

## Swing Like a Champion Free Practice FP2

Complete the following activity, in addition to all of the FP1 activities, at any point during the day.

### Activity 6: Half-Swings

#### 1.1 Address

- Use practice station and/or setup sticks.
- Weight on insides of ankles, knees soft, shoulders back and down, **core engaged**, arms hang relaxed under shoulders.
- Stance width, ball position, body **alignment**.
- Sternum points at inside of left knee, hands in front of sternum.
- Right arm externally rotated.
- Left ear level with back of ball, club shaft vertical.

#### 1.2 Takeaway

- Turn shoulders 45°, pulling with right obliques and shoulder blade.
- **Centred** – left ear remains level with back of ball.
- 80% of **weight** shifted onto inside of right ankle, right glutes activated. Stay on the tush line and head line.
- Hands in front of sternum, **both** arms **straight**, lower body quiet.
- Right **wrist flat**, left **thumb on top** of grip, reaching away from target.
- Club horizontal, club head slightly outside hands, slightly toed in.
- Wrists soft and relaxed, arms free of tension.

#### 1.3 Transition

- Transition using left hip adductors and glutes to pull balance over left ankle.
- Shoulders remain closed, **left ear** level with the back of ball. Stay on **tush line** and head line.
- Flatten left wrist, keep **wrists soft** and relaxed – lag naturally.
- Flex right elbow, pull it in front of right hip, and point right forearm at target line. Pull down with left arm.
- Club shaft horizontal as hands move in front of right thigh, butt of club level with ball.

#### 1.4 Impact

- Turn around left hip, pulling with left obliques and hip muscles, sitting into left glutes as you pull them **back away** from the ball.
- Pull club down with left arm, extend right arm through impact.
- Wrists **soft** and relaxed.
- Drive into **ground** through left heel, pull against weight of club.
- **Left ear** level with the back of the golf ball. Stay on **tush** and head lines.
- Left side “**stacked**” over left ankle.
- At impact shoulders **square**, hands in front of your left thigh and in line with sternum.
- Back of left wrist facing target, slightly **bowed**, big knuckle pointing at ground.
- Right foot rolls onto inside of shoe, **maintain gap** between knees, keep right knee behind toe line.

#### 1.5 Follow-Through

- Release club through impact and into follow-through.
- Right arm **straight** as club shaft in line with it.
- Spine **extends** through until the club is horizontal.
- **Left ear** still level with back of ball, hands in front of chest.
- Stay on **tush line**, close to head line.
- Let head turn to follow ball, see club head **blur over target** at end.

### Repeat

Play 5x5 shots at 10%, 30%, 50%, 70% & 90% speed, same backswing. Step away, shake off any tension, and repeat as often as possible. Focus on form and quality of strike, when consistently excellent progress to FP3.

### Be Accountable

If you faced any particular issues, record them in your session log **now**. At the end of every day, think carefully about what you have achieved, and the issues you’ve faced, and write them down in your free practice log.

Golf Loopy Swing Like a Champion Free Practice FP2

Date: \_\_\_\_\_ Location: \_\_\_\_\_

What I focussed on: \_\_\_\_\_

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What I did well: \_\_\_\_\_

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Lessons learned: \_\_\_\_\_

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Action plan: \_\_\_\_\_

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Date: \_\_\_\_\_ Location: \_\_\_\_\_

What I focussed on: \_\_\_\_\_

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What I did well: \_\_\_\_\_

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Lessons learned: \_\_\_\_\_

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Action plan: \_\_\_\_\_

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