

THE SIX MONTH PLAN

ACCURACY

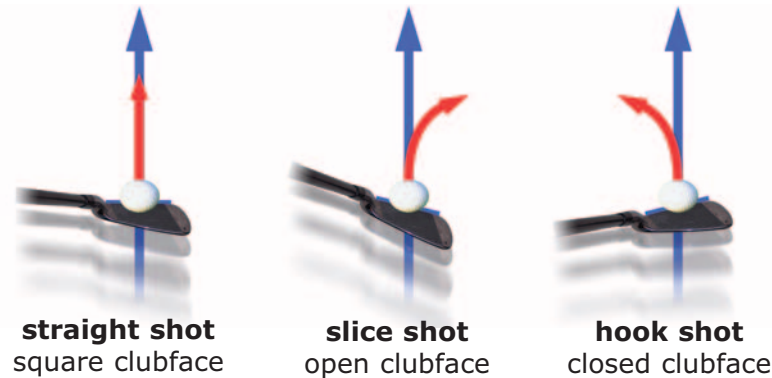
PART 2

by John Bertges

What causes distance in the golf swing is somewhat of mystery to most of us. You've probably tried it all at some point if you played golf for a period of time. You might of heard; swing your arms, drive your hips, make a weight shift, coil your body, pull with your lead arm with little or no results. I can tell you now, these are not the answer. It's probably not the thousand other things you were told either. If you want to hit the golf ball far you need to understand where the power comes from in the golf swing. As far as distance goes when it comes to hitting a golf ball it's all about the clubhead speed.

Basic Grip Drill -

Let your arms hang freely at your side. You should see two to three knuckles on the outside portion of each hand. Next, grip the handle in this same manner with your lead hand (two to three knuckles showing). Notice, wherever you turn or rotate your hand the clubface will reflect in the



straight shot
square clubface

slice shot
open clubface

hook shot
closed clubface

same direction. With the club off the ground, grip the club in your trail hand. Place the lead thumb into the pocket or line-line of the trail hand. You will also see about two knuckles in the trail hand with the club off the ground. (Note, you will not see two knuckles in the trail hand with the club on the ground. Your back forearm will block the view).

STEP 3 - CONTROLLING THE CLUBFACE DURING THE MOTION

John Bertges Biography:



John has spent over fifteen years traveling around the world teaching & coaching the game of golf. He has trained with top PGA touring pros and well-known instructors in the business. He has spent time at the world renowned PGA West in LaQuinta, California, studying golf swing mechanics with such notables as Mac O'Grady.

In 1995, John became a Class A member of the PGA of America. In 1998, he became a Master Professional of the Professional Golf Teachers and Coaches of America.

From 2000 through 2002, John was a Division III women's golf coach. He led his team to two consecutive conference championships and a top ten finish in the NCAA Women's Golf Championship. He was awarded "College Golf Coach of the Year" two years in a row by the NCAA's CCIW Conference.

In Asia, John is honored as being the first ever golf professional to teach a golf instruction certification school in China. To date, John has taught over 15,000 individual lessons around the world.

Presently, John operates Bertges Golf Academy, Inc. He is also the director of instruction for all Guaranteed Golf Schools in Indiana.



illustration #1



illustration #2



STEP 2 - CONNECT YOUR HANDS TO THE HANDLE

Our only connection with the club is through our hands by grip or handle. The clubface is an extension of our hands. Our hands direct the clubface during the swing.

Basic Grip Drill -

Let your arms hang freely at your side. You should see two to three knuckles on the outside of each hand. Next, grip the handle with your lead hand with two to three knuckles showing. Notice, wherever you turn your hand the clubface reflects in the same direction. With the club off the ground, grip the club in your trail hand. Place your lead thumb into the pocket or line-line of the trail hand. You will also see about two knuckles in the trail hand with the club off the ground (photo below). Note, you will not see two knuckles in the trail with the club on the ground. Your back forearm will block the view.



STEP 3 - CONTROL THE CLUBFACE DURING THE SWING

Table Top Drill -

With your new grip, hold the club out in front of your body. Keep the shaft horizontal to the ground, as if it were lying on a table. Notice that the clubface will be pointing straight up and down in a vertical position or perpendicular to the shaft. Next, begin gliding the shaft back and through on this imaginary table. The clubface should remain square at all times or vertical both back and through. Only go back and through 90° on each side. In order to do this exercise correctly, you will notice the roll of your hands and arms are minimized. Your body and large muscles control the rotary movement of the shaft. Ultimately, it is the body that controls the shaft. The shaft controls the hands. The hands are equal to the clubface.

STEP 4 - AIM OR ALIGNMENT

Traditional alignment theories for golf place the body parallel to a ball-target-line (the ball-target-line is an imaginary line that runs through the ball to the target). The body; including the heels, knees, hips, shoulders, forearms, and eyes – should all run parallel to this target-line. While this is all good advice and we certainly advocate its intent, one of these elements is much more responsible for the path of your ball-flight than all the others combined.

Unfortunately, it is vastly overlooked. It is your eye-alignment. The golf swing is a circular motion. Picture the club swinging around a center point on our body. This center axis of the golf swing is near the center of your chest. It is far more critical to align the hub or center of the body in the direction you want the ball to fly rather than just the feet, knees, or rest of the body. Your eyes are nearest this hub and thus most important. Even though the rest of your body can be aiming somewhere else, your eye-line at impact directs the path of your shot. Think of your eye-line as similar to the barrel of the gun. If your eye-line shifts or moves during the motion, so does the barrel.

Sure, pros keep their feet aligned parallel to the target. They do this not because it is the most influential aligning tool. They do so because it's visibly unacceptable not to. It just looks bad to keep your feet aligned somewhere else... How many times have you hit shots that ended somewhere rather than where you intended. You may have even put a shaft on the ground after a misguided shot, just to find that your feet were aimed precisely at the target. Frustrating, right?

Eye-Line Drill -

Hold a shaft with your right hand about 6 inches away from your eyes. Keep the shaft running parallel to your eyes (see photo #4). Next, begin making swings. Aim the shaft in different directions keeping the eyes parallel to it. Notice how your swing is influenced into the same direction. Pay close attention to the eye-line position especially during the downswing. Soon, you should be able to hit shots in the same direction you are aiming, an obvious advantage in playing consistent golf.



photo #4

STEP 5 – PUTTING IT ALL TOGETHER

It will take time to learn your new motion. It will take even more time to be able to repeat it without thought. Repetition is the key to turning a new motor skill into habit. Here is a drill that incorporates all the steps.

Combo Drill -

Place a board along your ball-target-line. Position a golf ball an inch inside the board. Assume your normal grip. Repeat the Table Top drill three times before each shot, but keep your eyes in-line with the board at all times. Notice how your body is rotating back and through, all except your eye-line which is stationary to the board. Next bend from the waist and hit a 1/2 shot over the ball. Try to feel the same motion as in the Table Top drill. Soon you will have this motion ingrained in your swing.

I am confident you will have much success gaining accuracy over the next two months when you follow this simple program. Daily repetition is the key to your success. Next issue: Distance.

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PROGRAM SCHEDULE

- Do steps 1-3 daily for three weeks.
- Integrate steps 4 & 5 while hitting balls weeks 4 through 8.