**Golf Swing Check-list Name:**

|  |  |  |
| --- | --- | --- |
| http://www.golfdigest.com/images/instruction/2007/09/inil01_jjhenry.jpg | http://www.golfdigest.com/images/instruction/2007/09/inil01_jjhenry.jpg | http://www.golfdigest.com/images/instruction/2007/09/inil01_jjhenry.jpg |
| http://www.arenapoort.nl/wp-content/uploads/2014/07/geoff-ogilvy-swing-sequence.jpg | http://www.arenapoort.nl/wp-content/uploads/2014/07/geoff-ogilvy-swing-sequence.jpg | http://www.arenapoort.nl/wp-content/uploads/2014/07/geoff-ogilvy-swing-sequence.jpg |

|  |
| --- |
| **COACHES**  Be sure to **CHECK** every box (YES or NO) in the checklist. **SPEAK** to your partner. **MOVE** their body parts if necessary. **CELEBRATE** excellent execution. Strive for **AWESOME!** |

|  |  |  |
| --- | --- | --- |
| Checklist | Yes | No |
| **Starting stance** | | |
| Grip |  |  |
| Knees bent |  |  |
| Butt high |  |  |
| Back straight “Chest out” |  |  |
| Left hand in line with your left thigh “create the Y” |  |  |
| **Backswing** | | |
| Turn hips-shift weight to back foot |  |  |
| Shoulder below your chin |  |  |
| Left arm straight |  |  |
| Wrist cocked |  |  |
| Back to your target |  |  |
| **Finish** | | |
| Weight on your front foot |  |  |
| Hips towards your target |  |  |
| Up on the toe |  |  |
| Hands high |  |  |
| Hold the follow through for five seconds. “Lengthen the finish” |  |  |

**Today I made a difference**

**I am proud of my efforts**