

Golf Swing

- Stance:** ___ Feet Shoulder Width Apart
 ___ Slight Bend at the Knees and Hips
 ___ Back Straight
 ___ Arms Hang Comfortably Down
 ___ Eyes Directly Over Hands
 ___ Weight Centered Left to Right
 ___ Flat Footed
 ___ Chin down, Eyes on the ball

- Backswing:** ___ Arms, hands and club move as 1 unit
 ___ Weight shift to back foot
 ___ Wrists cock up at hip level
 ___ Hips turn to rear slightly
 ___ Back to Target
 ___ Hands high over rear shoulder
 ___ Club parallel to ground

- Forward-swing:** ___ Weight shifts to target side leg
 ___ Arms, hands and club start down as unit
 ___ Wrists uncock at hip level
 ___ Hips return to square
 ___ Target Heel is down
 ___ Arms, hands and club extended fully at contact
 ___ Front Knee rotates toward target

- Follow –Through:** ___ Wrists re-cock toward target
 ___ Level hips rotate toward target
 ___ Weight shifted fully onto front leg
 ___ Hips end facing target
 ___ Chest is facing target
 ___ Hands finish high over front shoulder