

Training Guide



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the shoulders, arms, hands and club head moving together for the first foot of the backswing. Your wrists should hinge soon after this point.

During the downswing, it's essential that you move your back knee toward the front knee as you transfer your weight to the right side (for right-handed golfers). At impact, your weight should be distributed evenly to both sides. A helpful mental image is of two cymbals placed on the inside of both knees clanging at the point of contact.

Make Practice Fun

Most people just don't like to practice because they don't make it fun and interesting. To get the most from your practice sessions you must practice with a purpose and find ways to make it fun. If you find yourself hitting ball after ball with no purpose for each shot, you're probably not having fun but more importantly you're doing little to improve your game. Try to be a more creative when you practice by using the following drills or creating your own.

Short Game Ladder Drill

At the range, grab your wedge and hit a full shot. Hit your next shot about half the distance of your last shot. Then try to hit your next shot half that distance and so on. This drill ensures you're thinking about each swing and helps with distance control.

Target Practice Drill

Select a target on the range that is near the distance you normally hit your driver. Take aim with your driver and hit a series of shots until one of the shots lands close to the target. Next select a target that is 150 yards out, using the club you hit that distance hit a series of shots until one lands close to that target. Do the same for targets at 100 and 75 yards.

Getting Started

Tips for the Beginner

Golf is a great game that provides a lifetime of enjoyment; at each level of proficiency a whole new aspect of the game is revealed, ensuring there is always a challenge.

The following tips will ensure you'll have fun and enjoy the challenge of unleashing the golfer within you.

- **Early in your development limit the number of rounds you play.** In fact, don't play at all if possible. Learn the basics of the golf swing and etiquette of the game before you try to play. This will save you a lot of frustration and decrease the likelihood that a bad experience on the course will turn you away from the game forever.
- **Learn the basics of the golf swing on your own.** You won't be effective until you are proficient at the basics, so by doing it at home, by yourself can remove much of the embarrassment that is often felt by beginners.
- **Take at least three lessons from a PGA certified professional.** Practice the techniques you learn in each lesson at least 3 hours before taking the next lesson. You can find a PGA professional in your area on the Internet at: <http://www.pga.com/improve/find-an-instructor>
- **Take note of your personal traits.** Are you overly competitive? If you are, remember the road to becoming a good golfer is bumpy with bad shots, bunkers, water hazards and triple digit numbers on your score card. If you want to master this game you will have to commit a substantial amount of time to practice.
- **There are no short-cuts to improving at golf.** Improvement in any sport requires practice; this is especially true for golf. You cannot expect to improve without practicing.

Golf and Practice

Golf should be learned from the hole back to the tee, but most of

us don't do it that way. If you go to any golf course or practice facility you will notice that most people work exclusively on their full swing virtually ignoring their short game.

Feel is a big part of the game and it is easier to develop feel working on the short shots. The swing is softer and slower so you get more feedback. You hit more solid shots and you can carry this feel over into the long game. During a round of golf you won't hit every shot perfectly or hit every green in regulation so you will have to rely on your short game for help. Learn it and practice it right from the beginning and you will never be sorry.

Even the tour players who are the best players in the world rely on their short game to score. This is what sets them apart. They seem to have the uncanny ability to turn a potential bogey into a par whereas amateurs turn it into a double bogey. Although you may not reach their level of ability from tee to green, we all can certainly learn to chip, pitch and putt as good as they do.

So now that you've made the commitment to play golf, it is essential for you to develop a good practice routine and to allocate your practice time effectively. You should spend at least 60% of the time on the short game, which includes chipping, pitching, sand bunker shots and putting. This is the area that will allow you to shoot lower scores. Also you will have more success in hitting good shots which will build your confidence. This is the scoring area and no matter what level of skill you achieve in golf it will always be of great benefit to be efficient around the greens.

20% of the time should be spent working on tee shots. Being able to get the ball in play off the tee often sets the tone for how well you'll play the hole.

The other 20% of your time should be spent on the fairway shots (i.e., irons and fairway woods).

Prepare Your Body

Maximizing flexibility is critical for playing your best golf. The more flexible you are the better chance you'll have at making a well balanced, optimal golf swing with maximum club head speed. There is debate as to which flexibility exercises are the best for golf.

Knowing your limitations going into a stretching program is very important. If you have joint or muscle limitations, you should see your doctor before you start. Flexibility training should be done daily to obtain significant improvement. As we get older, flexibility

Hinge Your Wrists for Power

Many golfers have problems hitting solid iron shots due to two flaws. First, they do not hinge their wrists until too late in the backswing. Second, the arms tend to swing too far in the backswing along with a minimal shoulder turn. This causes a breakdown in posture and usually leads to a reverse pivot. These flaws cause miss-hits and a lack of distance and control.

A few simple steps can be taken to limit the length of the swing and to improve the wrist hinge. At setup, a 45-degree angle should be present between the left arm and the club shaft. This starts the swing with the wrists already hinged halfway to the necessary 90 degrees. During the first part of the take away the shoulders should rotate (i.e., rotate around the spine) while the wrists simultaneously hinge. Note there should be little if any arm movement relative to the chest in this part of the swing. The goal is to get the left arm parallel to the ground half way through the back swing and have the club be perpendicular to it. This sets the wrists much earlier in the backswing, eliminating the need to swing the arms too far at the top. This back swing will feel compact and controlled.

Stiff Your Chips

The most important aspect of chipping is to make sure that your lead arm and wrist remain firm (i.e., does not break down or flip) during the chipping motion. The instant you do this, two things happen and neither are good: The loft of the club changes, which alters the trajectory and amount of roll. Also, your swing depth changes, which can result in thin (e.g., dreaded skull shot across the green) or fat shots.

To ensure that neither of these things happens, work on keeping your arm straight and your wrist firm during the shot. If you're having difficulties, place a rubber band around your lead wrist and slide the butt end of the club under it, holding the club close to your wrist. This will give you the correct feel when chipping the ball.

Perfect Pitch

A key element of pitching is to address the golf ball with a slightly open stance in relation to your intended target line and position your feet such that the ball is forward in your stance. Keep your weight on your heels for balance and your hands even with the ball (no need to forward-press). The takeaway should be in one piece, with

serving your reflection in the CD ROM.

2. Dispense a ball from the Teego then putt it. Do not watch the ball, but rather monitor your reflection throughout the stroke.
3. Repeat steps 1-2 until you can consistently putt the golf ball and maintain your head position directly over the ball.

Tips

Position Check

Make sure you're on-plane at the top of the swing to guarantee solid ball striking and increased accuracy. Check that your right forearm is parallel to your spine angle at the top of your back swing (for right handed golfers). Also ensure that the back of your right hand is parallel to your right forearm (i.e., this is often called having a "flat" wrist). Those checks are indications that you've rotated your shoulders into the backswing perfectly.

45, 45, and 10

Remember that a controlled and repeatable golf swing is 45% shoulder turn, 45% wrist hinge and 10% arm movement. The more you swing with your arms the less control and consistency you'll have with your golf shots.

Keep the Knee Flex

If you straighten your back leg during the backswing, your body will likely tilt out of balance, making it tough to re-flex the knee just the right amount in time for impact. This is a consistency killer! To keep your swing on plane, your knee flex should be maintained from address to just after impact. A good way to experience what it feels like to keep the flex through your swing is to look in a mirror while you take practice swings. Start with the setup position and look in the mirror and take note of the knee flex. Next, swing to the top, hold that position and look in the mirror to see if you maintained the flex in your knees (particularly the right knee for right handed golfers).

becomes a greater issue when attempting recreational activities such as golf. The following guidelines will allow you to get the most out of your flexibility program, and play your best golf!

Warm Up Before Stretching

A "warm" muscle is easier and less painful to stretch than a "cold" muscle. Always warm up prior to stretching in order to get blood circulating throughout your muscles. The warm-up should be a slow, rhythmic exercise of larger muscle groups done before an activity. This provides the body with a period of adjustment between rest and the activity. The warm-up should last about 5-10 minutes and should be similar to the activity that you are about to do, but at a much lower intensity. Once you have warmed up at a low intensity for you can stretch.

The following warm-up exercises are ideal for golfers as they focus on rotational flexibility.

Overhead Extension

1. Grab a club just outside shoulder width
2. Hold the club over head with your arms extended
3. Feet should be shoulder width apart
4. Bring the club down to your legs and raise again
5. Repeat that movement for 15 seconds

Overhead Side Bend

1. Grab a club just outside shoulder width
2. Set your feet shoulder width apart
3. Hold the club extended overhead
4. Lean your torso to one side feeling stretch on opposite side
5. Hold for 5 seconds, switch to the other side and repeat
6. Repeat each side 3 times

Golf Rotations

1. Place a club over your shoulders behind your head
2. Grasp each end of the club
3. Assume golf posture and rotate your torso back and through
4. Keep your lower body still and feel the stretch in mid section
5. Repeat each side 10 times

Golf Good Mornings

1. Slightly flex your knees
2. Grab a club at the ends

3. Let your arms hang relaxed in front of you
4. Stretch your hamstrings and lower back by lowering the club down toward your toes bending at the hips
5. Return to the starting position and repeat 15 times

Side Lunge

1. Hold a club behind your neck, looking straight ahead
2. Step out to one side feeling a slight pull up the inside of your leg
3. Go to the other direction and repeat
4. Stay very upright

Stretch Before and After Practicing

To prevent injury it's recommended that you stretch before practicing and that you stretch after practice to reduce muscle soreness and stiffness. Your body temperature should be optimal for stretching after practicing. So in order to achieve maximum results in range of motion and other benefits, it is highly recommended that you do static stretching at this point. and controlled.

- Swing at about 10% of your full swing speed.
3. Repeat steps 1-2 ten times
 4. Increased your swing speed by 10% and repeat steps 1-2 ten times
 5. Repeat step 4 until you reach 100% swing speed

Putting Drills

Par for a golf course is typically 72 strokes for 18 holes. It is based on the length of a hole plus two putts, always two putts. So for 18 holes you're allocated 36 putts, which is HALF of the strokes for par! Needless to say putting is very important aspect of the game.

The Ladder Drill – (Short Putt Confidence)

On the practice green, find a straight, slightly uphill putt. Align 5 tees in a row a foot apart starting 3 feet from the hole out. Place the Teego (filled with balls) where it will dispense next to the first tee at 3 feet. Play a game that begins from first tee at 3 feet, where you must make 3 of 4 putts before you can proceed to the next tee position. Try to graduate all the way up to the 5th tee moving the Teego to each new position. You will find this drill reinforces confidence by repeating success. You will make far more putts than you miss using this drill, and enough practice with it will carry over into your next round of golf.

The Reflection Drill – (Head Position)

In order to see the line of the putt and make an on line putting stroke, it is essential that the eyes remain directly over the ball. If your eyes are inside the line of the putt an inside-to-out stroke may result, and conversely if the eyes are too far across the line of the putt an outside-to-in stroke may result. Either motion is destructive to consistent putting.

One sure fire way to ensure your head position begins and remains directly over the ball is to place a mirror (or something reflective) underneath the ball. In this drill the mirror is the underside of a CD ROM. To get setup take a CD ROM flip it upside down (shiny mirrored side up), position the Teego such that it dispenses the golf ball on the hole in the center of the CD ROM. Now do the following drill,

1. Assume your address position and adjust as needed to get the eyes directly over the line of the putt by ob-

point straight up and be away from the wall. If the club head touches the wall, then you know you need to practice your take-away by first leading the backswing with the upper body along the target line. Once the upper body can't turn comfortably anymore, the lower body then kicks in to round out a complete backswing.

Stop at the Top Drill – (Balance & Swing Path)

Second in importance only to a proper setup is balance. Most golfers fail to properly maintain their balance throughout the golf swing. This is the primary cause of inconsistent ball striking (i.e., thin shots, fat shots, shanks, etc.) and loss of power.

For this drill you want to get the feel of balance in your mind's eye, so keep your eyes closed for steps 2-6.

1. Take your address position
2. Close your eyes and feel your balance evenly distributed across both feet and somewhat back on your heels
3. Keeping your eyes closed make a back swing and stop at the top
4. Feel your balance and note that more weight is now on the inside of the back foot
5. Start your down swing, you should feel the weight move to the front foot, and stop at/near impact
6. Continue your swing to the finish and hold the position, you should feel more weight on the front foot
7. Tap your back toe on the ground. If there is too much weight on the back foot you will not be able to do this without losing balance

Slow Motion Shots – (Balance & Tempo)

By starting with small slow swings and working your way up to a full swing, you improve your balance by training your muscles not to over swing.

This drill is usually best done with a driver as that's the club with which we all tend to over swing.

1. Assume your setup position then dispense a ball from the Teego (i.e., tap the ball release button)
2. Take a full swing IN SLOW MOTION and hit the ball.

Training with GTS

Introduction

The Teego Golf Training System (GTS) allows you to practice efficiently indoors or outdoors any time you want. The key component of the system is the Teego golf ball tee-up and dispensing machine. By teeing up and positioning the golf ball for every shot, it allows you to focus on your swing and maintain your body position between shots. This conserves energy and prevents "erasing" muscle memory by resetting between practice shots.

Muscle Memory Training

In general, muscle memory is created over time through repetition of a given sequence of motor skills and the ability through brain activity to instill it such it they become automatic/subconscious. Activities such as brushing your teeth, combing your hair, or even driving a vehicle are not as easy to a beginner as they look.

As one reinforces those movements through repetition, the neural system learns those fine and gross motor skills to the degree that one no longer needs to think about them, but merely to react and perform appropriately.

Of course the sequence of motor skills we're concerned with is your golf swing. Once your swing becomes subconscious your on-course play will improve dramatically as your focus will be on shot making and course management rather than swing mechanics. In golf, muscle memory is extremely critical and important to the consistency of making the same golf swing. This consistency in the golf swing is where most players fail.

The purpose of the Teego GTS is to help you achieve an unconscious and consistent golf swing.

To get the most out of the Teego GTS, your practice routine should include muscle memory training. However, before you engage in muscle memory training with the system, ensure you've learned the fundamentals of the golf swing. You do not want to engrain improper swing movements. So, if you're a beginner we suggest that you start by reading the book "How I Play Golf" by Tiger Woods. We also recommend that you take a series (3 to 5) lessons with a PGA certified teaching professional.

The Routine

The following steps constitute the Teego muscle memory training routine.

- Get into a well balanced and natural feeling setup position. Make a mental note of your pre shot body angles and position.
- Using the head of your driver, tap the Teego ball release button to dispense or tee up a golf ball.
- Using your natural tempo swing and hit the ball into Teego cage net. Try not to take your eyes off the spot where the ball was sitting, in fact try to focus on the top of the tee or the turf after the ball is gone. This will help you maintain your body position throughout your swing.
- Keep the same body position and angles, then repeat steps 2 & 3 four more times. DO NOT go through your pre-shot routine; remember this is muscle memory training.
- Back away and go through your normal pre-shot routine.
- Using your natural tempo swing and hit the ball into Teego cage net. Try not to take your eyes off the spot where the ball was sitting, in fact try to focus on the top of the tee or the turf after the ball is gone.
- Repeat steps 5 & 6 5 times.
- Repeat steps 1 through 7 using a different club.

Full Swing Drills

Hanging Arms Drill – (The Setup)

While holding a golf club (e.g., a 8-iron), stand in front of a full-length mirror with your feet slightly less than shoulder width apart; bend from your hips/waist so that your upper body tilts forward approximately 45 degrees. Keep your back straight and your head in line with your spine, don't tilt it downward (i.e., keep your chin up). Next, bend your knees slightly. Most golfers bend at the knees too much and not enough from the hips/waist. Finally, let your arms and club drop toward the ground (they'll naturally hang straight down if you've achieved the correct posture). Now take a practice swing and try to maintain the 45 degree spine angle throughout the swing. Repeat as often as possible. This drill will

improve your body position at setup, which will enable you to make a more complete shoulder turn without a lot of arm and hand action.

Feet Together Drill – (Timing & Balance)

This full swing golf drill promotes several good things such as good balance, rhythm, and timing. To do this drill,

- Dispense a ball from the Teego onto a tee
- Address the golf ball as if you're going to take a full swing and put your feet together so the ball is directly in front of your feet.
- Hit a few short, partial swing shots keeping your feet together and maintaining your body position between each shot. Use the Teego to tee up the ball for each shot so you can maintain your body position.
- Work your way up to full swing shots and focus on maintaining balance throughout the swings.

The more comfortable you become swinging with your feet together the larger swing you can make and eventually place the golf ball on the ground. As you will quickly find with such a narrow balance point, this drill tests and promotes good balance and pace during your golf swing. Your goal is to hit a solid (not far) golf shot while not falling off balance. The feet together drill demands that you swing in a controlled manner or you'll find yourself literally falling down!

Back to the Wall Drill – (Swing Path)

A very common swing fault occurs when golfers take the club too far inside the target line during the first part of the backswing. Usually, this move is caused by a backswing that's controlled too much by the arms rather than a rotation of the torso. This leads to a multitude of bad shots such as push slices, topped shots and duck hooks.

The Back to the Wall drill fixes this problem. Situate yourself with a wall behind you and take your address position with your rear end lightly touching the wall. Now, slowly take your backswing until your hands reach waist high. (You may want to put a head cover on your club if you think you may hit the wall). If you find your club head touching the wall, you're swinging the club too far to the inside!

Once the hands reach waist high, the toe of the club head should