## <u>Full Swing Concepts and Practice</u> Alex Carper, PGA Wilderness Ridge Golf Club Lincoln, NE

## -Posture/Setup for Movement

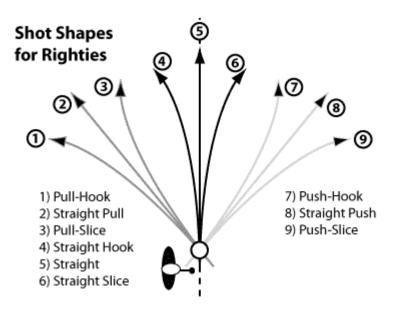
Golf posture needs to allow for mobility not just stability.



Jack and Robert Rock

## -Ball Flight Laws

Defining what really occurs with the flight of the ball and impact.



-Swing patterns and/or tendencies Understanding your true tendencies as a player and how to self correct.



## -Drills for improvement

Practice is having an intention with measurable feedback How far? How High? Curve Left/Right?

	(			TEST INFO				TOTAL SCORE				
	250	Dete:12/11/2012 Name:Edoardo Molinari DOB:11/02/1981 Hop:0				90,0 1 1						
		Mode	:Outdoor					Statistic	s (avg.)			
		Location Temp					Club Sp Ball Sp			112 1		
	STREET, STREET, ST	Wind					Attack			167 r -1 de		
	200	Notes	:				Launch	Angle		10 de	ig	
							Spin Rate 27				01 rpm	
(	140-2					-	544 WWW.	мүтэсомал	LCOM FOR MO	re statosci		
		Target	Score		Avg.	Shot 1	Shot 2	Shot 3	Shot 4	Shot S	Shot 6	
	1.9	60	82.8	From Pin in ft	9,5	9,8	3,7	9,5	9,6	14,5	10,1	
	1467	70	84.1	From Pin in ft	10,1	3,0	8,0	21,7	7,2	10,1	10,8	
		80	91.1	From Pin in ft	7,7	6,2	5,6	1,7	17,5	12,9	2,1	
coyds		90	89.4	From Pin in ft	9,9	8,1	10,4	11,7	15,0	10,5	3,9	
70yds		100	93.1	From Pin in ft	7,8	13,9	1,4	9,6	0,5	7,5	13,8	
s0yds — 90yds —		120	88.s 90.s	From Pin in ft From Pin in ft	14,2	10,9	18,9 17,0	13,3 10,0	17,3	17,5	7,2	
Øyds		140	94.0	From Pin in ft	14,4	8,0	17,0	10,0	13,6	10,7	1,5	
20yds - 10yds -		180	91.	From Pin in ft	16,9	7,9	9,1	8.8	32,4	13,7	29,4	
60yds 80yds	V A	Drive	94.4	Total in yds	305	303	311	301	306	314	297	
Drive	Carry yets	Drive	527	Side in ft	10.4L	24.6L	12.7L	34,3R	38.0L	22.7L	1.6R	