

GOLF MADE EASY: FUN-DAMENTALS OF GOLF (X234)

Course Content Overview

Week 1: The 176 things you have been told about your golf swing are not true. Let's discuss what is true about the game and how to apply that truth.

Week 2: You do not pound nails with a Screwdriver. How are the tools of Golf (clubs) designed to be used?... Changing how you think about the game.

Week 3: Throwing frisbees and skipped rocks. The role of the hands in the game. (It's everything) gross and fine motor skills.

Week 4: Making contact and the flight of the ball. Reading the instant feedback. Slices, Hooks and Shanks, Oh My!

Week 5: Application of our new knowledge. Skill development and game/course management. Where is the reset button when things go wrong?...