Swing Inside The Sphere
Purpose: Naturally positioning you into a balanced athletic golf stance.
Take your normal golf stance in the center of the Orange Peel with the white line bisecting your feet. Perform all of the above Orange Whip drills from this position.

Golf Course Lies
Purpose: Developing rhythm and balance from any lie angle.
Take a stance anywhere within the Orange Peel. From your chosen stance, practice your normal swing to build rhythm and balance allowing you to be more consistent on the golf course when faced with a variety of lie angles.

Hinging Forearm Rotation
Purpose: Training the body to properly release the golf club.
With one hand hold the Orange Whip at the bottom of the grip. Swing the Orange Whip in a back and forth motion, allowing your wrist to hinge and unhinge. Use your footwork to control the pace and maintain balance. Repeat using opposite hand.

Torso Twist
Purpose: Synchronizing upper and lower body through proper foot work.
Stand fairly erect with your feet shoulder width apart; arms extended at stomach height, holding the center of the Orange Whip with palms facing the sky. While keeping the Orange Whip and shoulders parallel to the ground begin slowly rotating back and forth in a continuous motion. Be sure to engage your feet while maintaining balance.

Approach Training
Uphill
Downhill
Standard Position
Purpose: Naturally positioning you into a balanced athletic golf stance.
Take your normal golf stance in the center of the Orange Peel with the white line bisecting your feet. Perform all of the above Orange Whip drills from this position.

Pitching/Chipping
Purpose: Positioning you into a proper short game setup.
Take stance as illustrated, positioning the weight on the front foot. Practice your normal short game swing. The result is a proper angle of descent, creating distance control and greater overall accuracy.

Short Game Training
Train your hands
Begin by allowing the wedge or putter head to swing freely from your wrists, elbows, shoulders and body. The Orange Whip will help you find your sequence, rhythm and balance.

Impact training
Good rhythm and sequence leads to solid contact. Allowing the Orange Whip Wedge or Putter to load and unload at the correct time will help you make solid contact.

Distance training
Solid contact gives you the ability to control your distance. You will now be able to chip or putt your ball to a spot and predict the runout to leave your ball close to the hole.

For Instructional Videos, visit OrangeWhipTrainer.com/Video