the while let your shoulders, arms and hands go along for the ride.

To see a golfer demonstrating this drill click the link below.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 19 Video Folder. This drill is called: ropedrill-2](#)

After you've done this advanced drill for a bit then hit some balls and feel this powerful weight transfer and hip movement in your real swing.

It's a great powerful feeling!

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 7 - Do the Right Hip Drill **10 times while hitting golf balls** if you can, otherwise just swing. But either way, make sure your right leg always has some flex in it.

Task 8 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 9 NEW - Do the Rope Drill **10 times**.

Task 10 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 11 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

All right, after the next 7 days you will have a good feeling of the hip movement needed in the transition and downswing...but then you'll need to perfect it. So come back here in 7 days time to get the next lesson that will help you do that.

Lesson 20 - The Transition (Part 3)

After the last two lessons on the transition you should have a good idea and feeling of what the transition is all about. But now it's time to start to put this feeling into your golf swing for real.

And to do this you're going to be doing a drill today that will allow you to hit a ball while experiencing a powerful transition.

Now this drill is an extension of the one I got you to do in Lesson 8 (apart from placing a ball under the outside of your right heel). So to do this drill you need to set things up like you did in that drill. Which is to setup to a ball with your driver while having a driver shaft close by.



Then grab the driver shaft and place it in the ground just outside your right heel and angle it so it's about 2 inches away from your right hip.

How To Build A Tour Quality Golf Swing



Once you've done that then start your backswing using your one-piece takeaway. And at the same time move your entire body laterally to the right until your right hip lightly bumps the shaft. But remember, this bump of the shaft should occur very early in the backswing -- well before the club is parallel to the ground.

How To Build A Tour Quality Golf Swing



Now continue your backswing, by simply turning your body because once your right hip has lightly touched the shaft you should not move anymore weight laterally to the right.

Remember? 😊

So as you swing back your right hip should be hugging up against the shaft. Then just as you're about to complete your backswing....

How To Build A Tour Quality Golf Swing



...move and rotate your hips away from the shaft directly towards your target. And what you're trying to do is create a big gap between your right hip and shaft while you're still completing your backswing.

How To Build A Tour Quality Golf Swing

While still completing the backswing try to move and turn your hips away from the shaft as quickly as possible.



Continue to create a wide gap as you swing down and through.



How To Build A Tour Quality Golf Swing

If you do this transition move well then you'll feel a lot of power as you swing down, and it will feel like you're cracking a whip instead of swinging a golf club.

It's a great feeling!

Now to get a really good idea of how you should be doing this drill watch the video below of this golfer doing it.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 20 Video Folder. This drill is called: shaftdrill2-1](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 7 - Do the Right Hip Drill **10 times while hitting golf balls** if you can, otherwise just swing. But either way, make sure your right leg always has some flex in it.

Task 8 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 9 - Do the Rope Drill **10 times**.

Task 10 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 11 NEW - Do the Transition Shaft Drill 20 times while hitting golf balls.

Task 12 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

In the next lesson in 7 days time I'm going to give you the final part of this transition series and that's going to be about the role of the club itself

How To Build A Tour Quality Golf Swing

in the transition. This is a very important lesson, as a lot of golfers suffer from the problem that lesson is going to fix, i.e. the over the top move. So come back here in 7 days time to get the next important lesson.

Lesson 21 - The Transition (Part 4)

A lot of golfers suffer from an overly steep downswing. Which is sad, real sad, because that's one of the biggest causes of a slice. However, the steep downswing is really the result of everything that has happened before and a transition **NOT** lead with the lower body.

But even though you've learnt all the correct moves before this point (in your setup, backswing and how to transition the backswing to downswing with your lower body)....you could very well still be swinging down too steep, causing an out to in swing path which produces pulls, sliced shots and pull slices!

Why would this still be happening?

Because if you've been swinging down too steep before starting these lessons you haven't done anything **YET** to change this. So this problem will probably still exist to some extent. However it just so happens that everything you've been practicing up until this point will make it a lot **easier** and **quicker** for you to fix this problem.

Now if you're one of the lucky ones that doesn't suffer from an overly steep downswing today's drill will still be great for you to do. This drill will reinforce the correct club movement when you're transitioning the club into the downswing.

What is the correct transitioning of the club into the downswing?

Very simply, when you're changing directions from your backswing to downswing your club should move to the left.

How To Build A Tour Quality Golf Swing

When you change directions your club must move to the left to ensure you swing from the inside on your down swing.



This is one of the toughest moves in the transition for a golfer to perfect.

Why?

Because it's generally the complete opposite of what a golfer has done their entire golfing lives.

But once you learn and perfect this move it will make a **HUGE** difference to your golf swing. Because this move is what really separates a great ball striker from an average one as it's the complete opposite of what an average ball striker generally does.

Now in today's lesson I'm going to give you the absolute best way I've discovered and created to learn the correct club movement from the backswing to downswing. Nothing else even comes close to teaching you how to do this than what you're going to learn here.

But to do this drill you're going to need a couple of things.

The first thing you're going to need is a plastic plant pot. Then you need some easy mix concrete and a beach umbrella. Once you have these things then put the beach umbrella in the plant pot and pour in cement so that it's going to stay in place in the middle of the plant pot.

How To Build A Tour Quality Golf Swing

Important Note: Instead of creating something for this drill you simply can purchase a Path Pro. That's what I now use for my students.



Once you've done this and the concrete has set, then setup to a golf ball with a driver and have the plant pot with the beach umbrella and, a measuring tape close.

How To Build A Tour Quality Golf Swing



Setup to a ball with your driver and have the umbrella and measuring tape close by.

Then take your backswing and stop at the top and check you're in a good top of the backswing position.



How To Build A Tour Quality Golf Swing

Then place the plant pot in a position where you think the club shaft of your driver will just hit the umbrella.



Make sure you position the plant pot so that when you complete your backswing the shaft of your driver just touches the umbrella.

Once you've found this position then measure it so you can repeat this positioning of the umbrella easily every time you do this drill. And take the measurements from the back of your left heel. When this golfer did this he found that the umbrella is positioned 30 cm (11.81 inches) forward of his left heel.



OK, you're ready to start the drill.

How To Build A Tour Quality Golf Swing

To do this take a slow backswing and once your driver club shaft contacts the umbrella....



...then start your transition with your lower body as you've learnt and at the same time move your driver shaft in completely the opposite direction, i.e. to the left.

How To Build A Tour Quality Golf Swing



Once your club touches the umbrella then move the clubhead to the left like this.

Now when you do this it will probably feel very, very strange at first because it's the complete opposite of what you've been doing. And the only way of getting over this is to **keep doing this drill over and over again.**

Also, don't worry about how you're hitting the ball. Or even whether you're hitting the ball at all, because I'll let you in on a secret -- the first few times I tried this exercise I missed the ball a couple of times. 😊

Having said that, it is very important to do this exercise while actually trying to contact a ball.

Why?

Because doing slow practice swings is fine, but as we all know, when a ball is put in front of us things mysteriously change!

How To Build A Tour Quality Golf Swing

So practice this final transition drill a lot. And if you've had an overly steep downswing for a long time then exaggerate the opposite of this by moving the club to the left a lot. Because by doing this you'll quickly groove a new and better habit.

Now to help you get a real clear idea in your mind of what you should be doing when completing this drill, click the video below to see this student golfer doing it.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 21 Video Folder. This drill is called: flatdownswingdrill-1](#)

Notice how bad he was hitting the shots in the video? 😊

You see, this isn't about hitting good golf shots. But rather it's about exaggerating a club that moves to the left during the transition.

After doing this drill for a while and then having a normal golf swing you should feel like you have a loop in your swing. And that's exactly the way it should feel **until this is a habit.**

I know it feels strange and that's because it's the complete opposite of what you've probably done your entire golfing life.

But what I'm showing you is the correct way to transition the club from the backswing to downswing.

It's what the great ball strikers do.

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

How To Build A Tour Quality Golf Swing

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 7 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 8 - Do the Rope Drill **10 times**.

Task 9 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 10 - Do the Transition Shaft Drill **10 times while hitting golf balls**.

Task 11 NEW - Do the Plant Pot/Path Pro Drill **20 times while hitting golf balls**.

Task 12 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

In the next lesson **(in 7 days time)** you're going to start to learn about the downswing, and more specifically the plane of the downswing. That will carry on nicely from this lesson. But for the next week focus on the transition and the rest of what you've learn. Then come back here in 7 days time to get the next lesson on the downswing.

Lesson 22 - The Downswing (Part 1)

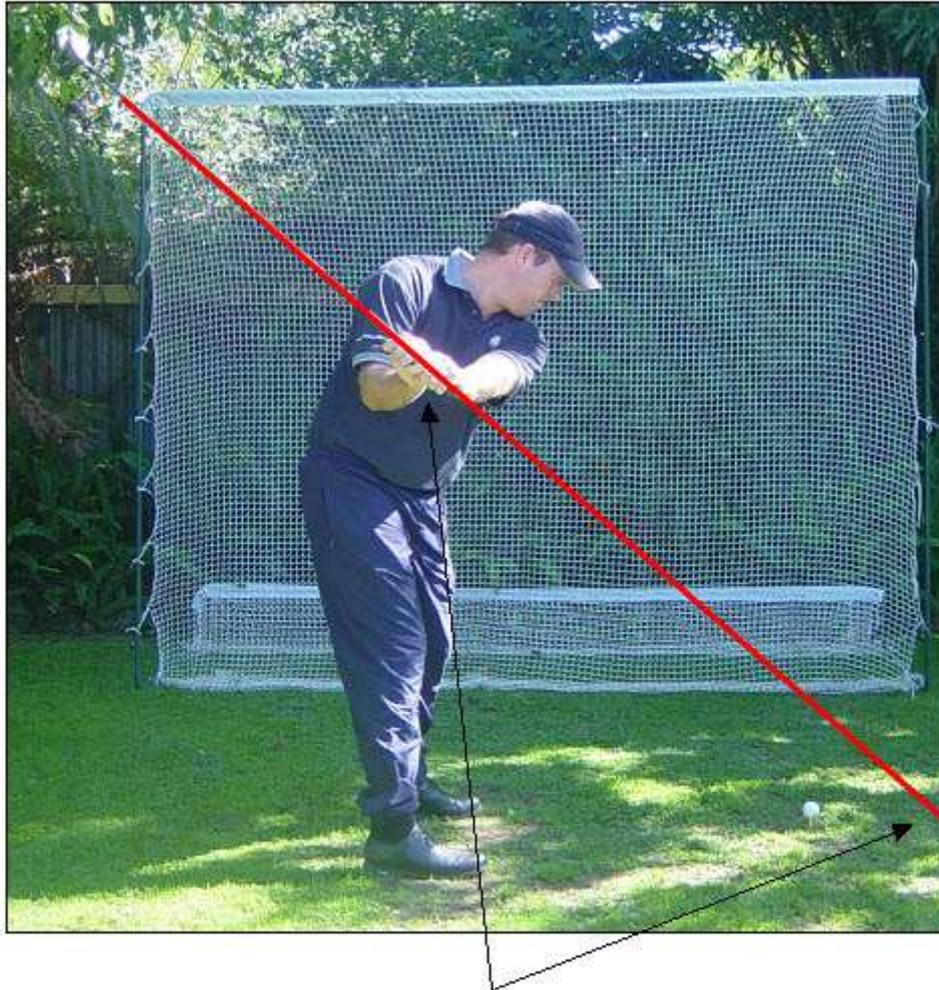
When you look at a golfer's swing you can check to see how good their downswing is at one specific point in the downswing. And that point is when the left arm is parallel with the ground.

Now when looking at a downswing of a golfer at this point there are two major things I look for. The first is the angle formed with the left arm and club. It should be at 45 degrees or less:



Then when you look down the line at a golfer's swing you can clearly see how good that golfer's swing is as far as direction and accuracy is concerned. And when the left arm is parallel with the ground the club shaft should be angled so that it's either pointing at the ball or to the right of the ball like this golfer is demonstrating below.

Downswing Plane



At this halfway point in the downswing the shaft of your club should point either at the ball or to the right of the ball like this.

The club shaft plane should **NOT** be pointing inside the ball on the downswing, because that means the club is coming down too steep which creates all sorts of directional problems.

And if you remember that when your left arm is parallel with the ground the clubshaft angle on the backswing should be pointing at the ball or to the inside, i.e. to the left like this golfer is demonstrating below:

How To Build A Tour Quality Golf Swing

Backswing Plane



At this halfway point in the backswing the shaft of your club should point either at the ball or to the left of the ball like this.

These pictures clearly show you that the plane of your swing should be more upright going back and flatter coming down.

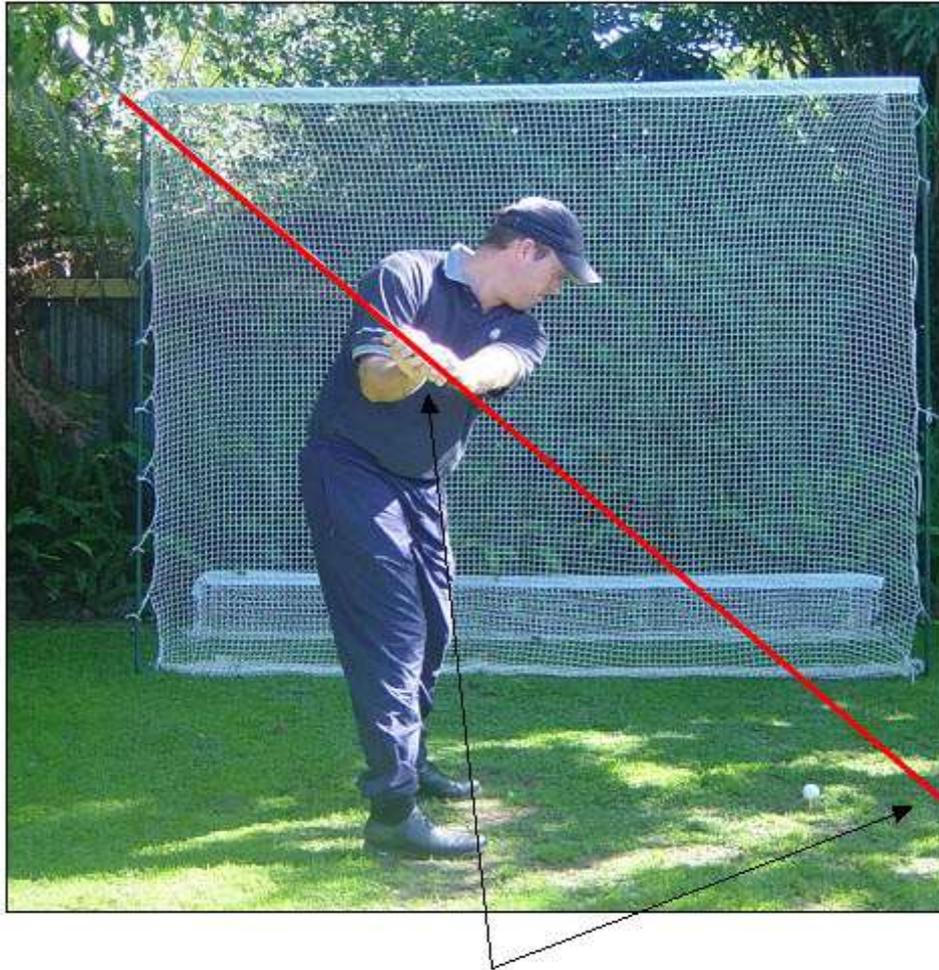
So I hope you now have a good image in your mind as to what should be happening with the clubshaft during the backswing and downswing, because that understanding is very important.

However I will explain this in more detail in the following 3 lessons on the downswing. And to start this off.....today you're going to be working on creating a swing plane that will allow you to attack the ball from the inside. So to find out how you're going to learn this keep reading...

How To Build A Tour Quality Golf Swing

As I said in the previous introduction, at the point in your downswing where your left arm is parallel with the ground your club shaft should be pointing at the ball or to the right.

Downswing Plane



At this halfway point in the downswing the shaft of your club should point either at the ball or to the right of the ball like this.

Now before I explain how you're going to learn to do this I want to point out that this position should be the result of all the correct moves that have gone before.

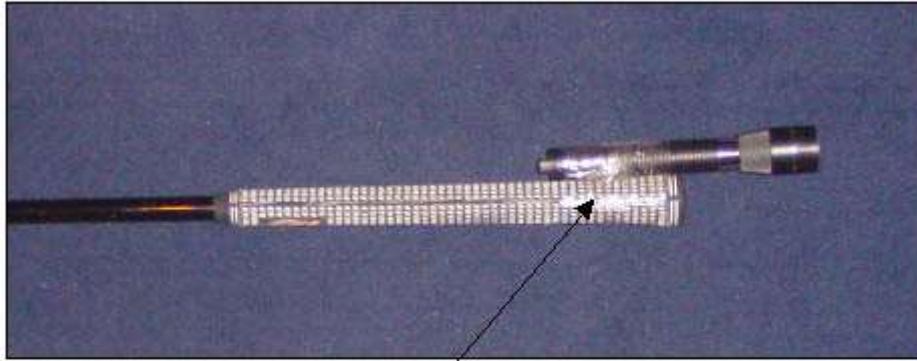
BUT for most golfers they've swung down far too steep their entire golfing lives. And even though everything up until this point will have helped to flatten the shaft on the downswing, if you're anything like me you'll still need to work on this some more.

And personally, this is the hardest part of the golf swing that I've had to learn and change.

How To Build A Tour Quality Golf Swing

So if you struggle with what I'm about to teach you I know how you're feeling. But persevere and practice it a lot, because the rewards of perfecting this move are **HUGE!**

Now to help you learn this here's what I want you to do first. Get a driver or a 3 wood or something similar and attach a torch to the end of it like this:



Attach a small torch to the top of your club like this.

Then find a dark place where you'll be able to see the light from your torch easily and setup to a ball like I'm demonstrating below:



How To Build A Tour Quality Golf Swing



Then swing back slowly and make sure your backswing plane is good.



How To Build A Tour Quality Golf Swing

Then swing to the top of your swing and start down. And to do this make sure your club goes to the left at the top of your swing, like I showed in you in the last lesson.

Then stop your swing when your left arm reaches a point where it's parallel with the ground.



Now at this point the light from your torch should be pointing well to the right of the ball like this golfer is demonstrating above. And when you get good at doing this drill simply start to increase the speed so you do it almost as fast as a real swing.

Before you do this drill however, watch the video of this golfer doing the drill so you get a real good idea of how to do it properly.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 22 Video Folder. This drill is called: downswingtorchdrill-1](#)

How To Build A Tour Quality Golf Swing

Important Note: You can and should do this drill with a torch at either end (**like in the Two Torch Drill**) as that way you can work on your take-away and back & down swing planes at the same time.

Now this torch exercise will give you the feeling of the correct downswing movement with the shaft. **BUT** it may unduly give you the impression that this flattening of the shaft is a result of you manipulating your hands, i.e. bringing them from the inside.

Well, let me clear that up right now.

Your hands should not flatten and come from the inside. It's just the shaft that should flatten.

In fact, if you mark the position of the hands when your left arm is parallel with the ground on your backswing and the same on the downswing, they should be at about the same position or even above.

Backswing

Downswing



Now some teachers would tell you that's an over the top move. And if you looked strictly at the hands it is. But the shaft is the important thing...it must be on a flatter plane on the downswing than it was on the backswing. That's the tough thing to do.

How To Build A Tour Quality Golf Swing

Just in case you're wondering, the hands would come down slightly over the top because of the powerful transition from the backswing to downswing.

So when working on this flatter downswing shaft plane don't manipulate your hands, i.e. drop them to the inside. Simply start your transition with your lower body and let the club club flatten on the downswing.

Now from personal experience, I know it's tough to distinguish between the two (club shaft flattening or hands flattening) so here's what I recommend my students do.

Grab an old driver and get a heavy weight and tape this heavy weight to the top of the driver.



Then setup with this heavy headed driver using the beach umbrella (or path pro) that I showed you in the previous lesson.

How To Build A Tour Quality Golf Swing



Then take some slow swings and at the top of your swing start the transition with your lower body, and just let the club almost fall behind you so you have a very flat downswing plane like this:



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Doing this drill is I believe the best way of learning how to swing on a flatter swing plane on the downswing. The reason for this is because the extra weight on the head helps to naturally drop the club to the inside.

Also it's very important when doing this exercise that you hit a ball. Because as I said in the last lesson....things mysteriously change when a ball is in front of you.

Now that you know the objective of this drill, watch the video of this student doing this drill so you know exactly what you're trying to achieve when you do this drill too.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 22 Video Folder. This drill is called: dropinsidedrill-1](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

How To Build A Tour Quality Golf Swing

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 NEW - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 7 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 8 - Do the Rope Drill **10 times**.

Task 9 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 10 - Do the Transition Shaft Drill **10 times while hitting golf balls**.

Task 11 NEW - Do the Extended Plant Pot/Path Pro Drill **20 times while hitting golf balls**.

Task 12 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

In the next lesson **(in 7 days time)** I'm going to teach you how to have a late release in your downswing. This is a great lesson that will add a lot of power to your swing. So make sure you come back here in 7 days time to get that next lesson.

Lesson 23 - The Downswing (Part 2)

Ever heard of the term...."a late release"?

If you haven't or even if you have, I want to clarify exactly what it is just so we're on the same page, so to speak. 😊

A late release is the term used to describe the angle between your left arm and club shaft in the downswing. And a good point in the swing to determine how good your release is, is when your left arm is parallel with the ground.

At this point in your downswing you want your left arm and club to form about a 45 degree angle or less. Having a late release like this will help you to generate more clubhead speed and hit the ball further.

Late Release



But unfortunately a lot of golfers do a move that is called a cast. And basically what that means is that the angle between the left arm and club is lost far too quickly in the downswing. Here is an example of what a cast looks like (most are worse than this however).

How To Build A Tour Quality Golf Swing

Cast



The term "cast" in golf comes from the term "cast" in fishing, the fisherman casts his line into the water.



So just to clarify, you do **NOT** want to do that (a cast) during the golf swing!

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Leave the casting to fishing because in the golf swing it will rob you of serious distance.

Instead you want to have a very small angle between your left arm and club and you want to maintain this as long as you can in the downswing. The better you do this the further you'll hit the ball.

Now like I've said in the previous transition and downswing lessons....everything I'm teaching you now should happen naturally. **BUT** because you've probably had bad habits in your setup and backswing, that means you've probably got bad habits in your downswing too.

So even though you've followed all the lessons up until this point you may still cast the club, simply because it may have been a bad habit you've had for some time.

Either way, today's exercise will greatly help you to learn how to swing with a late release or increase your release angle.

To do this drill you need to get a PVC pipe that is at least 40 inches (101.60 centimeters) long like this.

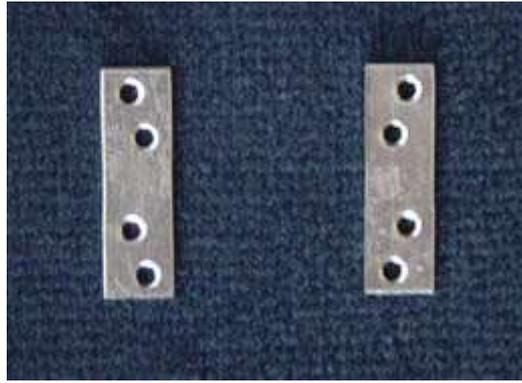


And you can get a PVC pipe like this from pro shops, golf retailers etc. Then once you have a PVC pipe like this, cut it into two so you have two pieces that are about 20 inches (50.80 centimeters) long each.



Then you need to get a couple of braces like this that are about 2 inches (5 centimeters) long.

How To Build A Tour Quality Golf Swing



Then you need a couple of screws and nuts that are also about 2 inches (5 centimeters) long (or long enough to go from one side of the pipe to the other) and can fit through the holes on the braces you've got.

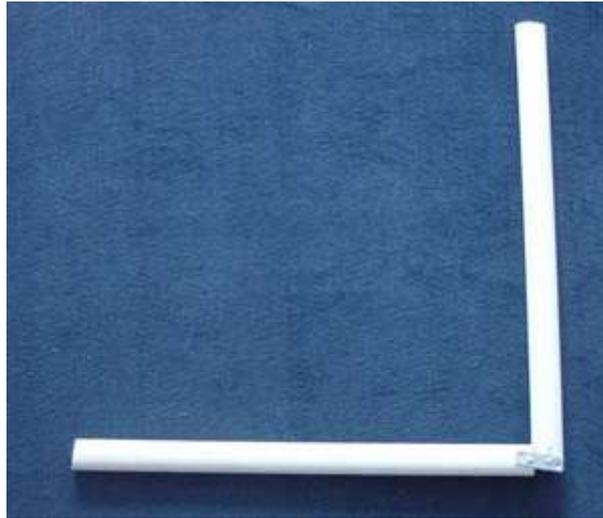


Next you need to drill a couple of holes at the end of the PVC pipe so that you can attach the two braces either side with the screws and nuts. And do this so there is about about a half inch gap between the two pipes. Here is a finished sample of what you need to have.



Once you've done this you need to check that when you pivot the two pieces of PVC they meet at an angle between about 70-90 degrees like this.

How To Build A Tour Quality Golf Swing



If they don't simply make the necessary changes to the positioning of your braces so they do.

Then after you've created this then setup to an imaginary golf ball with this PVC pipe.



From this setup position move your body and PVC like you would in a golf swing and do so until your left arm is parallel with the ground. Once you arrive in this position then make sure the PVC pipe is fully loaded, like this golfer is below.

How To Build A Tour Quality Golf Swing



From this position then complete your backswing...



...and start your downswing with your lower body as I taught you in the transition lessons.

How To Build A Tour Quality Golf Swing

Also while doing this try and retain or increase your wrist angle so you have a very late release, which will keep the PVC fully loaded well into the downswing.

And if you do this properly the PVC pipe will straighten so that at impact it is completely straight...



...and then you'll be able to simply follow-through and finish your swing as normal.

How To Build A Tour Quality Golf Swing



Now if you don't maintain or improve your wrist angle when you start your downswing....or in other words you cast....then the PVC pipe will straighten well before it gets near impact and you won't be able to swing through properly.



How To Build A Tour Quality Golf Swing

And to show you exactly what will happen if you do a casting motion when swinging this PVC pipe watch the video of below.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 23 Video Folder. This drill is called: casting-Don't-Do-This](#)

Remember, this golfer is NOT showing you what you should be doing, he's showing you what you shouldn't be doing!

That's why this video is so short 😊.

Now just so we're clear I want to say this again,...what is being showed in that video above is a **very bad move in the golf swing**. It robs golfers of serious distance and accuracy.

So Don't Cast The Club!

OK, so that's what you shouldn't do. Now here's a video of this golfer doing this drill **correctly**.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 23 Video Folder. This drill is called: laterreleasedrill-1](#)

By the way, it's fine for you to start this drill from the position of your left arm parallel with the ground and the PVC pipe fully loaded. Just like I'm the golfer is showing you in that video above.

Now after seeing this drill you probably think it's very similar to the rope drill I've taught you. And in some ways it is, but the major difference with this drill is that you are focusing on starting your downswing with your lower body while retaining the release angle.

And this drill gives you good feed back if you don't do this well.

So if you've got a casting problem I suggest you do this drill a lot. If you don't have a casting problem feel free to do this drill to help increase your release angle even more.

Important Note: I haven't included this drill above in the tasks for this week because not everyone will have this casting problem. But if you do you'll want to do this drill a lot!

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical

How To Build A Tour Quality Golf Swing

trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 NEW - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Wrist Cock Pump Drill **10 times while hitting golf balls**.

Task 7 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 8 - Do the Rope Drill **10 times**.

Task 9 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 10 - Do the Transition Shaft Drill **10 times while hitting golf balls**.

Task 11 NEW - Do the Extended Plant Pot/Path Pro Drill **20 times while hitting golf balls**.

Task 12 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

All right, in the next lesson I'm going to teach you how to add even more power to your swing. That will be the final downswing lesson. So make sure you come back here in 7 days time to get that next lesson.

Lesson 24 - The Downswing (Part 3)

"As far as applying power goes, I wish that I had three right hands!"

Ben Hogan

Did you read that quote above?

I hope so because it's very important.

Now don't get me (or Ben Hogan) wrong, I don't think that golf is a right sided game. Because during the golf swing your right hand plays an important role and so does your left.

And for you to become a great consistent ball striker you can't focus on one hand more than the other.

That's why in this lesson I'm going to teach you the role of the right hand in the golf swing. Then in the next lesson you're going to learn the role of the left hand in the golf swing.

So let's get started.

The reason Ben Hogan wished for three right hands is because he found out that the right side is the power side in the golf swing. Because when you start your downswing your lower body moves toward the target and your right side moves aggressively down to the ball (more aggressively than your left).

And it's very clear to see the big influence the right side has on the golf swing when you look at a good golf swing from side on. Because at the half way point in the downswing the right arm should be visible under your left like this.

How To Build A Tour Quality Golf Swing

If your right side is working more aggressively than your left in your downswing (which it should), then you'll be able to see your right arm under your left like this.



Again, a position in the golf swing like this can only be achieved if the right side is working more aggressively than the left side.

But like the previous lessons on the downswing, this should happen naturally as a result of the correct moves previously.

However, a lot of golfers have been taught to subdue their right side, which is wrong. You want to aggressively swing down into the ball with your right side so you get the most power and distance possible.

Having said that, today's lesson is only going to be of benefit to you combined with the next lesson on the left hand's role in the golf swing. You can't hit good consistent shots while having one hand dominating the swing.

It's all about team work 😊.

Now the best way of learning how to use your right hand aggressively in the downswing is to simply swing and hit balls with the right hand.

This may sound hard at first but with practice you'll be able to hit balls almost as far and as good as you can with both hands. To do this drill get out a 5 iron and tee up the ball quite high. Then setup to the ball as normal with your 5-iron.

How To Build A Tour Quality Golf Swing



Then take your left hand off the grip and place it behind your back like this.

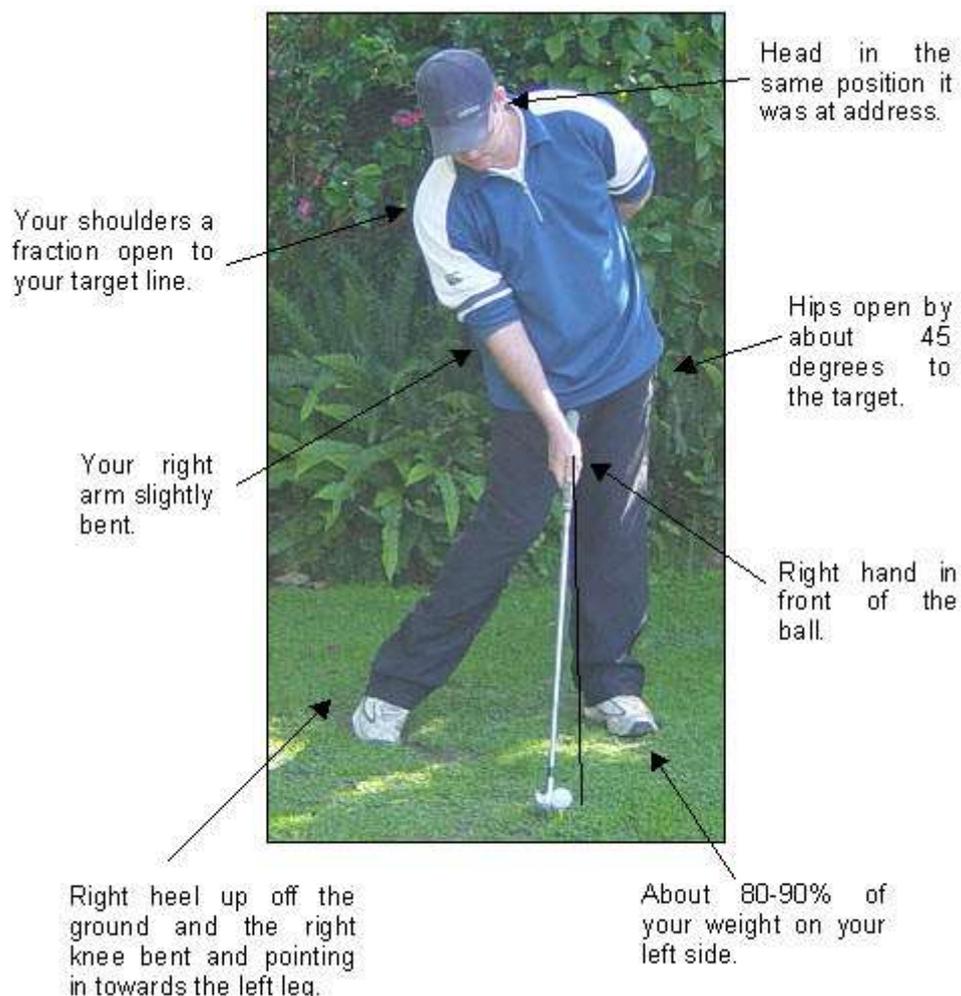


How To Build A Tour Quality Golf Swing

Once you've done this I then want you to change your setup position to one that is close to what it should look like when you reach impact.

And that should include the following:

- Your right hand should be in front of the ball.
- Your right arm should be slightly bent.
- Most of your weight (about 80-90%) should be on your left side.
- Your head should be in the same position it was at address.
- Your right heel should be off the ground and your right leg should be flexed and pointing in towards your left leg.
- Your hips should be open by about 45 degrees towards the target.
- Your shoulders should be slightly open to your target line.



Now the reason I explained what you want to be like at impact was not to instruct you how to do this (that's what the impact lessons are for). It was more to give you the idea of what your right side should be doing in the golf swing.

How To Build A Tour Quality Golf Swing

Because it would be very easy for you just to flip your right hand back and through when doing this drill and I don't you to do that. If you do it will actually hurt your ball striking quite a lot.

So now you know what position you want to be in at impact when swinging with just your right hand here's what I want you to do. Start your backswing and swing to the top slowly.



Then swing down slowly and stop at impact and make sure you're in a good impact position like I described above.

How To Build A Tour Quality Golf Swing



Then repeat this slow swing a couple of times until you feel comfortable that you can return to a good impact position. Once you do then go ahead and hit the ball normally. Well as normally as you can with just your right hand! 😊

To get a good idea of how exactly you should be doing this drill watch the video below.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 24 Video Folder. This drill is called: righthanddrill-1](#)

So with practice you should be able to hit the ball pretty good with just your right arm. Just make sure you don't flip at the ball. The right hand must be in front of the ball at impact. **That's very important.**

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 7 - Do the Rope Drill **10 times**.

Task 8 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 9 - Do the Transition Shaft Drill **10 times while hitting golf balls**.

Task 10 - Do the Extended Plant Pot/Path Pro Drill **10 times while hitting golf balls**.

Task 11 NEW - Do the Right Hand Only Drill **10 times while hitting golf balls**.

Task 12 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

In the next lesson I'm going to teach you the role of the left hand in the swing. And more specifically, where it should be positioned at impact along with the rest of your body....in more detail. So make sure you come back here in 7 days time to get that next lesson.

Lesson 25 - Impact (Part 1)

Finally, we've arrived at impact....one of the most important parts of the golf swing.

Notice I didn't say the most important?

The reason for this is because the position you arrive at impact in is the result of all the positions that went before. You can't contrive a great impact position.

Having said that, there are great golfers that have far less than perfect swing mechanics that arrive at a great impact position.

How does that happen?

Compensations and manipulations. They have hit so many balls, learnt from trial and error and have great eye hand coordination, that they can consistently do things with the golf club during the swing that causes them to arrive at the ball in a great impact position, i.e. Lee Trevino, Ray Floyd etc.

And if you look at all great ball strikers at the moment of impact they are all in a very similar position, no matter what they've done to get there.

But what I've taught you so far is the **best** and **easiest** way to create a golf swing that will repeat without having to spend hours and hours hitting golf balls and going through a trial and error nightmare process.

And the closer you get to doing what I instruct you, the better the impact position you'll get into.....more consistently. Which will obviously lead to longer and more accurate golf shots.

But like the lessons previously. If you've been doing a bad habit up until now at impact then you'll not only have to learn something new, you have to change a habit.

So in the next 3 lessons on impact I'm going to help you get into the correct positions. But these positions are nothing you should try to do when you're swinging a golf club on the course. Again, they should happen naturally as a result of everything that has happened before.

Now before we begin this lesson, I want to clear up something very important about the impact position. And that is this:

How To Build A Tour Quality Golf Swing

Important Note: When you arrive at the impact position you should **NOT** be in the same position as you were in at address.

A lot of golf teachers teach this but if you look at all the top ball strikers at impact this is simply not the case.

So the first thing we're going to have a look at in regards to this is the hands, and more specifically your left hand. So keep reading now to find out the very, very important move your left hand must make at impact....

How To Build A Tour Quality Golf Swing

Lesson 25 - Impact (Part 1)

In the 1956 April edition of Golf Digest Ben Hogan wrote this:

"I've noticed one thing that all good golfers do and all bad golfers do not. The good ones have their left wrist leading at impact. It seems a small thing, but I've found it to be universally true. At impact the left wrist of a good player is slightly convex, while that of a poor player is generally concave."

In the previous introduction I said that you should not be in a position at impact that is similar to what you were in at address.

Remember?

Well, one part of your body that should definitely not be anywhere close to the position they were in at address is your hands. Because at impact your left hand should be convex slightly (bent slightly towards the target) and your hands should be quite a bit in front of where they were at address.

How To Build A Tour Quality Golf Swing

Address

Impact



At impact your left hand must be in front of the ball and slightly convex.

This should happen naturally when you swing, because your hips move well in front of where they were at address due to the great lower body movement during the downswing. But sadly a lot of golfers interfere with this natural action, and instead they try to scoop the ball to help it get up in the air. The result of this is a left hand at impact that is concave.

Bad Impact and Post Impact Position



In a poor golfer's swing you often see at impact a position like this with the left hand. This is mainly due to the golfer believing they have to scoop the ball to try and get it up in the air.

This very weak position with the left hand results in golf shots that lack accuracy, power and penetration. Also, golfers that do this find that most of their clubs go the same distances, e.g. a 3 iron going much the same distance as a 6 iron.

Now remember in the last lesson I taught you that the right hand is the power hand. Well it is, but the left hand is the lead hand and it must control the power applied by your right hand.

You can't let your right hand lead the downswing. It must power it but the left hand should always lead it.

So when you learn to hit the ball with your left hand in the position of being convex at impact you'll hit shots with a lot more power and a much better flight trajectory that will add distance to your shots. Not to mention, much greater accuracy.

How To Build A Tour Quality Golf Swing

To help you learn this you're going to be doing the following drill (***called the power chip***). Get out your 5-iron and tee up a ball quite low. Then setup to this ball as normal.



Now from this position I want you to take the club back so your hands are just opposite your left leg.

How To Build A Tour Quality Golf Swing



From this position I want you to swing back to the ball and make sure that your hands are always in front of the club as you're doing this. Your hands must never be behind the club going into the impact. So as a result of doing this at impact your hands are in front of the ball and your left hand is convex and your right hand is bent...

How To Build A Tour Quality Golf Swing



Then simply follow-through and stop very shortly after impact and check to make sure that your left wrist is still flat and your right wrist is bent.



How To Build A Tour Quality Golf Swing

Now when you're doing this drill make sure you use your body just as you would in a normal swing. Obviously on a much smaller scale to match the size of the size of the swing though.

The point is, don't just use your hands....but focus on them while moving your body as your normally would when swinging.

Now after you're used to doing this I then want you to progress to doing the same thing, but this time with a bigger backswing (***called the power pitch***).

So take the club back to a position where it is parallel with the ground, then hit the ball again making sure at impact your wrist conditions are correct, i.e. your left wrist is slightly convex and your right wrist is bent.

Then follow-through and stop shortly after impact and check to make sure that your wrists are still in a good finish position, i.e. left wrist flat and your right hand bent.



Then once you get confident doing that then increase your backswing again. This time stop your backswing once your left arm is parallel with the ground, then swing down and stop at your abbreviated finish position and check your wrist conditions.

How To Build A Tour Quality Golf Swing



Remember, your hands should always be leading the clubhead. Always. At no time when doing this drill should your hands be over taken by the clubhead.

This of course should transfer over to your normal swing because at no time when you hit a normal shot should your hands be behind the clubhead on the downswing.

Here's another important point I need to make. When doing this drill don't worry about the results, just concentrate on the action. Make sure your action through the ball is correct.

Then after you're confident that you have the wrist move correct then hit some shots normally. And when doing this focus on leading with your hands into impact.

If this move is new to you it will feel like the clubhead is not going to catch up in time to hit the ball.

Don't worry if you feel like this because the club will catch up. But this will be as a result of your body pivot. Not through manipulations with the hands. You will just have to trust this though.

And with practice you'll learn to trust it. For now though, watch the video of this golfer doing this drill so you get a good idea of exactly what you should be doing.

How To Build A Tour Quality Golf Swing

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 25 Video Folder. This drill is called: impactdrill-1](#)

Here are a couple of pictures from that video above where that golfer is hitting a shot normally. Notice how much in front his hands are from where they were at impact. This is exactly what should be happening.



I know for those of you that have suffered with a slice this will be a hard feeling to get used to. But it's correct. You must feel as though the club is always lagging behind your hands going into impact and a fraction beyond.

That's where the term clubhead lag comes from. And the longest most accurate hitters in golf all have a lot of clubhead lag.

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 7 - Do the Rope Drill **10 times**.

Task 8 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 9 - Do the Transition Shaft Drill **10 times while hitting golf balls**.

Task 10 - Do the Extended Plant Pot/Path Pro Drill **10 times while hitting golf balls**.

Task 11 NEW - Do the Right Hand Only Drill **10 times while hitting golf balls**.

Task 12 NEW - Do the Power Chip Drill **10 times while hitting golf balls**.

Task 13 NEW - Do the Power Pitch Drill **10 times while hitting golf balls**.

Task 14 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

In the next lesson I'm going to teach you about the correct lower body moves going into the impact, along with a great drill to check this. So come back here in 7 days time to get that next lesson.

Lesson 26 - Impact (Part 2)

At impact your right heel should be up off the ground. This is a result of most of your weight (about 90%) being transferred to your left side during the transition and downswing.



At impact your right heel should be up off the ground like this.

Also, both of your knees should drive towards the target to help the lower body get through the shot with the most power possible. Now because of all of this your hips should be about 6 inches in front of where they were at setup, and open by about 45 degrees to the target at impact.

Now listen up because this is very important.

Even though your hips should move well towards the target and they should be very open, **your head** should be in pretty much the same position it was at address. You should not allow your head to move towards the target until well after impact.

Because by doing this it means your lower body is well in front of your upper body which is just the way it should be.

And the reason you want your lower body to make such an aggressive move towards the target and then to open up is to clear the lower body out of the way. Especially the hips, to allow the shoulders and arms a lot of room to swing down forcefully to impact and into the follow-through.

In this lesson you're going to be learning about improving your lower body movement into impact. And to start, here is what I want you to do.

Setup to a ball as normal with your driver and have a driver shaft and a ruler close by.

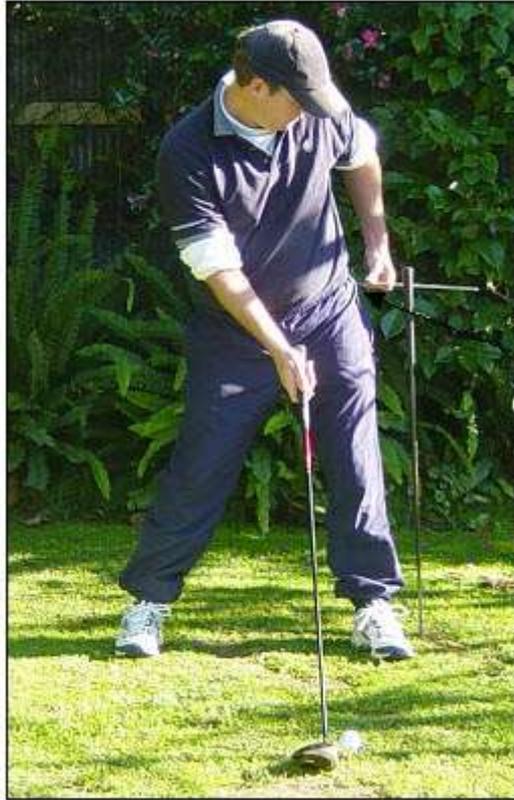
How To Build A Tour Quality Golf Swing



Setup with a driver as normal but have a ruler and driver shaft close by.

Then I want you to get the ruler and measure 6 inches and place the driver shaft in the ground directly from behind your left heel so it is 6 inches away from your left hip at setup. You may have to make a few adjustments to find this position.

How To Build A Tour Quality Golf Swing



Place the shaft in the ground on a line behind your left heel so that it is 6 inches away from your left hip.

After you've set this up then assume your normal setup position.



And now you're ready to start swinging. When you do the goal is to bump the driver shaft slightly before impact....

How To Build A Tour Quality Golf Swing



...and then turn your hips away from the shaft so you don't knock the shaft over as you follow-through and finish your swing.



How To Build A Tour Quality Golf Swing

If you can do that you have executed a great weight shift with a good hip turn. Now to get a real good idea of how to do this drill, watch the video below.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 26 Video Folder. This drill is called: impactdrillpart2-1](#)

All right, that's the basic version of this drill. Next is the more advanced version. And this version will help you to shift and turn your hips the appropriate amount at impact. So let's have a look at how to do this.

At impact you want your hips to be open by about 45 degrees to the target. The reason for this is because it allows you to swing down and through the ball with great power and freedom.



At impact your hips should be about 45 degrees open.

Now in the previous drill I gave you a method to help you move and clear your hips. But in this drill I'm going to teach you how to do this more precisely. So here's what I want you to do.

Setup as you would do to do the previous drill...

How To Build A Tour Quality Golf Swing



Then I want you to move your hips forward so they bump the shaft.



Then I want you to open up your hips by 45 degrees.

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Turn your hips so they are about 45 degrees open to your target.

Once you've done this then pull the shaft out and place it in the ground so that the top is just lightly touching the outside of your left hip like this.



Place the shaft in the ground so that the top just touches your open left hip.

OK, once this is all set you're ready to swing. And the goal when swinging is to touch the shaft with your left hip at the moment you contact the ball. Of course you won't be able to be that precise, but try to do that.

How To Build A Tour Quality Golf Swing

Now to see this drill watch the video below.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 26 Video Folder. This drill is called: impactdrillpart2-2](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

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one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 7 - Do the Rope Drill **10 times**.

Task 8 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 9 - Do the Transition Shaft Drill **10 times while hitting golf balls**.

Task 10 - Do the Extended Plant Pot/Path Pro Drill **10 times while hitting golf balls**.

Task 11 - Do the Right Hand Only Drill **5 times while hitting golf balls**.

Task 12 - Do the Power Pitch Drill **10 times while hitting golf balls**.

Task 13 NEW - Do the Advanced Left Hip Drill **10 times while hitting golf balls**.

Task 14 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

OK, that's the final lesson on impact. In the next lesson I'm going to show you exactly what I look for when I'm analyzing the transition, downswing and impact so you can fix your own faults and improve your own swing. So come back here in 7 days time to get that next lesson.

Lesson 27 - Transition, Downswing And Impact Analysis

In this lesson I'm going to show you exactly what I look for when I'm analyzing a golfer's transition, downswing and impact positions. And for this I'm going to critique the student's transition, downswing and impact that you've been seeing throughout these lessons. So before reading the rest of this lesson take a look at his setup, backswing, transition, and impact from two different angles by playing the video below.

[Click Here to go to the page to download the complete videos for this program. And to view this video you'll see the videos in the Lesson 27 Video Folder. This video is called: trans-down-impact-analysis](#)

Now the pictures below are taken from a digital video camera so I apologize for the lack of quality. But you'll still get a very good idea what each part of your body, plus your club, should be doing in the swing.

OK, to start this off we're going to go from the ground up by looking at the feet first. At the top of your backswing about 80-90% of your weight should be on your right foot.

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At the top of the backswing about 80-90% of your weight should be on your right foot.

Now I say this because as you're reaching the top of your backswing your weight should already be starting to transfer to your left side. So you shouldn't strive for an exact percentage just be aware that at the top of your backswing most of your weight is on your right side. But then it starts to transfer back to your left side so that by the time you reach impact about 80-90% of your weight should be on your left leg.

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At impact about 90% of your weight should be on your left foot.

This dramatic weight transfer is where a lot of power comes from. Also, as a result of this aggressive weight transfer it should automatically pull up your right heel off the ground.



Because of the aggressive weight shift from your back foot to your front foot it forces your right heel to come up off the ground.

So that's the feet covered. Now let's look at the knees.

When you transition to your downswing from your backswing the weight shift causes your knees to drive towards the target. And that's exactly

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what should happen, because you want your lower body well ahead of your upper body at impact.



From the top of your backswing your knees should drive towards the target.

All right, let's now move up to looking at the hips and how they should move in the transition, downswing and impact. And we're going to look at the face on view first.

During your backswing your hips should move to the right by a couple of inches from where they were at address. Then from there your hips should move laterally towards your target so that at impact they're about 6 inches in front of where they were at address.

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From the top of your backswing your hips should move towards the target aggressively.

OK, let's look at the hips from the down the line view. Obviously from this view you can't see the lateral hip movement. But we can see the rotation of the hips, and this is very important. Because by the hips laterally moving to the left and then rotating this clears the way for the arms and hands to approach the ball from the inside.

Now, at the halfway point in your downswing your hips should have returned to a position close to the one they were in at setup.

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At the halfway point in your downswing your hips should've returned to a position close to what they were in at setup.

Then from here they should keep turning so at impact your hips are about 45 degrees open to the target.

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At impact you want your hips to be open by about 45 degrees to the target. In this shot my hips are about 30 degrees open so I need to work on opening my hips faster.

Next we're going to look at the shoulders. Now the shoulders should only respond to the rest of the moments that have gone before. Doing this causes the shoulders to lag quite a bit behind where your lower body and hips are. For example, before impact your hips should be well open and your shoulders should be slightly closed like this...

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At this point in your downswing your shoulders should still be closed, but your hips should be well open.

Then at impact your shoulders should be slightly open with your hips being very open.

How To Build A Tour Quality Golf Swing



At impact your shoulders should be slightly open.

So that's the shoulders covered. Let's move on up to the head.

At the top of your backswing your head should be in a position to the right of where it was at setup. Then with the weight transfer to your left side on the downswing, your head should move back to a position close to where it was at setup.

How To Build A Tour Quality Golf Swing



So that's pretty straight forward isn't it?

Next we're going to look at the left arm. And this doesn't need much discussion because your left arm should remain pretty straight throughout the transition, downswing and at impact.

Don't worry about trying to keep it dead straight however. The natural forces of your swing will take care of that.

But there is one place in the swing where I look at the left arm and its relationship with the club. And that's when your left arm is parallel with the ground (or close to it) in the downswing like this.

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See in the picture above, the golfer's club is angled at 54 degrees. Ideally it should be about 45 degrees so that's something he needs to work on.

All right, let's look at the right arm. At the top of your backswing your right arm should be quite bent like this.

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Then as you swing down your right arm begins to straighten, **BUT** it never becomes straight until **AFTER** impact. This picture below shows the right arm is still a fraction bent.



How To Build A Tour Quality Golf Swing

Another important place in the swing I look at the right arm is when the left arm is parallel with the ground. At this point the right arm should be clearly visible under the left like this. By seeing this it indicates that the right side is working well.

If your right side is working well in the downswing you should be able to see the right elbow under the left like this.



Next we're going to take a look at the hands. And the first thing we're going to look at is where the hands are in the downswing.

Like I've already mentioned in the downswing lessons, your hands on the downswing should actually be about where they were on the backswing or above it. And if a person sees the hands are above where they were during the backswing they may call this an over the top move. But this just happens naturally with the aggressive weight transfer.

So don't try to manipulate your hands to come from the inside because the really good ball strikers don't do this.

Here's some pictures of the comparison between this golfer's backswing and downswing hand positions.

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Your hands on the downswing should be at about the same position they were in on the backswing or slightly above, like this. They should not be below where they were on the backswing however.

Now at impact your left wrist must be flat and your right hands must be flexed like this:



At impact your left wrist should be flat and your right wrist must be flexed.

How To Build A Tour Quality Golf Swing

OK, let's now look at what the golf shaft should be doing from the top of the swing. And to study this we only need to look at the swing from the down the line view. So from the top of your backswing....



...you want the club shaft to move to the left, so that by the time your hands are back to shoulder height the club shaft is pointing at the ball or slightly to the right.

How To Build A Tour Quality Golf Swing



At this point in the downswing your club shaft should be pointing at the ball or just to the outside. As you can see from the blue line showing my actual shaft, it is clearly too steep. The yellow line is where it should be. So I need to work on improving this.

In the picture above it's very easy to tell that at this point in this golfer's downswing his club has not moved to the left enough. So this is something he has to work on. But let's now look at the rest of the downswing plane.

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At the halfway point in your downswing you want the club shaft to point at the ball or fractionally to the right of it. As you can see from this picture my club shaft (the blue line) is a fraction too steep.

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This is where the club shaft should be pointing at this point in the downswing.

Now in the last picture above this golfer gets into a good downswing position with the shaft. But in the first picture where I said he was coming down too steep I also mentioned that he needs to work on moving the club to the left more at the start of the downswing.

And because he gets into a good position eventually on the downswing you may wonder why I would suggest he works on improving something that seemingly doesn't have any real affect as the downswing is continuing.

Well, let me explain. If a golfer has good hand eye coordination they can oftentimes recover well as the downswing goes on. But just because a golfer has good hand eye coordination doesn't mean they can't make the golf swing easier for themselves because they can.

And if this golfer can get the club to move more to the left at the start of his downswing it will allow him to swing through the ball with less subconscious manipulations.

I hope that explanation is clear.

How To Build A Tour Quality Golf Swing

All right, let's look at the shaft at impact because it's not where a lot of people think it should be. And let's clear this up right now...at impact you should not return to a position that is close to the position you were in at setup.

This misconception is commonly taught, but it's wrong. And to show and prove it to you, read what I have to say next very carefully. First of all, look at this golfer's setup and the red lines I've drawn to indicate where the shaft is at setup.



Then compare where my shaft is at impact (yellow line) compared to the red lines of where it was at address.

How To Build A Tour Quality Golf Swing



Now let's discuss the down the line picture first.

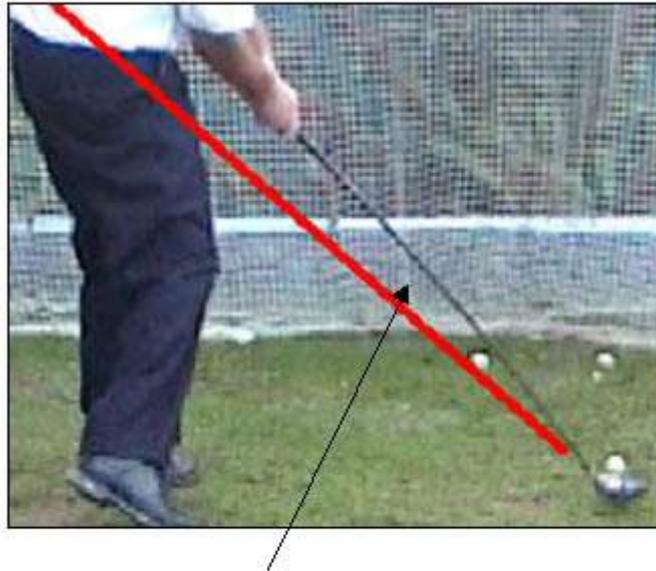
Notice how the shaft is quite a bit above where it was at address. Well, I said in the setup section that you want the toe of the club off the ground slightly at address, and this is why...

When you swing down to the ball there is great centrifugal forces being generated and these centrifugal forces try to pull your club and left arm into a straight line. So by this happening obviously your hands are forced into a higher position than they were at address.

This means that your club's sole is raised up from where it was at setup. So if you had the toe of your club off the ground like it should be at setup, then because your hands are naturally raised up at impact your club should be soled perfectly flat.

Also, another reason you want the toe off the ground at address is because of the centrifugal forces again your club actually bends so that at impact it is quite noticeably bent and this drops the sole of the club down even more.

How To Build A Tour Quality Golf Swing



Notice the bent shaft.

Because of all of this the lie of your clubs can change up to 10 degrees from where it was at setup to what it is at impact.

This means that it's critical that at setup the toe of your club is off the ground. If it's not you need to get your clubs adjusted so they are. Because if they're not it will increase the fade/slice spin that is put onto your golf shots.

And for most golfers that's not a good thing!

Now when you look at the face on impact picture above you can clearly see that the shaft is quite a bit in front of where it was at address. And that is simply as a result of the aggressive lower body drive. There is no manipulation involved to do that. It's a naturally good result of the correct lower body actions that have gone before it.

But that point leads nicely into a short discussion about the clubface. And it's only going to be short for one reason. During the golf swing you shouldn't manipulate your clubface. The clubface positioning should be a result of what the rest of your body does.

Now throughout the entire swing until impact I've been mentioning that the clubface should be slightly closed.

Why?

Because if your club isn't slightly closed going into impact it's going to be open by the time it hits the ball. And to prove this, do this. Setup to a ball as normal. Then move your hands about 5-6 inches in front of where they

How To Build A Tour Quality Golf Swing

were at address. Don't manipulate the clubface just push your hands forward.

You'll find that when you do this that the clubface on your club points to the right, i.e. open.

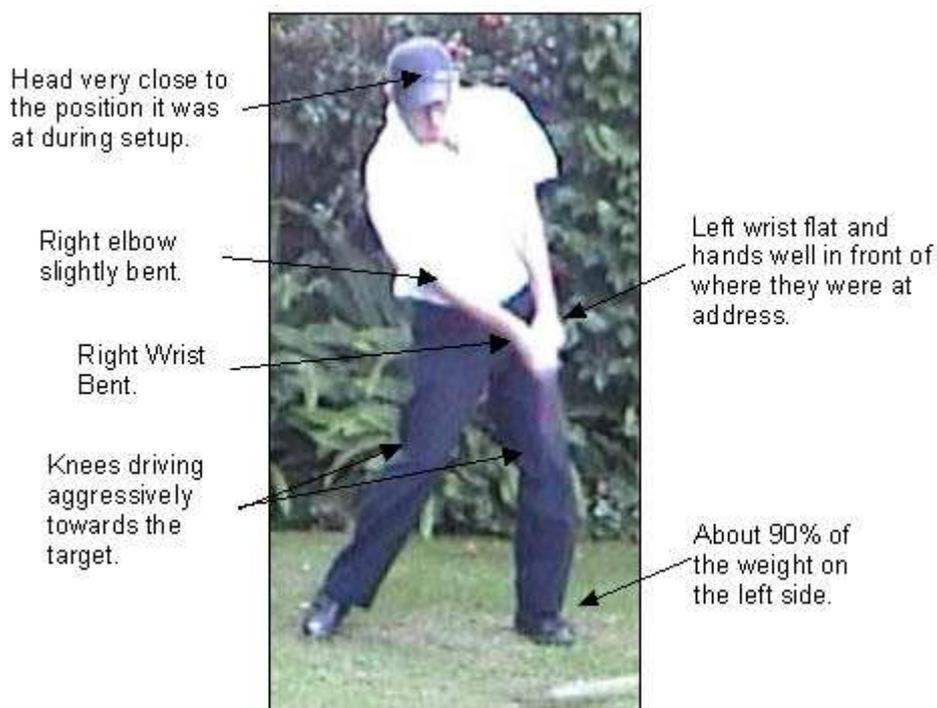
But if you do that same exercise and you start with the clubface slightly closed then you'll notice that the clubface is actually square when your hands are moved forward.

So I hope that clears up why the clubface should be slightly closed at all times when swinging back and down to the ball. Of course when it hits the ball it should be pointing directly at your target.

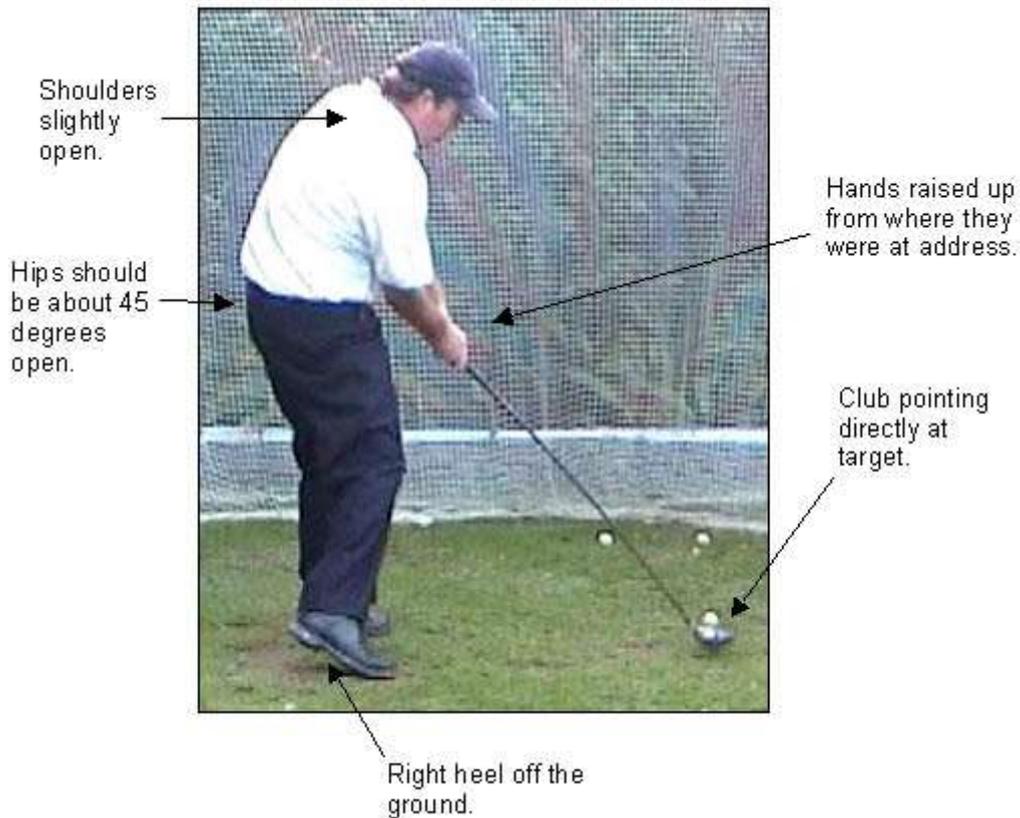
OK, now I'm going to show you a pictorial summary of the important things you should look for when you see a picture of someone at impact. But please be aware that an impact picture does not show you the shot direction. Because a still picture of impact does not show the clubhead path or the movement of the body.

Having said that, a good impact position generally gives good results. Just be aware that people can get into great impact positions and hit the ball all over the place still.

That's why the down the line view is critical. Looking at the swing down the line you can see how the club and body is moving into the ball. But with that being said, here's what you should be like at impact.



How To Build A Tour Quality Golf Swing



Now here are the six main things that are critically important in your transition, downswing and at impact. You shouldn't complete anymore lessons until you can get these at least **almost** correct.

1. Weight Transfer/Hip Slide/Rotation: At impact about 90% of your weight should be on your left side and your hips should be open by about 45 degrees to target. Also, at impact your hips should be about 6 inches in front of where they were at impact.

2. Shoulders: At impact your shoulders should be slightly open.

3. Head: At impact your head should be in a position very close to the one it was at during setup.

4. Late Release: When your left arm is parallel with the ground the shaft and your left arm should form about a 45 degree angle.

5. Hands: At impact your hands should be well in front of where they were at impact and your left hand must be flat and your right wrist must be flexed.

6. Shaft Plane: At the halfway point in your downswing your shaft should be pointing at the ball or to the right of it.

How To Build A Tour Quality Golf Swing

So that's the **six most important** aspects of the transition, downswing and impact. Get them right and everything else will almost certainly fall into place. And to help you do this continue with your tasks for this week...

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 7 - Do the Rope Drill **10 times**.

Task 8 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 9 - Do the Transition Shaft Drill **10 times while hitting golf balls**.

Task 10 - Do the Extended Plant Pot/Path Pro Drill **10 times while hitting golf balls**.

Task 11 - Do the Right Hand Only Drill **5 times while hitting golf balls**.

Task 12 - Do the Power Pitch Drill **10 times while hitting golf balls**.

Task 13 NEW - Do the Advanced Left Hip Drill **10 times while hitting golf balls**.

Task 14 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

In the next lesson **(in 7 days time)** we're going to start to look at the follow-through. So come back here in 7 days time to get that next lesson.

Lesson 28 - Follow-Through (Part 1)

Now before we begin I want to clear up what the follow-through is. And to help me do this I'm going to say what it isn't!

The follow-through is **NOT** the end of the swing. That's called the finish.

Makes sense, eh?

So the follow-through is everything that happens after impact until you finish the swing.

Now because the ball has already left the clubface it doesn't mean it's unimportant.

On the contrary.

If you just observed a person's follow-through you could (in the majority) tell whether that person has a good swing or not. Very rarely do you see someone with a good follow-through who has poor mechanics before that.

So does that mean you should try to have a good follow-through?

Not necessarily....but practicing things to improve your follow-through will have a good overall affect on your swing.

Why?

Because to get into good follow-through positions you'll have to do things prior that will help to improve your swing.

Now having said that, unlike everything I've discussed previously the follow-through is one area that I'm more relaxed about what should happen. Because this is one area that allows our differences to shine.

All golfers don't need to look the same at the end of the swing because all of our swings have different characteristics, i.e. one person will be a power player, another person will have a more conservative, more mechanical swing.

The follow-through is where a person is more free to do what comes naturally to them.

However, there are certain things that you should be doing in the follow-through. And like everything I've taught you before, if you have a bad habit in your follow-through you'll have to work on fixing it.

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If you didn't have any bad habits before starting this program you wouldn't need to worry about this follow-through section as all of what I'm going to teach you would happen naturally. But then again, if you didn't have any bad habits you wouldn't have started this program in the first place!

So let's start by looking at what should happen immediately after impact.

Lesson 28 - Follow-Through (Part 1)

As I said in the previous introduction, the follow-through includes everything that happens after the ball is hit to the finish of the swing. And there's something that happens in the follow-through that should happen at no other point prior to that.

What I'm referring to is that both of your arms should be straight just after impact. At no other point previously in the swing should both of your arms be straight.



At this point in the golf swing both of your arms should be straight. This is the first time in the swing when both of your arms should be straight at the same time.

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Now, I'm going to give you an exercise to help you feel this, along with learning the correct plane that the club should be traveling on during the early stages of the follow-through. But before I do that I want you to be aware that this is nothing that you should "try" to do when you're hitting a ball normally.

So why am I showing you this?

Because I want to give you a great understanding of what should be happening in the golf swing. And as you'll see in one of the future lessons, this understanding of what should be happening will be very, very important.

So here's what I want you to do.

Get your driver shaft and attach a torch to the bottom just like you did in the torch take away drill.



Tape the torch to the bottom of the shaft.

Then turn the torch on and find a straight line. Where the wall and the floor meets is perfect.

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For this drill find a straight line and where the wall and floor meets is perfect.

Then once you're setup....



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... take the club away making sure to keep the torch line pointing to the straight line.



Then take the club back so it's about halfway (i.e. left arm parallel with the ground) or a bit beyond like I'm demonstrating below.

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Then bring the club back down and make sure the torch comes back to the straight line just before impact (close to where a ball would be)...



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Then continue into the follow-through and make sure the light from the torch continues to point at the straight line. Also, make sure that both of your arms are straight.



Once your hands are just past a position where your left leg is, then stop and repeat this half swing over and over again to get the correct feeling of what should be happening in the initial stages of your follow-through.

Again, this understanding is very important. But don't try and do this in your follow-through when you actually hit a golf ball for real. Just do this drill to get the correct feeling. And view the video below of this golfer doing this drill to get a real clear idea in your mind of what you should be doing.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 28 Video Folder. This drill is called: straightarmsfollowthrough-1](#)

OK, that previous drill was designed to give you the feeling of what should happen immediately after impact. But now I've got a drill for you that will teach you some more very important elements of the follow-through while actually hitting a ball.

To do this drill get out your driver, tee up a ball and have a driver shaft close by.

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Setup to a ball with your driver and have a driver shaft close by.

Then place your driver on the ground so it's pointing directly away from your little toe of your left foot and laying parallel with your target line.

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Lay your driver down so it's pointing directly away from your little toe and laying parallel with your target line.

Then get the driver shaft and push it into the ground just outside the end of your driver.



Push the shaft into the ground at the end of your driver and make sure it's straight up and down.

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Now I want you to setup to the ball again as normal.



Then I want you to move the club to a position where it's parallel with the ground on the follow-through. And at this point, the toe of the club should be pointing straight up. Both of your arms should be straight and extended to the target.

Your head should be in a similar position it was at setup. Your hips should be open and most of your weight should be on your left side.

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Make sure that at this point in your follow-through the toe of your club is pointing straight up. Also both of your arms should be straight and extended. About 95 percent of your weight should be on your left side and your hips should be very open. Finally, your head should be in a similar position it was in when you setup to the ball.

When you do this you may find that your club is quite a bit further ahead than where the driver shaft is. If it is, simply move it so that at this point in your follow-through the club head is just touching the shaft.

All right, you now know the positions you should get to when your club is parallel with the ground in the follow-through. Now I want you to swing and make sure you get into that position. And to do this here's what I want to do.

Make a 3/4 backswing and do this slowly....

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...then swing down, hit the ball, follow-through and stop once your club is parallel with the ground. Then check to make sure that you are in the positions I mentioned above, i.e.:

- Toe of your club is pointing straight up in the air.
- Your arms are straight and very much extended towards the target.
- Most of your weight is on your left side, i.e. 95 percent.
- Your hips are very open.

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At this point in your follow-through check that the toe of your club is pointing straight up. Also, make sure your arms are fully extended and your weight is almost fully on your left foot, along with your hips being very open.

Now if you're observant you would have noticed I left off checking where your head is positioned at this point. That's because it's very hard to do so don't worry about checking that when you do this drill. Instead, just be aware that at this point in your follow-through your head should be positioned very close to where it was at setup.

OK, to get the correct feeling for what should be happening early into the follow-through do this drill over and over again. And to make sure you're doing it correctly view the video of this student doing this drill.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 28 Video Folder. This drill is called: straightarmextended-1](#)

All right, that's the first important part of the follow-through covered. But now I'm going to go into more detail on the release because I know that getting to a position like this i.e. the toe being straight up at this position in the follow-through, can be tough for a lot of golfers.....

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At this point in the follow-through the toe of your club should be pointing straight up.

So if this is a problem for you I'm going to give you the best drills I've found to help a golfer learn to release the club freely through the ball.

But if your release isn't a problem at the moment, take a look at the drills anyway and remember them just in case you get the blocks! (i.e. the ball going straight right). Because sometimes for some reason all golfers hands stop working as they should. I don't know why but it just seems as though they temporarily forget how to release through the ball.

Probably more of a timing issue but it's still helpful to have some drills to get back the proper feeling through the ball.

OK, these drills I'm giving you below are all about exaggerating.

Why?

Because that's the quickest way to learn a new habit...exaggerate the complete opposite of what you're currently doing. So if you don't release the club well through the ball make sure you **over do** these exercises.

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Then when you swing, just let the drills you've been doing take over. In other words, don't **try** to release the club more, just let what you've been doing do it's thing.

With that being said, here's the first drill.

Sitting Baseball/Softball Drill

Sit down somewhere where you can swing a club safely on a horizontal plane and then do exactly that.

Hold a club out in front of you and then swing like a baseball/softball player back and forth. Of course you won't be able to use your legs (which is the object of this exercise) and if you can't use your legs then you've got to use your arms and hands more.



To make sure you're doing this drill correctly view the video below this student golfer doing it...

Now here's the second drill.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 28 Video Folder. This drill is called: sitbaseballdrill-1](#)

Simply hold a club out in front of you and then swing like a baseball/softball player back and forth, and this time use your legs as you're swinging. Here's some pictures to illustrate this drill in detail.

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And here's the video of this student golfer doing this drill, just so you get a clear idea of how you should be doing it.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 28 Video Folder. This drill is called: standbaseballdrill-1](#)

All right, here's the next drill where you can hit a ball.

Feet Together Drill

Grab a 7 iron and setup to a teed up ball with your feet together. And it's a good idea to tee up a ball quite high when doing this exercise as it promotes a flatter downswing. So once you're setup to your teed up ball simply swing half way back then swing through the same length and work really hard on getting your hands to roll over.

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Of course, by having your feet together when you swing it restricts your lower body and forces you to use your hands more during the swing. Don't fight this feeling - go with it. Watch the video below.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 28 Video Folder. This drill is called: feettogetherdrill-1](#)

OK, here's the final drill and if you can do this drill successfully then you will very rarely have a problem releasing your hands through the ball.

Wrist Touching Drill

Get out your 7-iron and tee up a ball. Now setup to this ball as if you're going to hit a normal shot.

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Then from this setup position swing back so your club is close to parallel with the ground and then **STOP**.



Then swing forward and hit the ball and then stop when your club is again parallel with the ground, this time on your follow-through.

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When swinging your goal is to touch the insides of your wrists together on your follow-through. To achieve this you'll have to really exaggerate the rolling of your hands through impact and as a consequence your clubface will be very closed at the abbreviated finish to your swing.



When hitting the ball use your hands a lot. So much so, your wrists should be touching at the shortened finish to your swing. Also, the clubface should be very closed.

Once you can do that (touch your wrists on the follow-through) consistently you'll very rarely have a problem with releasing the club through impact and into the follow-through. But watch this student golfer doing this drill so you know how aggressively you should be using your hands when doing this drill.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 28 Video Folder. This drill is called: wristtouchingdrill-1](#)

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

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one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Task 5 - Do the Extended Shaft Drill **10 times**.

Task 6 - Do the Top Of The Backswing Drill **10 times while hitting golf balls**.

Task 7 - Do the Rope Drill **10 times**.

Task 8 - Do the Baseball Transition Drill **10 times while hitting golf balls**.

Task 9 - Do the Transition Shaft Drill **10 times while hitting golf balls**.

Task 10 - Do the Extended Plant Pot/Path Pro Drill **10 times while hitting golf balls**.

Task 11 - Do the Advanced Left Hip Drill **10 times while hitting golf balls**.

Task 12 NEW - Do the Follow-Through Check Drill **5 times while hitting golf balls**.

Task 13 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

How To Build A Tour Quality Golf Swing

OK, that concludes this first part of the follow-through. Remember, if you have problems releasing the club through impact and into the follow-through do the release drills I've given you a lot to free up your hands.

Now in 7 days time I'm going to give you some extra interesting advice and drills you won't want to miss. So come back here in 7 days time to get that next lesson.

Lesson 29 - Follow-Through (Part 2)

Most golfers that get in bad follow-through positions do so due to a lack of lower body use, coupled with a lack of right sided power/dominance in the downswing.

Now the lack of power/dominance from the right side in many golfers swings is probably a result of golfers so often hearing that we need to quieten down our right side.

But this is just bad advice and sadly ruins many golfers swings.

However, the great golfers know this isn't true and that's why you get golfers like Ben Hogan saying...

"As far as applying power goes, I wish I had three right hands."

So let's clear this up once and for all. The right side is the power side in the golf swing and you want to apply as much power as you can with this side. The left side is simply there to support and help guide the swing.

Now when I talk about your right side I'm not simply referring to just your right hand. I'm referring to your entire right side, i.e. hand, arm, shoulder etc.

And when you follow-through your right side should be much more dominant than your left side. Your left side should be trying to get out of the way of your right side coming through.

Also when you follow-through you want your right side to actually feel like it is going down and around. The only way of doing this naturally is to swivel your head to the left once you've made contact with the ball. Or in other words, follow the flight of the ball with your eyes after it's been hit.

By swivelling your head at impact and following the flight of the ball it allows you to swing under with your right side -- naturally.

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Once you've hit the ball allow your head to swivel and follow the flight of the ball. By doing this it allows your right side to work under and more powerfully through the ball.

If you try to keep your head still after impact you'll find it very hard to get your right side working under and this will cost you a lot of power.

In short, a fixed head will restrict your swing and cost you distance.

So in this lesson I'm going to get you to work on getting the right side to work under and around. But before I do that I want to discuss something else that you must incorporate in your follow-through.

And that is arm extension.

There's been a great misconception that your left arm should fold in on the follow-through. But if you look at the great players swings...well into the follow-through, their left arms are still fully extended.

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At this point in your swing both of your arms should be fully extended.

Now the theory behind folding the left arm was to help square the clubface at impact.

But that doesn't make much sense does it? Because the clubface will be squared at impact as a result of a good setup (grip, posture, ball position etc.), and the proper mechanics in the backswing, transition and downswing.

You don't need to try and manipulate things with your arms and hands to square the clubface up at impact. Because if do, you'll greatly lack consistency.

So during the follow-through you should let your arms remain extended and in fact, don't try and keep your arms close to your body. Let them move away from your body if you have enough power and momentum for that to happen in your swing.

Having said all that...a real important thing in your follow-through is that you get into a position where the toe of your club is pointing straight up when the club is parallel with the ground.

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At this point in the follow-through the toe of your club should be pointing straight up.

If you can do that then you don't need to manipulate your hands or try to roll them over by doing things with your left arm. The less manipulation of the club the better. You just need to swing and let the clubface square up naturally as a result of the good moves you've made.

Now if you watch the great golfers swing you'll notice that they have more extension in the follow-through than they do during the backswing.

Strange, but true!

The reason for this is momentum. It just happens naturally.

Now to help you feel a full extension on the follow-through here's what you should do. Simply hit balls with your left arm only.

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But you must supplement this left arm exercise by hitting shots with just your right arm as well. So for example, hit 5 balls with your left arm and then hit 5 balls with your right arm only.

And when doing this try to create as much extension towards the target as possible.

Once you're used to this feeling of extending on the follow-through I then want you to hit shots normally while focusing on swivelling your head to follow the ball after you've hit it. Plus feel as though your right side is going under on the follow-through.

If you do this correctly, about half way into your follow-through your body should be in a C shape like this:

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And this C shape should continue right to the end of your swing.



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So watch this student golfer hitting balls while letting his head swivel to watch the flight of the ball. At the same time making sure his right side is moving down.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 29 Video Folder. This drill is called: swivelhead-1](#)

So these two things...

1. Extending on the follow-through, and

2. Swivelling the head to allow the right side to move under

...are very important things you need to incorporate into your swing.

Of course, they should happen naturally. But if they don't it's a result of either trying to do something in the follow-through, i.e trying to fold the left arm in, or the affects of other bad habits that have gone before. So work on these two things I've given you today to improve your follow-through.

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical

How To Build A Tour Quality Golf Swing

trigger to start your backswing and take the club away in a one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Important Note: When you're doing this drill you can simply follow-through until your club reaches your left leg like is being shown in the video for this drill. This will help you to feel the correct swing plane through and past impact.

Task 5 - Do the Top Of The Backswing Drill **5 times while hitting golf balls**.

Task 6 - Do the Rope Drill **5 times**.

Task 7 - Do the Transition Shaft Drill **5 times while hitting golf balls**.

Task 8 - Do the Extended Plant Pot/Path Pro Drill **5 times while hitting golf balls**.

Task 9 - Do the Right Hand Only Drill **5 times while hitting golf balls**.

Task 10 NEW - Do the Left Hand Only Drill **5 times while hitting golf balls**.

Task 10 - Do the Power Pitch Drill **5 times while hitting golf balls**.

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Task 11 - Do the Advanced Left Hip Drill **5 times while hitting golf balls.**

Task 12 - Do the Follow-Through Check Drill **5 times while hitting golf balls.**

Task 13 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

Now that's the final part of the follow-through. In the next lesson we're going to have a look at the finish of your swing. And there's only going to be one lesson on that. So come back here in 7 days time to get that next lesson.

Lesson 30 - The Finish

In this lesson I'm not going to cover everything that should be present at the finish of your swing. I'll save that for the next lesson where I give you the analysis of the follow-through and the finish.

Instead, in this lesson I'm going to give you a few very important things that you should incorporate into your swing so that at the finish of your swing you end up in a good position.

The first thing I want to discuss is your head.

In the last lesson I taught you to swivel your head on the follow-through so you can follow the flight of the ball, as this helps your right side to move under on the follow-through. Well, during your follow-through not only should you swivel your head but you also must allow it to move towards your target.

Don't try and keep your head stationary during the follow-through because this will create too much stress on your lower back. And that stress will eventually lead to a back injury.

So, by the time you've finished your swing your head should be almost a complete head width towards the target. However, your head should still be behind your lower body, i.e. your hips. Your lower body should always be in front of the upper body from the transition on.

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Notice that at the finish of my swing the head has moved quite a bit in front of where it was at setup. This is just what should happen.

Now because your swing should have such a strong lower body drive towards the target it means that at the end of your swing the sole of your right foot should be almost completely visible.

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At the finish of your swing the sole of your right foot should be almost completely visible like this.

But not only that, your right foot should also be pulled towards the target on the follow-through so that at the finish of your swing the right foot is closer to the target than it was at setup.

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When you follow-through let your right foot move towards the target so it's closer to the target than it was at setup.

So don't try and keep the right foot in the same position it was at setup. But rather, let it move towards the target with the momentum of your swing.

Also, at the end of your swing your knees should be touching or very close to it. This is a good reference to know that you've used your lower body aggressively in the downswing.

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At the finish of your swing your knees should be very close together, if not touching. This can only be achieved as a result of a very aggressive lower body move, along with letting the right foot move towards the target.

If your knees are a long way apart at the end of your swing that's a sure sign that you haven't used your lower body aggressively enough in the swing.

Now I want to mention your weight distribution. Because at the finish of your swing 98% of your weight should be on your left side. And more specifically the weight should be mainly in the heel of your left foot and your left hip.

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At the end of your swing 98% of your weight should be on your left side. And more specifically, your weight should be felt in your left heel and in your left hip.

Your right foot is only there at the end of the swing for balance. Very little weight is on your right side at the end of your swing. But balance during the swing is very important and to help improve your balance here's what I suggest you do.

Get out a driver and setup to a ball using your normal setup.

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Then swing your best and at the finish of your swing hold that position for 3 seconds.

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If you can do this consistently without falling over then you've got good balance.

If you can't do this I suggest you practice this exercise a lot until you can hold a good finish of your swing for at least 3 seconds. And at the end of your swing I want you to check three things:

1. Your right foot is up all the way.
2. Your knees are touching or almost touching.
3. Your belly button is pointing at the target or to the left of it.

To see this student golfer doing this exercise watch this video.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 30 Video Folder. This drill is called: holdfollowthrough-1](#)

Now even if you have a good finish position to your swing it's always a good idea to hold your follow-through so you swing in balance. Losing your balance during the swing can cause terrible shots with what looks like a good swing.

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

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one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Important Note: When you're doing this drill you can simply follow-through until your club reaches your left leg like is being shown in the video for this drill. This will help you to feel the correct swing plane through and past impact.

Task 5 - Do the Top Of The Backswing Drill **5 times while hitting golf balls**.

Task 6- Do the Rope Drill **5 times**.

Task 7 - Do the Transition Shaft Drill **5 times while hitting golf balls**.

Task 8 - Do the Extended Plant Pot/Path Pro Drill **5 times while hitting golf balls**.

Task 9 - Do the Right Hand Only Drill **5 times while hitting golf balls**.

Task 10 - Do the Left Hand Only Drill **5 times while hitting golf balls**.

Task 10 - Do the Power Pitch Drill **5 times while hitting golf balls**.

Task 11 - Do the Advanced Left Hip Drill **5 times while**

hitting golf balls.

Task 12 - Do the Follow-Through Check Drill **5 times while hitting golf balls.**

Task 13 NEW - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot. And hold your finish position for 3 seconds after each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

Now that's the end of the lessons as far as the swing itself is concerned. But in the next lesson I'm going to go over exactly what should be happening with the swing during the follow-through and at the end of your swing. So come back here in 7 days time to get that next lesson because that will give you a great understanding of the entire swing -- from start to finish!

Lesson 31 - Follow-Through & Finish Analysis

In this lesson I'm going to show you exactly what I look for when I'm analyzing a golfer's follow-through and finish. And for this I'm going to critique the students follow-through and finish that you've been seeing throughout these lessons. So before reading the rest of this lesson take a look at his setup, backswing, transition, downswing, impact, follow-through and finish from two different angles by playing the video below.

[Click Here to go to the page to download the complete videos for this program. And to view this drill you'll see the videos in the Lesson 31 Video Folder. This drill is called: follow-throughfinishanaly-1](#)

The pictures below are taken from a digital video camera so I apologize for the lack of quality. But you'll still get a very good idea of what each part of your body, plus your club, should be doing in the swing.

OK, to start this off we're going to go from the ground up by looking at the feet first. And as I said in the transition, downswing and impact analysis at impact about 90% of your weight should be on your left foot...



At impact about 90% of your weight should be on your left foot.

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....and as a result of the aggressive weight transfer from your backswing to impact your right heel should be automatically pulled up off the ground so it's off the ground at impact.



Because of the aggressive weight shift from your back foot to your front foot it forces your right heel to come up off the ground.

Now from the impact position, your right foot should continue to come up off the ground so that at the end of your swing you can pretty much see all of your spikes on your right golf shoe like this:



But not only that, your right foot should also be pulled towards the target on the follow-through so that at the finish of your swing the right foot is closer to the target than it was at setup.



All of this should happen naturally...just as a result of the correct lower body (i.e. knees and hips) movements in the golf swing.

So that's your right foot covered. Let's look at what your left foot should be doing during the follow-through and at the finish.

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During your follow-through your weight is still being transferred to your left foot, so that by the time you finish your swing about **98% of your weight** is on your left foot. And more specifically.....most of this weight should be on your left heel.



At the finish of your swing 98% of your weight should be on your left foot. And more specifically, most of this weight should be on your left heel.

All right....that's the feet analyzed....let's now look at the knees.

At impact your left knee should be slightly flexed but then in the follow-through it should gradually straighten so that at the finish of your swing it is virtually dead straight. Also, during your follow-through your right knee should naturally be pulled forward so that at the end of your swing your knees are very close together, if not touching.



At the finish of your swing your knees should be very close together, if not touching. And your left leg should be almost dead straight.

That's pretty straight forward isn't it?

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So let's move on up to the hips. At impact your hips should be about 45 degrees open to the target.



At impact you want your hips to be about 45 degrees open to your target. During this swing my hips are about 30 degrees open at impact.

During the golf swing if one part of your body is not moving as it should that causes other problems and ramifications in other parts of your body.

You see, the swing is a chain reaction.

And this golfer's hips aren't moving fast enough through impact and into the follow-through which causes him to over use his hands in the follow-through. But I'll discuss that in further detail in a few minutes.

Now, at the half way point in your follow-through your hips should be about 60% open to your target. But in this student's swing his hips are about 40% open to his target and this causes consistency problems.

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At the half way point in your follow-through your hips should be about 60% open to the target. Mine would be about 40 percent!

At the end of your swing your hips should be at a 90 degree angle to your target or even more than this.

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At the end of your swing
your hips should be 90
degrees to your target or
even more than this.

So the hips, have a major bearing on how the other parts of your body move during the golf swing as you'll see now when we look at the shoulders.

At the half way point in your follow-through your shoulders should be on a 90 degree angle to your setup spine angle.

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At the halfway point in your follow-through your shoulders should be on 90 degree angle to your spine angle.

Equally, when you look at a golfer's swing from the front on the shoulders should have turned 90 degrees at the halfway point in the follow-through.

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At the halfway point in your follow-through your shoulders should be 90 degrees. The blue line indicates where my shoulders are and the red line indicates where my shoulders should be.

As you can see in the picture above, this student's shoulders are not at 90 degrees. This indicates that he needs to work on using his upper body (instead of his hands) more in the follow-through.

But this swing fault is actually the result of his lack of hip use. Because the hips lead the upper body in the downswing and into the follow-through. So their lack of use is causing his shoulders to lag behind.

You have to be aware of the sequencing in the golf swing when you're trying to fix a fault. Because if you go right to what you think is the source of a problem it could very well be the result of an earlier problem from a different part of your body.

In this case a person may simply say this golfer needs to quieten his hands down during the follow-through **BUT** that's the end result of his hips not moving fast and far enough in the downswing and beyond.

Finally, on the shoulders, at the end of your swing the shoulders should have turned well past 90 degrees.

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In fact, in some very flexible golfers, i.e. Tiger Woods, Adam Scott etc., their shoulders often turn so much that the right shoulder is pointing directly at the target. Now you don't need to try and turn your shoulders that far. If you can, that's fine but if you can't that's fine too.

Just be aware that your shoulders should be turned quite a bit more than your hips at the finish of your swing.



At the finish of your swing your shoulders should have turned a lot past 90 degrees like this.

That's the shoulders taken care of....let's now look at what your head should be doing in the follow-through.

When you look at a golfer's swing from the face on view you should clearly see that the head moves forward in the follow-through. In fact, at the finish of the swing your head should be almost a head width in front of where it was at impact. And remember at impact your head should be pretty much in the same position it was in at setup.

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During your follow-through you should allow your head to move forward so it's almost a head width in front of where it was at impact. Above my head has moved a bit too much in front of where it was at impact.

Now if you look at that picture above you'll see I've drawn a green line down from this golfer's head. The reason I've done that is to see whether his head has moved in front of the hips or not. And you can see that his head is pretty much in line with the hips. I would not want to see it move any further forward than what it is. In fact, I would prefer to have his head further back so it's behind his hips.

OK, when you look at a golfer's swing from down the line you want to see the head remain pretty close to the position it was in at address all the way through the swing -- until the end of the swing when you can allow the head to raise up.

But at the end of your swing you still want your head to be pretty much in line with where it was at setup. You don't want to see your head finish excessively to the right or the left of where it started. Higher yes, but not much left or right.

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Now as far as the head is concerned, if you erred on one side during the swing, it's better if your head moves down rather than up.

OK, let's now look at what your arms should be doing during the follow-through.

After impact both of your arms should be straight. And this is the first time in your swing when both arms are straight.

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This is the first time in the swing when BOTH arms are straight.

Then as the swing continues the right arm should remain straight and half way into the follow-through your left arm should be slightly bent.

Notice I said slightly bent.

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Because you can see so much of the left arm under the right arm that indicates that the left arm has bent a lot at this point in the follow-through.

Below is a posed picture that shows you the position the arms should be close to at the half way point in the follow-through. Actually the left arm should be a fraction bent at this point in the follow-through instead of dead straight like this position. But this position below is a lot closer to what should be happening in the follow-through than what this student golfer in his follow-through.

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Also notice in the picture above how this student's shoulders have turned 90 degrees, which is a lot different from what he actually does in his swing.

From the halfway point in the follow-through, where your left arm should be slightly bent, the left arm should continue to bend and the right arm should remain pretty straight.

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At this point in the follow-through your right arm should still be straight and your left arm should be quite bent.

Then as you continue to the finish of your swing you can then let your right arm bend quite a bit and your left arm should be very bent like this:

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At the finish of your swing your right arm should be quite bent and your left arm should be very bent like this.

Now what I've described that should happen with your arms in the follow-through is really a reaction to what the lower body, hips and shoulders have done. The same is true with the hands which is what we're going to have a look at now.

And there's a couple of places in the swing where I have a close look at what the hands are doing. The first is when the club is about parallel with the ground in the follow-through. Because at this point this very clearly indicates whether the hands are doing too much, not enough or just moving in reaction to the rest of the body.

In this golfer's swing, as I've already said, his hips don't move fast enough through impact and into the follow-through which slows his shoulders down and that forces his hands to do far too much to hit good shots.

Here's a picture that clearly shows how much his hands are working in the follow-through.

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My wrists are almost touching which indicates my hands are being used excessively. But this is due to my lack of hip action through impact and into the follow-through.

Again, he is overusing his hands **BUT** this is due to my lack of hip use.

And as I've already said, when you look at a golf swing you've got to look at all the parts. You can never look at parts in isolation if you're trying to figure out the real cause of a problem.

Now the next place I look at the hands is at the end of the swing.

The reason I do this is because it indicates whether there has been a lot of extension in the golf swing. And as I've said about this golfer's swing.....during the follow-through his left arm folds too much and too early in the follow-through. And a clue that this has happened is that at the end of his swing his hands are too low.

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At the finish of a golfers swing I like to see the hands above the middle of a golfers head and preferably at the top of a golfers head (red line).

If he had a lot of extension in the follow-through of his swing his hands would definitely be higher than the green line and up near the red line.

OK, let's have a look at what the golf shaft should be doing during the follow-through and at the finish of your swing.

On the follow-through and at the finish of your swing your club shaft should be moving pretty close to parallel with your original shaft plane that was present at setup. You don't have to be too concerned about the plane of your swing in the follow-through. But it is an indication of what is happening in the golf swing.

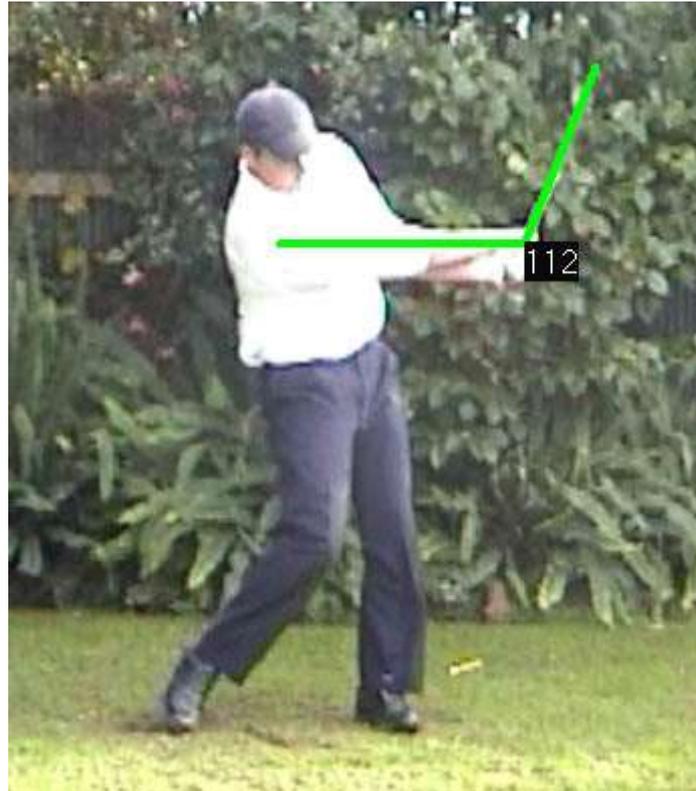
Below are pictures from this students swing and and you'll notice that he's pretty close to being parallel all the way through his follow-through except for the finish of his swing.

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The other place I look at the shaft in the follow-through is at the half way point in the follow-through. And at this point I like to see the shaft on about a 150 degree angle.

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As you can see above, his shaft is only 112 degrees at this point. That is as a result of his left arm folding too much in the follow-through. And remember, the left arm folds in too much because his hips don't move fast enough at impact and into the follow-through so his hands **HAVE** to take over.

See, one fault can create many others. But the beauty is that once you know what the one or two major faults are in your swing then you can set about fixing them and then the other faults will eventually fix themselves.

It does take time to change habits though. Especially major ones like the hips not working properly on the downswing and into the follow-through. You have to be patient.

All right, let's look at the clubface. Now this is only going to take a minute because it's real simple.

When the club is parallel with the ground in the follow-through your club face should be pointing straight up and down....not open or closed. Now you can't really see this from either the face on or down the line view. The best way of telling is looking at the clubface from down the line just before the club disappears behind the body.

In this picture below it shows that my clubface is closed before it reaches a position parallel to the ground. And again, this is a result of overusing his hands, which is the result of the lack of hip action.

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The clubface at this point is closed because I overuse my hands which is due to a lack of hip rotation.

I sound like a broken record, don't I? 😊

But I want to make sure you really understand that the golf swing is a chain reaction. And if one part of your body is doing something that it shouldn't then that will cause other parts of your body to do things they shouldn't.

As I said before....this is a good thing because when you find out the few major things that are causing a lot of other faults then you really only have to work hard on fixing the major faults. The little faults will fix themselves once the major fault is fixed.

Again, it takes time, a lot of time to fix major faults. But it's worth it.

So that's all the important things you need to look at when analyzing a golfer's follow-through and finish. And now you know pretty much everything you need to look for in a golf swing. So it's now time to practice it...

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

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one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Important Note: When you're doing this drill you can simply follow-through until your club reaches your left leg like is being shown in the video for this drill. This will help you to feel the correct swing plane through and past impact.

Task 5 - Do the Top Of The Backswing Drill **5 times while hitting golf balls**.

Task 6- Do the Rope Drill **5 times**.

Task 7 - Do the Transition Shaft Drill **5 times while hitting golf balls**.

Task 8 - Do the Extended Plant Pot/Path Pro Drill **5 times while hitting golf balls**.

Task 9 - Do the Right Hand Only Drill **5 times while hitting golf balls**.

Task 10 - Do the Left Hand Only Drill **5 times while hitting golf balls**.

Task 10 - Do the Power Pitch Drill **5 times while hitting golf balls**.

Task 11 - Do the Advanced Left Hip Drill **5 times while**

hitting golf balls.

Task 12 - Do the Follow-Through Check Drill **5 times while hitting golf balls.**

Task 13 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot. And hold your finish position for 3 seconds after each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

In the next lessons I'm going to give you lessons on tempo and how to create an automatic swing. So come back here in 7 days time to start those lessons as they're critical to your overall success with this program.

Lesson 32 - Tempo, Rhythm & Timing

If you watch any great golfer's swing they will have great tempo, rhythm and timing.

Now I think that **"trying"** to swing with great rhythm and timing is wrong.

You shouldn't **"try"** to force these things to happen in your swing because trying causes tension. And tension destroys timing, and rhythm. Instead I think it's better if you simply observe great golfers swings over and over again to get a sense of the rhythm and timing needed in the golf swing.

To do this you can record swings of your favorite golfer that have great rhythm and timing, e.g. Ernie Els, Davis Love III, Fred Couples etc. and watch them over and over again.

But I think I've found a much better option than that.

You see, I use use **The "Model Swing" Screen Saver** to help improve my tempo and timing (among other things which I'll explain in a future lesson).

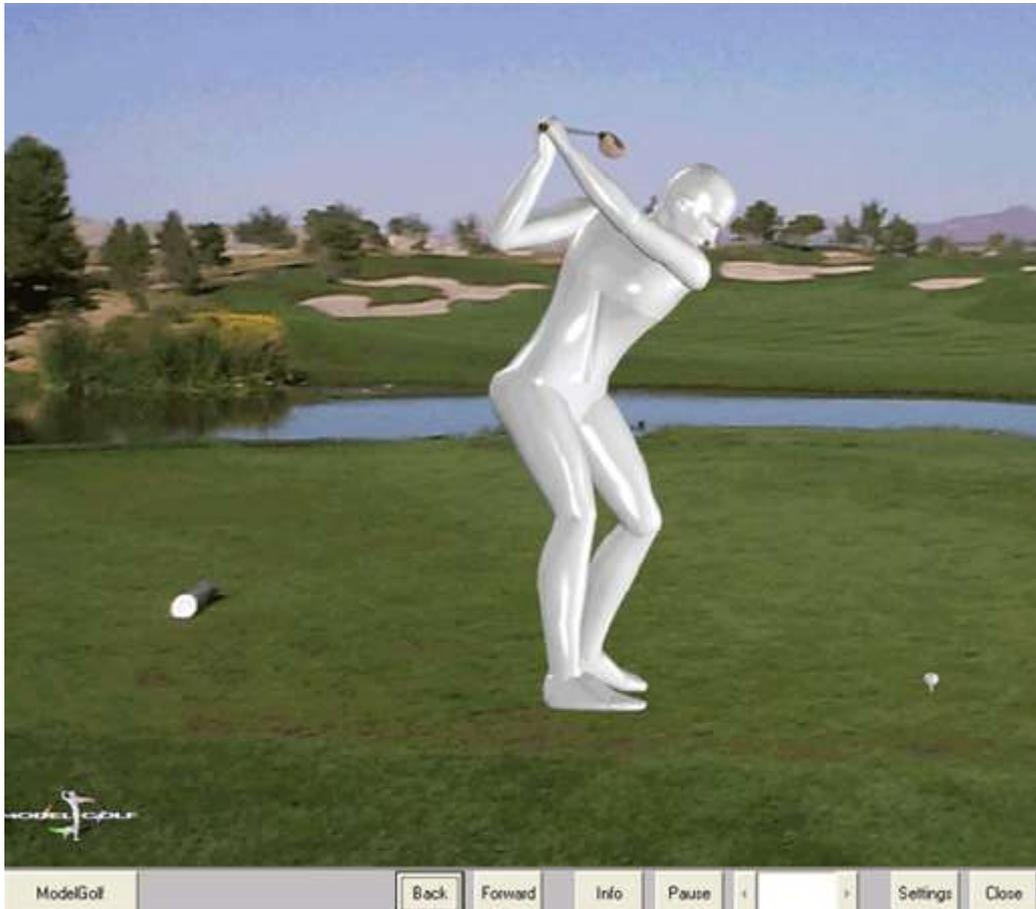
The ModelPro which is used for this screen saver is a three-dimensional, scientifically designed computer model that is based on the combined swings of more than 100 Tour pros. And to get this computer model this company (CompuSport) video taped the swings and studied the mechanics of more than 100 top PGA and LPGA Tour Professionals like....

- Jack Nicklaus
- Davis Love III
- Jesper Parnevik
- Mark O'Meara
- Jim Furyk
- Ben Crenshaw
- Al Beiberger
- Hale Irwin
- Tom Kite
- Greg Norman
- Payne Stewart
- and many others

Then after analyzing the swings of these great players they created a computer model they called ModelPro which is the result of this research. And they believe this computer model has the perfect, biomechanical golf swing.

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Now **The "Model Swing" Screen Saver** used to come with 40 ModelPro swing animation's which you can play full screen, stop mid-swing or watch frame-by-frame while the screen saver is playing. And here is a sample still shot of what you'll be watching on your computer screen...

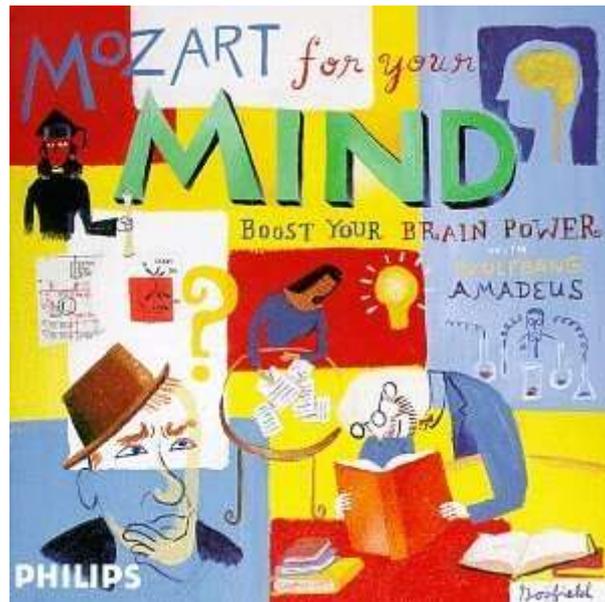


Unfortunately you can't buy this software any longer. But you can just go on youtube and watch it for free. [Here is one example of this.](#)

Now I suggest you watch this model golfers swing over and over again. And put on some nice classical music when you're watching it too if you can. When I do this I listen to audio from Mozart for your mind.

You can listen to that for free [here.](#)

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So every day I suggest you spend at least 5 minutes watching that Model Swing Screen video (or one you like from Youtube) while listening to some nice relaxing music.

If you do this your rhythm and timing will improve without you **"trying"** to do anything.

So that's an introduction to what you can do to improve your rhythm and timing. In the next lesson I'll go into these two things in more depth but before you do what I suggest in that lesson get that screensaver and watch it.

OK, let's now look at tempo and how you can improve that.

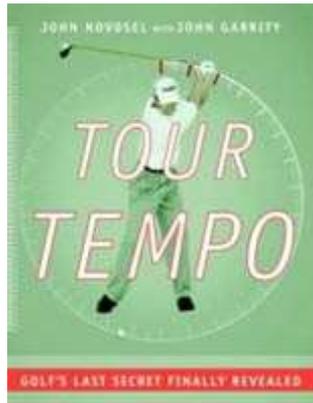
When I started looking into the tempo of the golf swing and how to practice it I found that professional golfers swing a lot faster than most people think.

But the reason their swings look so rhythmical, smooth and slow is because everything in their swings flows smoothly. There's no jerking movements, and that smoothness gives the entire swing an appearance of being smooth and slow.

Anyway, to improve my tempo I first tried swinging to a metronome but I found this very, very difficult. You just don't have enough time to react to the beeps.

So after trying that I read the book Tour Tempo....

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[Check out this book here](#)

....and started using the audio tracks supplied with that book to swing to the tempos suggested.

And from using this audio myself to practice with, this is what I've found.

The faster the tempo I used the shorter my swing became.

I think my natural tempo is 24/8 but when I practiced with that tempo I found my swing was too short. So I've now gone up to using 27/9 tempo and this is working well for now.

So if you get this book, and I highly recommend you do, I think you should work slowly into these tempos by starting at 27/9 and then trying the other quicker tempos after that tempo is comfortable.

That's just a suggestion however. BUT you'll probably find that the tempos suggested in that book are a lot faster than you're used to. So when you get this book just experiment with the different tempos

Now the best thing about the audio that comes with the book is that the tones or words are spaced so you have time to react to them.

As I said, I've tried swinging to a metronome and that's really tough. You simply don't have the time to react to the beeps and change directions from the backswing to the downswing.

OK, that's tempo covered. Now here's a summary of what I think you should do to improve your tempo, rhythm and timing.

- Go to Youtube and watch videos of **The "Model Swing" Screen Saver** and watch it for 5 minutes a day while listening to relaxing classical music.

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- Get the [Tour Tempo book](#) and start hitting balls while swinging to one of the tempos. And again, I suggest you start with the slowest 27/9 and move to the quicker tempos if you have to.

Before I finish this lesson I've got to say that it's very important that you actually apply what I've taught you today. Because after all the lessons you've been through it's very easy to get too technical and mechanical when swinging and that's not good.

Today's lesson is the start of making your golf swing much more natural and automatic rather than a 'get into this position' kind of swing. So please put into practice what I'm suggesting you do because it really will make a huge difference and it will help you to swing much more automatically, naturally and powerfully.

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

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one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Important Note: When you're doing this drill you can simply follow-through until your club reaches your left leg like is being shown in the video for this drill. This will help you to feel the correct swing plane through and past impact.

Task 5 - Do the Rope Drill **5 times**.

Task 6 - Do the Extended Plant Pot/Path Pro Drill **5 times while hitting golf balls**.

Task 7 - Do the Power Pitch Drill **5 times while hitting golf balls**.

Task 8 - Do the Follow-Through Check Drill **5 times while hitting golf balls**.

Task 9 NEW - **Hit at least 10 shots while listening to the Tour Tempo tones**.

Task 10 - Finally, hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot. And hold your finish position for 3 seconds after each shot.

Total Practice Time = Approximately 30 Minutes Per Practice Session

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OK, that's the end of this lesson. In the next lesson you're going to learn how to program your mind with the perfect golf swing for you. So come back here in 7 days time for that very, very important lesson.

Lesson 33 - How To Make Your Golf Swing Automatic (Part 1)

Very Important: Please read this entire lesson **once** before downloading or listening to either of the two audio tracks below.

There are two ways to mentally swing a golf club...

1. Consciously, or
2. Subconsciously

When you swing a golf club **consciously** you have a lot of thoughts going through your mind about what you should be doing mechanically, along with thoughts about the possible outcome of the shot.

But when you swing **subconsciously** you don't have any thoughts going through your mind about mechanics or the possible outcome of the shot. This means you just swing **automatically** to the best of your ability. And generally when you're doing this you hit good shots and you play your best golf.

So obviously **swinging subconsciously** is the best way to swing a golf club. And to do this consistently you need to learn how to do the following two things..

1. Switch off your conscious mind just before you start your swing, leaving your subconscious mind free to swing the golf club to the best of your ability.
2. Program your subconscious mind with the perfect golf swing for you.

To help you start doing this consistently, I'm going to give you **two audio tracks** to listen to.

On the **first audio** (I'll tell you about the second audio in a few minutes) you'll be lead into a deep state of relaxation. And learning to relax deeply is great because it allows you to shut off your conscious mind like turning off a tap. This means you can reach your subconscious mind with any **thoughts, images** or **ideas** that you want to be acted upon.

When you learn how to do this it will...

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- Help you to play shots without any conscious fear.
- Let you hit shot after shot with **"relaxed concentration."**
- Allow you to practice much more effectively in your mind than you have ever done physically on the driving range.
- Fill your mind with positive statements that will get acted upon automatically.
- Let you fix golfing faults **quickly** and **easily**.
- Program your subconscious mind with the swing you want.

Now you've undoubtedly wasted many, many shots because of your conscious mind interfering in your shots (i.e. telling you how to swing the club or what to avoid etc.). And you can only stop this from happening by learning to swing with your subconscious mind consistently.

How are you going to do this?

Well, when playing any golf shot you need to have a technique to distract your conscious mind and allow your subconscious mind free reign to perform the swing that you have **programmed** yourself with.

Because without a technique to distract your conscious mind it is always in a constant state of flux.

And to demonstrate how hard it is **"try"** to quieten your mind, do this.

Right now see how long you can hold the one thought of a **pink elephant** in your mind before another thought comes along.

Not long is it?

And it will never be long even if you practice this forever, because of the fact that your conscious mind's purpose is to **analyze, question** and **doubt**.

So unless you learn how to consistently swing with your subconscious mind your golf game will **never be consistent** and you'll always play well below your potential. Because the times when you've hit your best ever shots and played your best ever rounds is the result of you **automatically** swinging with your subconscious mind.

And no doubt you've heard about top golfers saying they've been in the **"zone"** and you've been there as well. Because the **"zone"** is simply when a person switches off their conscious mind and executes whatever skill they're performing using their subconscious mind.

How To Build A Tour Quality Golf Swing

But as you've already proved to yourself, if you "try" to consciously quieten your conscious mind, you'll end up fighting with your mind and you'll get worse instead of better.

Now golfers that play nowhere near their potential almost always play with their conscious mind, which means the subconscious is not free to swing the golf club. And this means most golfers consistently play well below the potential they're capable of.

You can quite easily tell after every shot you hit whether you've used your subconscious or conscious mind to hit the ball.

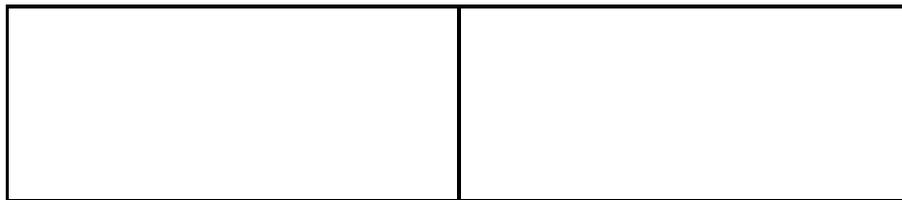
How?

Simply by being aware of any tension in your body after the shot. **If you have any major tension like you've been consciously controlling the shot then you've used your conscious mind to play the shot.**

And here's another great way for you to see for yourself the difference between the subconscious and the conscious mind. Get a piece of paper and draw two boxes like the ones pictured below. Then in the left-hand box I want you to sign your name and as you do notice the way the pen flows over the paper.

Great!

Now I want you to try to consciously copy the signature exactly as you've just done it, this time in the right box....



Did you notice the big difference between the two movements?

See, trying to consciously copy your subconscious signature you would've noticed how slow, forced, and unnatural your hand moved as opposed to the free flowing actions of the first signature. This is because **your conscious mind produces tension when trying to copy anything.**

So your perfect golf shots are clearly produced by your subconscious mind. But when you consciously try to copy what you did to hit that perfect shot you naturally get the same forced, unnatural result that you received when you tried to consciously copy your signature.

How To Build A Tour Quality Golf Swing

Clearly the only way to copy what you did to hit your perfect golf shots is to reproduce that mindset. And the only way to consistently do that is through using your subconscious mind to **automatically** swing the golf club. The best way of doing that consistently is by using the tools I'm giving you here.

Having said that, to get to and to use your subconscious mind you need to understand the relationship between it and the conscious mind.

OK, think of your mind as divided in two with the subconscious on one side and the conscious on the other, and between them is a wall.

All information you receive is thoroughly analyzed by the conscious mind and then once it has been tested against **logic, knowledge** and **experience** it is passed to the subconscious mind for action. But when you are deeply relaxed this wall is removed so that you can reach your subconscious mind directly without information being analyzed or discredited by the conscious mind.

You see, the subconscious mind has no reasoning power and it acts on any **image, feeling** or **words** that reaches it. And the conscious mind is what separates humans from every other life form on this planet because of its great capacity to **question, reason** and **analyze**.

Your conscious mind is constantly taking in information, analyzing it against experience and knowledge, then after the **stamp of approval** goes on the information it is then given to the subconscious mind to be recorded.

Thankfully when you're **deeply relaxed** you can change any recorded piece of information because your subconscious mind has no filtering system, it just accepts everything it receives as the truth and records it as a fact.

And that's what you're going to be doing when you're listening to **Audio 1** over the next 30 days -- programming your subconscious mind with positive suggestions what will *automatically* improve your long game.

Plus by listening to **Audio 1** for the next 30 days it will give you the best chance of getting the most benefit from **Audio 2**. And **Audio 2** will give you the best chance of getting the most out of the mental technique I give you in second part to this lesson.

So both of these Audios that I'm giving you today are very important. But start with **Audio 1**. And here's the format of the instructions that are on this audio and how they're going to help you to program your subconscious mind with positive long game suggestions.

How To Build A Tour Quality Golf Swing

- 1.** First of all you need to **relax**. So that is the first part of the audio. This progressive relaxation part of the audio bores the mind and guides you into a deep-relaxed state.
- 2.** Once your body is relaxed you then open your eyes to select an object above eye level that causes a slight strain to your eyes. You then stare at your selected object and count down, so that on your last number you **close your eyes**. If you can't resist closing your eyes when doing this that's great. **But if you don't feel a strong desire to close your eyes close your eyes anyway.**
- 3.** Next, we have a section that **deepens your relaxation** in your mind to help slow down your conscious thoughts even more. This allows the suggestions that you are going to be given the chance to be accepted more easily.
- 4.** Just before we get into the suggestion part of the relaxation script we must first open our minds for the suggestions to be easily accepted. This is called **introduction prior to the suggestions.**
- 6.** Next we come to one of the most important parts of the entire script, but without the preceding parts this **suggestion** part would not be effective.
- 7.** Then the final part of these instructions **leads you out of the deep relaxation state** you were in.

How To Achieve Deep Relaxation

You will find being in bed to listen to **Audio 1** is most satisfactory. And if you fall asleep while listening to this relaxation audio that's fine. Just make sure you stay awake until the **eye closing part**. After that the suggestions will still reach your subconscious mind even while you're asleep.

OK, I now suggest you download **Audio 1** below so you can start listening to it tonight as one day of your 30 days. Because that's how long you need to listen to it for. And again the best place to do this on/in bed.

But please remember that to ingrain any new habit takes time so don't expect amazing results after the first listening of **Audio 1** below.

You will get great results however if you **persist** and realize that like any habit you've formed it takes time. Through regular practice you'll speed up the amount of time it takes to relax deeply and for the suggestions to take effect. So make sure you practice every day to learn this new relaxation habit that will make your golf game much more enjoyable.

How To Build A Tour Quality Golf Swing

So simply listen to the audio and relax and go with the flow, and if you fall asleep that's OK. But remember, stay awake until the eye closing part of the instructions.

After you've downloaded this **Audio 1** please keep reading to find out what you should be doing at the same time over the next 30 days.

[Click Here to go to the page to download the complete videos and audio for this program. And to listen to this audio you'll see the mp3 file in the Lesson 33 Audio Folder. This audio is called: Audio1](#)

Now while you're listening to **Audio 1** for the **next 30 days** here's what you must do.

Over the next 30 days you must form a very clear image in your mind of the perfect swing for you. To do this I suggest you spend at least 5 minutes a day studying a great golfer's swing (i.e. Tiger Woods, Ernie Els etc.) **OR** you can use the [Model Swing Screen Saver](#) like I do. And I like this better than watching a "real" golfer's swing because:

- 1.** You can watch it on your computer anytime with one click of a button.
- 2.** You can choose the speed of the swing and the angles from which you want to watch the swings.
- 3.** You can go through each swing frame by frame or at a speed you choose.

So more specifically, here's what I do when I'm watching the Model Swing Screen Saver.

I watch the Model Swing from two different angles.

- 1.** The Down the Line View.
- 2.** The Face on View.

Now to start each daily 5 minute session I look at the Model Swing from both of these swing angles (down the line and face on). And from each angle I go through one swing frame by frame and after looking at each frame I close my eyes and visualize myself in the model's place.

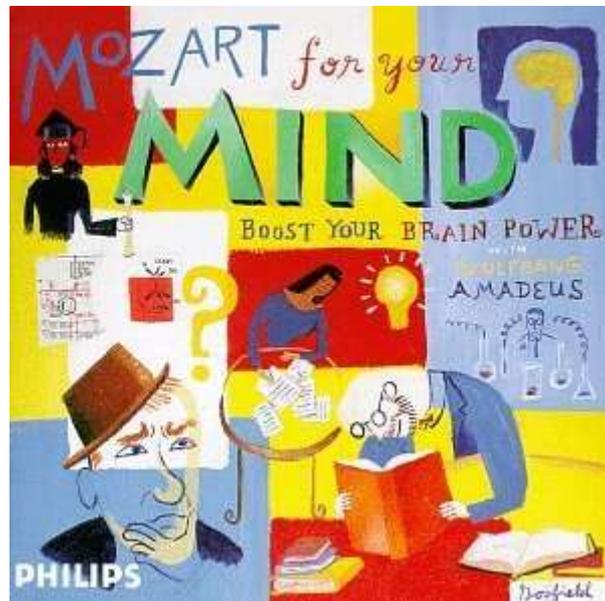
That way I really get a clear image in my mind as to what position I should be in during the entire golf swing.

Then once I have done this I then play the [Model Swing Screen Saver](#) at full speed and I watch one swing and then I shut my eyes and picture

How To Build A Tour Quality Golf Swing

myself swinging in the model's place. And I keep repeating this, i.e. watch one swing, close my eyes and visualize me swinging like the model.

Now this is very important. All the while I'm doing this I have classical music playing to help myself learn and ingrain this faster.



So I suggest that for the next 30 days you listen to **Audio 1** every night before going to sleep. But also spend 5 minutes every day visualizing the golf swing using the [Model Swing Screen Saver](#).

It's very, very important you have a very clear image in your mind as to how you want to swing the golf club. Because then after 30 days of doing this you can start to program your subconscious mind with the golf swing you want by listening to **Audio 2**.

You see on **Audio 2** I have the suggestion to visualize one golf shot over and over again.

Why?

Because it's been proven through scientific tests that when you vividly visualize something your brain cannot tell the difference between a real event and a visualized one. So what this means is that by visualizing a golf shot perfectly you are training your mind to do exactly that.

But just imagine if you could replicate hitting 1000 shots in 10 minutes.

Is it possible?

How To Build A Tour Quality Golf Swing

Well, it would be virtually impossible physically and if it were possible it wouldn't do your golf game any good. But what if you could hit a thousand perfect shots in 10 minutes.

Is that possible?

It is with something called **time distortion**.

In the simplest terms what this means is that when you're very relaxed you can give yourself a suggestion that will allow you to visualize yourself hitting 1000 golf shots in 10 minutes.

The reason you can do this is because the subconscious mind does not record the passage of time the same way the conscious mind does. Your conscious mind records time physically by means of a clock. It is very objective and calculates how long a thought or movement should take by seconds, minutes, hours or days.

But your subconscious mind has a completely different concept of time. It is subjective which means that time varies according to the circumstances that you are in. For example, if you're having fun then time seems to go by very quickly doesn't it? Whereas if you're doing something boring or not very nice then time seems to lengthen doesn't it?

Now when you're deeply relaxed time can be altered by a simple suggestion and this will allow you to condense hours and hours of practice into just 10 short minutes.

And you'll be able to get even better benefit from doing this than you would by physically practicing because you'll be able to hit every shot perfectly. You'll be able to train your muscles to do exactly what you want without putting your body through the hard grind that physically hitting 1000 balls would do.

You'll be able to make yourself into a golfing machine because you can effectively hit so many golf shots in such a short space of time. And when you're visualizing it will happen in real time, but it will actually be a very short time by the clock. Just like a dream that will appear to take forever may only take a couple of minutes.

Obviously this is amazing.

BUT this is critical, there is no point in programming your subconscious mind with a swing that is not effective or not what you want to happen.

So before you do any of this you **MUST** have a real clear image in your mind of the perfect swing for you. So **DO NOT** start listening to **Audio 2** until you've listened to **Audio 1** for 30 days and done at least 5

How To Build A Tour Quality Golf Swing

minutes swing visualization practice a day using the [Model Swing Screen Saver](#) (or something similar).

Also when having a relaxation, time distortion, visualization session you must only practice one shot at a time. **Pick one shot** and visualize this shot over and over again. If you want consistently good golf then you must play with an automatic swing and this is the best way of learning how to do this.

Now no technique is of value unless you surrender to it. No one can do your thinking for you. You are the only one who can program your subconscious mind with the perfect swing for you.

What I'm sharing with you today to dramatically improve your golf game is not difficult to learn, but it is not a gift. You must earn it through constant practice.

So once you have learnt to relax deeply and you've got a good image in your mind as to the swing that you would love to have then it's time to start using the Relaxation, Time Distortion, Visualization audio.

[Click Here to go to the page to download the complete videos and audio for this program. And to listen to this audio you'll see the mp3 file in the Lesson 33 Audio Folder. This audio is called: Audio2](#)

Now after 30 days of listening to **Audio 1** I suggest you listen to **Audio 2** every other day to start with and see how that goes. Just do what you feel is best for you. But keep listening to **Audio 1**.

So in summary this is what you should do:

- For **30 days**, listen to **Audio 1**. And every day watch the Model Swing Screen Saver (or something similar) for at least 5 minutes and analyze and visualize every position in that swing. Then watch the swing in its entirety and visualize yourself swinging in the model's place every other swing.
- After 30 days listen to **Audio 2** and pick one shot that you're going to practice for each session. Repeat this every other day so you can still listen to **Audio 1**.

Tasks For This Week

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Important Note: When you're doing this drill you can simply follow-through until your club reaches your left leg like is being shown in the video for this drill. This will help you to feel the correct swing plane through and past impact.

Task 5 - Do the Rope Drill **5 times**.

Task 6 - Do the Extended Plant Pot/Path Pro Drill **5 times while hitting golf balls**.

Task 7 - Do the Power Pitch Drill **5 times while hitting golf balls**.

Task 8 - Do the Follow-Through Check Drill **5 times while hitting golf balls**.

Task 9 NEW - **Hit at least 10 shots while listening to the Tour Tempo tones**.

Task 10 - Hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot. And hold your finish position for 3 seconds after each shot.

Task 11 NEW - Listen to Audio 1 every day.

How To Build A Tour Quality Golf Swing

Task 12 NEW - Watch the Model Swing Screen Saver (or something similar) for at least **5 minutes** and analyze and visualize every position in that swing. Then watch the swing in its entirety and visualize yourself swinging in the model's place every other swing.

Total Practice Time = Approximately 30 Minutes Per Practice Session (not counting Task 11 as all you have to do for that is lie on a bed and listen) Total Practice Time = Approximately 30 Minutes Per Practice Session

OK, that's the end of this lesson. In the next and **final lesson** you're going to discover two very important things you need to add to your setup procedure. These two things will help you to hit every long shot to the best of your ability. Plus, you'll also get the final maintenance practice plan. So come back here in 7 days time for that very, very important lesson.

Lesson 34 - How To Make Your Golf Swing Automatic (Part 2)

In Lesson 6 I said that there were **two more things** you needed to do in your mental pre-shot routine. And the first one is real simple.

When you walk to the ball you should do so with absolute confidence. Because the way you move your body affects your mind. If you move your body without confidence the likely result will be a golf shot that lacks confidence. But if you move your body with confidence when you walk to the ball then that sends a positive signal to your brain.



When you walk to your ball you must do so confidently.

So walk to your shots confidently....even if you're not feeling confident!

OK, that's the first thing. The second thing concerns your golf swing.

When you're hitting shots on the golf course you should **NOT** think about anything mechanical as you swing. And you should **NOT** think about anything in the past or present as you're swinging.

After doing a lot of research and experimentation on how to swing automatically and without conscious thought, I've found something you should try. And I discovered this by reading Carey Mumford's "The Double Connexion" book.

How To Build A Tour Quality Golf Swing

That book goes into a lot more detail than I'm going to share here. So if you want more information about what I'm talking about then I suggest you read Carey Mumford's book.

All right, In The Double Connexion book Carey Mumford suggests saying a "detached, non-action orientated thought pattern that lasts long enough to last through your entire swing." He calls this a **Clear Key**.

An example of a Clear Key would be saying the following line while you're swinging:

**"I wonder why abbreviation
is such a long word."**

So how would saying that statement as you're swinging help you to swing automatically?

Well, our minds can only process one thought at a time. So if you're swinging and hitting a ball while saying **"I wonder why abbreviation is such a long word"** then your mind will not be able to think about anything mechanical (e.g. keep your head still)...or anything that happened in the past (e.g. 3 putting the last hole)...or may happen in the future (e.g. don't hit it right, there's OB over there).

So by saying a simple statement while swinging then you'll be swinging in the present and automatically!

Pretty cool huh?

I think so....and it's so simple.

Now from experimenting with this in my own game I've found the best success for me has been to say nursery rhymes as I'm swinging. And more specifically, I start saying the following nursery rhyme as I start my first step to the ball...

***"Mary had a little lamb, little lamb,
little lamb. Mary had a little lamb,
Its fleece was white as snow. And
every where that Mary went, Mary
went, Mary went. Everywhere that
Mary went the lamb was sure to go."***

How To Build A Tour Quality Golf Swing



On the first step towards the ball you should start saying the statement you've chosen.

....and I keep saying it until after I've finished my swing.



Keep saying your statement until you've well and truly finished your swing.

Now the reason I like nursery rhymes best for this is because:

1. They rhyme 😊, which means...

How To Build A Tour Quality Golf Swing

2. They're easy to say and you can easily carry on the rhyme without stopping....and that's important as you'll soon learn.

After learning about this simple technique you may think you can just whistle or hum a tune. Well, that's not good enough. Because thoughts can pass through them. You either need to say or sing the words. And saying the words out loud is the best way of doing this.....even if you only whisper them.

Also, if you pause when saying a statement (Clear Key) then that gives your conscious mind a chance to get in with some thoughts. So it's better not to give it that opportunity. Do this by continuously saying your statement, rhyme or whatever.

Now to start implementing this into your mental pre-shot routine you'll find that any kind of phrase is acceptable as long as it falls within the following guidelines:

- It must be long enough to begin before your swing starts and last until it's complete.
- It must last your entire swing.
- It should not come close to having any action words in it, e.g. hit the ball etc.

So that's a summary of what you need to do. Let's start putting this into practice and it's simple to do this. Just choose one of the nursery rhyme's below:

How To Build A Tour Quality Golf Swing

Baa, baa black sheep have you any wool? Yes sir, yes sir three bags full. One for my master and one for my dame and one for the little boy who lives down the lane.

Jack and Jill went up the hill, to fetch a pail of water. Jack fell down and broke his crown, and Jill came tumbling after. Up Jack got and home he ran, as fast as he could caper. There his mother bound his head, with vinegar and brown paper.

Twinkle, twinkle, little star, how I wonder what you are! Up above the world so high, like a diamond in the sky. Twinkle, twinkle, little star, how I wonder what you are!

A-tisket, a-tasket, a green and yellow basket. I wrote a letter to my love, but on the way I dropped it. I dropped it, I dropped it, and, on the way I dropped it. A little boy picked it up, and put it in his pocket.

Hey diddle diddle, the cat and the fiddle, the cow jumped over the moon, the little dog laughed to see such sport, and the dish ran away with the spoon.

Little Bo-Peep has lost her sheep and doesn't know where to find them. Leave them alone, and they'll come home wagging their tails behind them.

"Mary had a little lamb, little lamb, little lamb. Mary had a little lamb, its fleece was white as snow. And every where that Mary went, Mary went, Mary went. Everywhere that Mary went the lamb was sure to go."

How To Build A Tour Quality Golf Swing

So do your physical and mental pre-shot routine and as soon as you start walking to the ball simply start saying your nursery rhyme.

Important Note: When I do this I just quietly whisper it to myself so no one knows what I'm doing.

Then as you're going through the rest of your physical routine keep saying your nursery rhyme and hit the ball if you're on the range. Or just pretend to hit the ball if you're at home inside. And make sure you keep saying the rhyme out loud well after you've finished your swing.

That's pretty straight forward eh?

But just so we're clear here's some further instructions on what you need to do:

- Make sure the statement/rhyme (Clear Key) etc. you use is long enough to last the time it takes for you to swing the golf club.
- Make sure you keep saying the statement/rhyme (Clear Key) you've chosen without any silent spaces. Because having silent spaces leaves an opening for conscious thoughts to start and we don't want that, as you'd be back to manual instead of on automatic.
- Make sure the time range that you use your statement (Clear Key) is no longer than 14 seconds. Because any longer than that makes it harder to remain in the present and on automatic. Also, make sure you start saying your statement about 6 seconds before you swing as that gives you ample time to go from manual to automatic. You need that time to switch over.
- Don't just limit yourself to one statement/rhyme (Clear Key). Start with one and then change them when you feel you need a fresh change. Also, make sure you practice two of them because sometimes you may feel off one day and going to a second statement could help get you out of that. So if that happens switch to your backup Clear Key for a while, e.g. for the rest of the nine or 18.
- If you feel under more pressure than normal make sure you say your statement/rhyme (Clear Key) loud enough so you can hear it yourself even if you whisper or sing it. Other times you can do it in your head but I think it's better to **ALWAYS** say it very quietly out loud.
- Resist the temptation to start your swing on a particular word or do anything else in time with the words. This most probably will happen when you start using this but don't force it to happen. Just let it happen naturally.

How To Build A Tour Quality Golf Swing

- As you're swinging make sure you complete your statement/rhyme (Clear Key) until your swing is finished. Because if you stop half way into your swing you may actually decelerate and cause swing problems and bad shots.
- Make sure you use a statement/rhyme (Clear Key) on every shot. Make this part of your mental pre-shot routine and **do it every shot no matter what**. That's how you'll become consistent and solid even under pressure!

Now from my experience of using a Clear Key I've found that sometimes conscious thoughts pop in. When this happens to you don't freak out and think this isn't working anymore. **This is not a quick fix**. You may have just had a little pause under a pressure situation and in pops a conscious thought.

Don't worry about it.

Just accept you're human and learn from the experience and continue to ingrain your new habit. Because with more use this will happen less and less. Just remember to keep words coming out of your mouth. Or in other words**don't leave gaps!**

Now I want you to understand what is happening with your mental pre-shot routine so you really get into this process.

When you're standing behind your ball you're in the planning phase, i.e. asking questions, visualizing, picking a club etc.etc. And this is all done in the manual mode by using your conscious mind. Then with the help of your statement/rhyme (Clear Key) as you're walking to your ball you will be transitioning from this manual mode to an automatic one.

This transition from manual to automatic can take from 4-6 seconds. So that's why you need to start saying your statement/rhyme (Clear Key) as you're walking to the ball as that will give you plenty of time to change over to automatic before you start your swing.

Then as you keep saying your statement/rhyme (Clear Key) and you start your swing you should be fully on auto pilot. And that's the best way to play golf!

Now maybe you don't feel comfortable saying a nursery rhyme as your Clear Key. That's fine, here's some statements you can use:

- When there's a will, I want to be in it.
- Love may be blind but marriage is a real eye-opener.
- Humpty Dumpty really was pushed.
- All generalizations are false, including this one.
- Why isn't phonetic spelled the way it sounds?

How To Build A Tour Quality Golf Swing

- A day without sunshine is like, night.
- He who laughs last thinks slowest.
- Legalized bingo keeps Grandma off the street.
- If you tell the truth you don't have to remember anything.
- If chickens had lips, they could kiss.
- I wonder why abbreviation is such a long word.
- A clear conscience is usually the sign of a bad memory.

You can think up more of your own, search the Internet, or change some statement you've seen. Just have some fun with this and make them a part of your mental pre-shot routine.

Now this is the final long game lesson. And from now on all I want you to do for every shot on the golf course is to follow your mental (**which now includes a Clear Key**) and physical pre-shot routine.

That's the best you possibly can do. There's nothing more you can ask for.

Of course you're still going to hit bad shots, that's golf. But if you can do the best by the way of doing your mental and physical routines for every shot, then you can be proud of yourself every game of golf you play.

Also, never, ever try to do anything mechanical on the golf course. Just hit the ball automatically and without conscious thought by using your Clear Key. Then work on your physical problems on the driving range. The golf course is for playing. So play it. Don't play golf swing on the golf course. **Play GOLF!**

Finally, below is the **last practice plan** that will help to cement everything I've given you so far. And this final practice plan is something that you can keep practicing consistently so you're practicing the correct things. That's obviously very, very important because if you're practicing correctly you'll get better, long term results.

For Consistent Golf,



Jeff Richmond
Director of Instruction,
ConsistentGolf.com

Important Note: This plan below can be used as a maintenance plan. What this means is that **once a week** you should follow a practice plan like the one below to maintain all of the results you've achieved so far. **But feel free to modify this plan to focus on specific problem areas of your golf swing.**

But now you're free to turn your attention to improving the next weakest part of your golf game.

Maintenance Practice Plan

Task 1 - Practice your posture position following the instructions I gave you in the Posture Section. And do that exercise **5 times** with a few different clubs. Also check your grip and feet, knee, hip and shoulder alignment at the setup position to make sure it's like what I've explained to you in the Grip & Alignment Section.

Also, after every setup I suggest you complete the Left Shoulder Take-Away Drill.. So that will mean you'll do that drill 5 times.

Task 2 - Practice your physical and mental pre-shot routine **5 times** with the club you're going to be using the most to tee off with, i.e. your driver or 3 wood etc. And every time you setup to the ball make sure your feet are positioned correctly according to the markings you've already put on your piece of vinyl, i.e. feet width, alignment etc.

Then after every setup take the club away in a one piece motion until the left hand is opposite the right leg. To make sure you're doing it correctly simply compare yourself to the pictures in these lessons. **Also, remember to do your physical trigger to start the backswing, i.e. kick in your right knee.**

Important Note: When practicing your physical and mental pre-shot routine it's a great idea to place something (e.g. a golf tee) about 2 - 3 feet in front of your ball on a direct line to your target. That way you'll get used to lining up to an intermediate target.

Task 3 - After you've completed the **5 setups** with the club you're going to be using the most to tee off with, then do another **10 setups** following your physical and mental pre-shot routine and simply swap clubs for every setup, e.g. use a 7-iron for one setup then a 3 iron for the next then an 8 iron etc., etc.

And again, remember, after every setup do your physical trigger to start your backswing and take the club away in a

How To Build A Tour Quality Golf Swing

one piece motion until the left hand is opposite your right leg.

Important Note: After these **10 setups** and takeaways I suggest you occasionally practice taking your posture position and checking your grip and alignment. You don't want to get into any bad habits with those things!

Task 4 - Do the Extended Two Torch Drill **10 times**. Doing this drill will allow you to perfect your take-away while grooving a good swing plane.

Important Note: When you're doing this drill you can simply follow-through until your club reaches your left leg like is being shown in the video for this drill. This will help you to feel the correct swing plane through and past impact.

Task 5 - Do the Rope Drill **5 times**.

Task 6 - Do the Extended Plant Pot/Path Pro Drill **5 times while hitting golf balls**.

Task 7 - Do the Power Pitch Drill **5 times while hitting golf balls**.

Task 8 - Do the Follow-Through Check Drill **5 times while hitting golf balls**.

Task 9 NEW - **Hit at least 10 shots while listening to the Tour Tempo tones**.

Task 10 - Hit **5 balls** to finish off your practice session going through your full physical and mental pre-shot routine for each shot. And hold your finish position for 3 seconds after each shot.

Task 11 NEW - Listen to Audio 1 every day.

How To Build A Tour Quality Golf Swing

Task 12 NEW - Watch the Model Swing Screen Saver (or something similar) for at least **5 minutes** and analyze and visualize every position in that swing. Then watch the swing in its entirety and visualize yourself swinging in the model's place every other swing.

Total Practice Time = Approximately 30 Minutes Per Practice Session (not counting Task 11 as all you have to do for that is lie on a bed and listen)
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