

Warm-up Stretches

Golf swings require movement in both the upper and lower body. Therefore it is important to warm up and stretch the major muscle groups involved in the golf swing. Stretching is most effective when the muscles are warm. You can elevate your body temperature by a brisk walk or by performing a few minutes of easy practice swings. All stretches should be performed without bouncing and should be held for a minimum

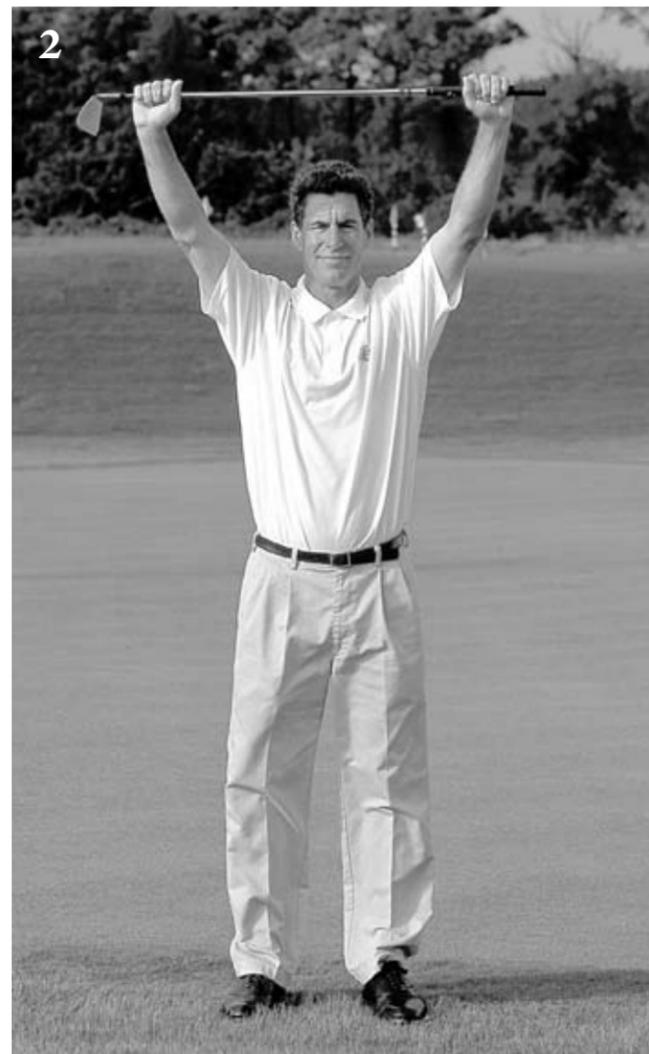
of 15 seconds to receive maximum benefit. Move into the stretch until you feel a slight resistance in the muscles and joints and then hold. Remember to breathe during the stretch.

These stretches are designed to prepare the upper body for the golf swing movement.

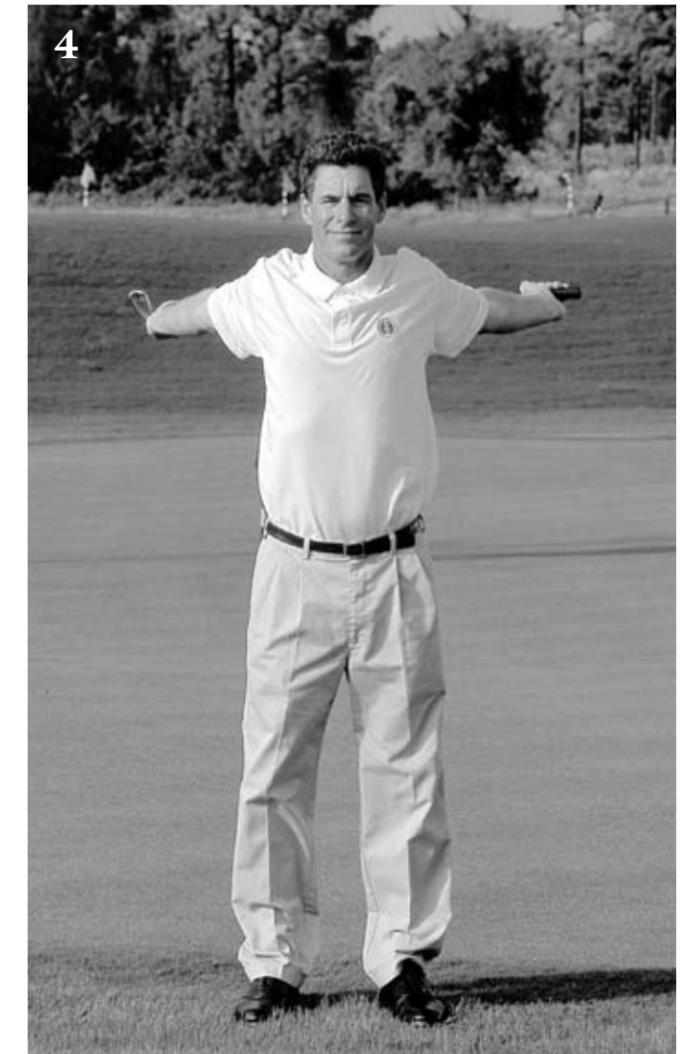
Upper Body Stretches

1. Shoulder/chest stretch - Position your hands on your golf club about a shoulder width apart. Raise your club over your head and hold. Press your golf club gently behind your head and hold. To stretch

the chest, position the club horizontally behind your back with the hands positioned about a shoulder width apart. Raise the club and hold to stretch the shoulder and chest. Repeat as many times as necessary.



2. Tricep stretch - Position your right hand on the clubhead and place the golf shaft on your back. Extend your right arm above your head and bend at the elbow. Place your left hand on the grip end of the golf shaft to provide resistance for the stretch. Repeat the stretch on the left side.





3. Lat stretch - Find an immovable object that you can grasp easily, often the frame on a golf car works well. Place your right hand and left hand on the car frame slightly below shoulder height. Bend slightly at the waist and pull away from the golf car. Reverse your hand position to repeat the stretch on the left side.

Lower body stretches

1. Hamstring/low back stretch - Place your feet about a shoulder width apart and lean forward with



your arms hanging down. Make sure you do not bounce. Hold the stretch and repeat as needed.



2. Trunk twister - Position your golf club across your shoulder joints, crossing your arms to hold the club. While standing upright, rotate to your trail side, like a backswing, and hold. Repeat twist to the target side like a follow-through and finish.



3. Standing calf stretch - Find an immovable object (like a golf car) to lean forward on. Position your feet about a shoulder width apart and about two feet from the golf car. Lean forward while leaving the heels of your feet firmly planted on the ground. Adjust your position relative to the car (move closer for less stretch, further for more stretch).



4. Quadriceps stretch - Find an immovable object to

hold on to as you stretch. While standing on one leg, bend the knee and grasp the ankle of the non-support leg. Repeat the stretch on the other leg.

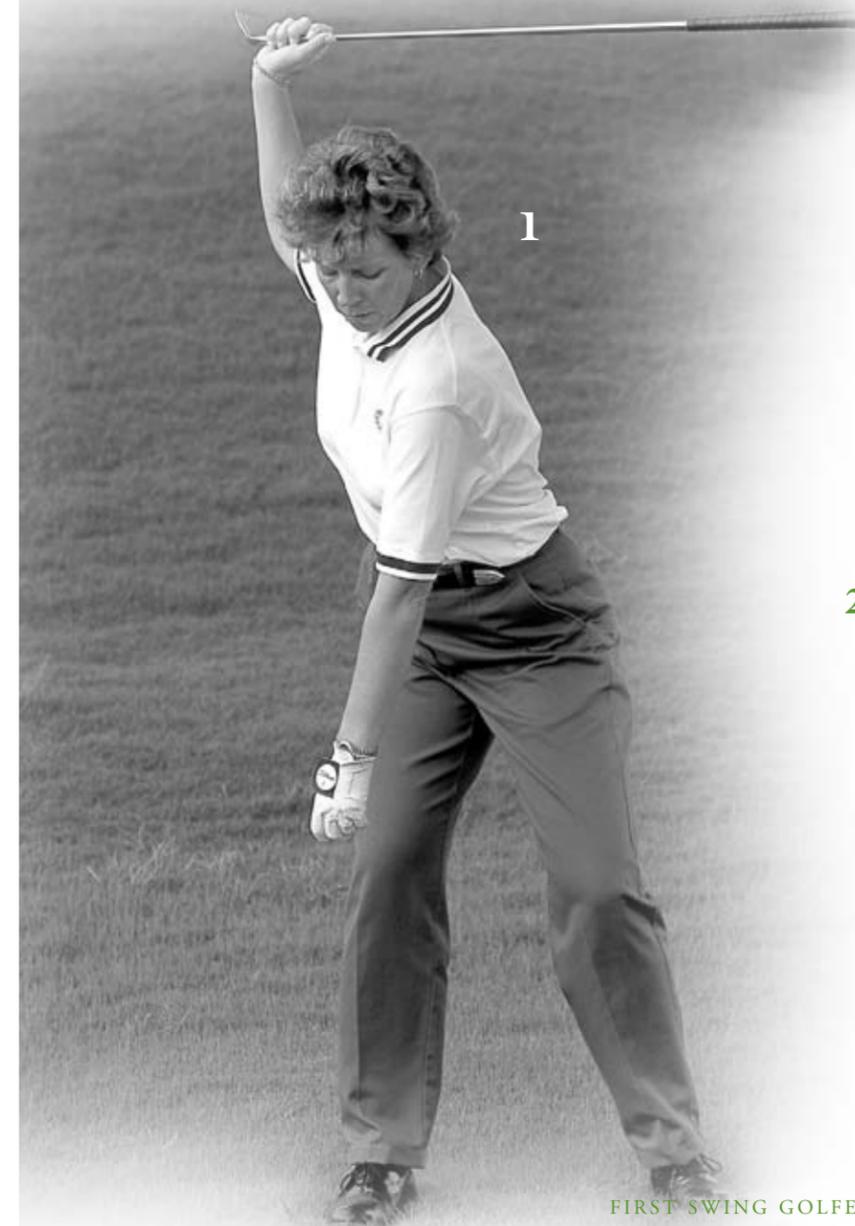
Practice Drills

The following drills are designed to teach you related concepts and help you get the most out of your practice time. Each drill is designed to improve your golf

swing mechanics and/or give you an idea about the swing itself.

Acceleration drills - A proper swing accelerates through the impact position. The term release is often used to describe this experience. To perform the acceleration drills follow the directions provided below.

1. Turn the club upside down and grip below the clubhead. Produce a swing and listen to the whoosh sound at the bottom of the swing or impact area. The louder the whoosh, the faster your swing.



2. Repeat the whoosh drill with the club in the normal golf swing position. Focus on hearing the club accelerate at the bottom of the golf swing.

