

Full Swing Concepts and Practice

Alex Carper, PGA Wilderness Ridge Golf Club Lincoln, NE

-Posture/Setup for Movement

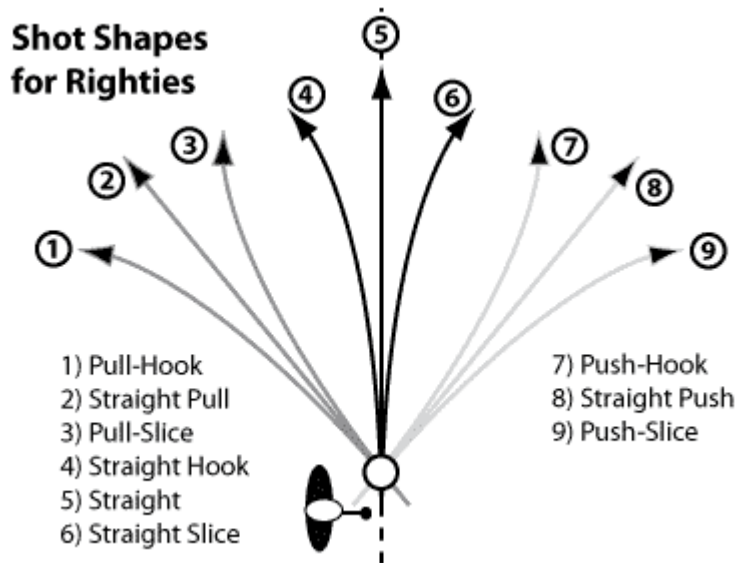
Golf posture needs to allow for mobility not just stability.



Jack and Robert Rock

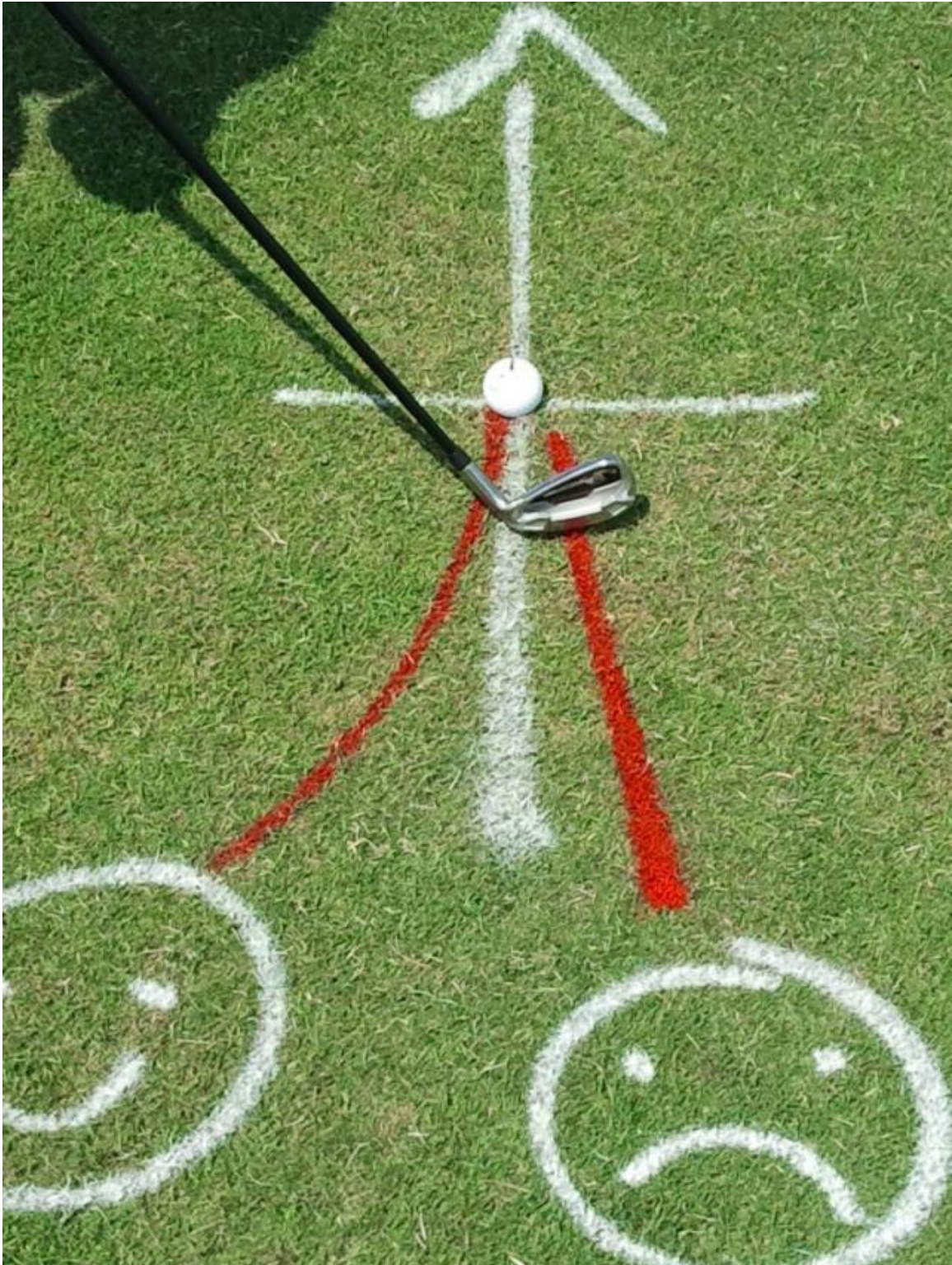
-Ball Flight Laws

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?

