



2 Day Golf Lesson – Checklist

Print this form, check off the ones that need attention, and bring a copy with you to the first lesson.

- Goal setting
- Learning to self-diagnose your own swing.
- Overall equipment analysis lie angle, driver loft, grip size and shaft flex.
- Basic position of the ball, hands, stance, posture for all clubs.
- Improving your practice swing to improve your game swing.
- What fundamentals of the golf swing you should use for your body shape and strength.
- How to warm up for the 1st tee when there is no time for hitting balls.
- How to use a mirror to improve your swing.
- The use of each club in the set. Subtle changes between them.
- Practice 100yd, 125yd, & 150yd shots
- Practice 30yd, 50yd, & 75yd shots.
- Subtle changes in hitting from fairway slopes. Where does the ball position change to?
- Proper way to use the driver. Change of ball pos. and spine angle.
- Fairway woods. The changes in setup & when to use them.
- Playing intentional curved ball flights, Slice, Fade, Draw and Hook.
- Chipping with 7, 8, 9, PM, SW & 60.
- Backward chip against tree.
- Toe chip and where to use it.
- Need to know a bellied wedge. When to use it.
- "U" & "V" swings for chips & pitches.
- Learn the chip putt, when to use.
- Flop shot, how and when to play it.
- Change in swing and clubs for windy conditions.
- "U" & "V" swings from the rough.
- Practice punch draw and fades.
- Using the "U" & "V" swings in bunkers.
- Fairway bunker
- Developing a putting routine
- Putting, "Pop" verses "Pendulum." When to use.
- Advanced green reading. Adv slopes, textures, grains, colors. time of day
- Putting drills
- Etiquette, good understanding.
- Routine for alignment.
- What are the elements of a tour player's routine?
- How to keep stats, fairways, greens, putts, up & downs.
- Gaining clubhead speed through equip, and exercises.
- How to play a course you've never played before.
- How to better play your home course.

Other suggestions or comments:
