

The Pure Point Golf

Driver DVD Special Outline

“Instruction to Focus on”

Purpose: This instructional resource was included for your reference. The points outlined in the following sections are what we have deemed essential for you to see success with your driver. Use this as a guide throughout the DVD and a reference on the practice range.

Sections:

1. The Driver vs. Irons

- Select a higher lofted driver
- Avoid lower lofted driver

The more loft on the driver, the less side spin that driver will produce. It's very important to understand and analyze your specific needs before getting a driver. Another important note – Not everyone will hit an 8 degree driver further than a 10.5 or 11 degree driver. So don't assume that lower loft means more distance.

“To add some extra distance really take into consideration the type of climate that you live in. If you live in the dryer climates like Arizona or Texas (or even in August in the Midwest), you can expect the ball to roll more once it hits the fairway. So a lower lofted driver would be acceptable and give you more distance off the tee. However if it is May in the Midwest a higher lofted driver will suit you better. Solely because it will carry the ball farther then the lower lofted club.”

-Bobby Eldridge

Director of Golf Academies

2. Top's and Pop-up's

- Reasons why top's occur:
 - Incorrect Posture
 - Weight is on your heels
 - No weight transfer through the ball
 - Lifting head too soon

- Reasons why pop-up's occur:
 - Teeing the ball too high
 - Posture too bent over
 - Weight is on your toes

“Make sure that your weight is distributed 50/50 on the inside portions of each foot. This is essential for your growth and development as a player. It's very easy to get fatigued and loose concentration on the 14th hole and favor one side. Sometimes the simplest fundamentals in golf are overlooked by the majority of players”.

-Kyle Hallberg - Director of Instruction

3. The Slice and Hook

- Grip causes the majority of hooking and slicing
 - Slice: Grip might be too weak. Strengthen it up.
 - Hook: Grip might be too strong. Weaken it up.

“Why do the majority of golfers slice the ball? I'm convinced that many players don't see the importance of really rotating their hands through the impact zone. There are many adjustments at setup and throughout the swing that can be made to help you with your slice. But the #1 slice-busting fundamental is to make sure that you are rotating your hands properly through the impact zone. This is essential. A stronger grip will help you rotate your hands naturally and automatically”

-Kyle Hallberg - Director of Instruction

4. The Push and Pull

- Shoulder Alignment controls pushing and pulling
 - Push: Shoulders might be aligned right of your intended target. Square them up and make sure they are at your intended target
 - Pull: Shoulders might be aligned left of your intended target. Square them up and make sure they are at your intended target.

“Over the past 30 years of teaching I've been blessed to stand on practice tees all over America and watch some of the really great players of the game. Tour and amateur players. Be aware of 2 important qualities of a tour player that they value:

- Shoulder alignment

- Path of the club head

Many of them think that they go hand in hand. And if they fail to successfully complete one of these aspects, their entire swing will be affected. Pay close attention to shoulder alignment and your set-up will be tour quality”.

-Bobby Eldridge

5. Developing Your Awareness

- **Make sure you are not under OR over swinging!**
- Keep your front foot on the ground throughout swing

“Think back to your first round of golf. Who were you playing with? Where were you playing? And *what* were you playing with? Many of us don’t remember the swing thoughts on the first tee. Over the years one major aspect of your game has been consistently in development, that you may not be aware of - tempo. Whether you started to play when you were just a child or older in age, your tempo was probably not developed correctly. Tempo has to be learned as a player. This is one of the most challenging aspects of the game to many players. Find the right tempo for you and realize that it could change as you grow into your maximum playing ability and best possible swing.

-Kyle Hallberg – Director of Instruction

6. The Set-up and Alignment

- Stand up straight at address and reach out more for the ball.
- Feet Pointed out gives power.
- Weight is on the balls of your feet.
- Hands are in a different position than with your iron swing.
- Choose to setup with a closed stance to generate a draw and some added distance, but ultimately use these adjustments to ensure that your shoulders are parallel with your target.
- Pick out an object in front of you and aim for that as your target. And don’t aim for the entire fairway.

“I’ve seen some unusual set-up positions over the years. Whether you set up miles to the right or left, getting the club face square at and through the impact zone is the most important aspect of the golf swing. Realize that every golfer’s swing plane is different; therefore each set-up could be personalized to their game. But know that squaring your shoulders at your

target, the proper posture, and picking out a target in front of you will get you on the right track to improving your game.”

-Bobby Eldridge – Head Professional

7. The Backswing

The following fundamentals are essential for you to complete an effective backswing:

1. No weight shift back and away from the target.
2. Turn around your spine (The Coil). Start with your trailing shoulder instead of the leading shoulder.
3. Leading arm needs to stay straight at beginning.
4. Wrist cock happens naturally.
5. Elbow is a little off the Side.
7. 3rd base on the top of the backswing.

“The backswing that we teach allows for the club to get started on a more consistent path. This will allow for you to get at and through the impact zone with a square clubface. Beginners and golfers after more consistency watch the tour pros on T.V. and expect to duplicate a swing. Why is this so difficult? It’s because they have been practicing and playing competitively with that swing for decades. Realize this: The tour players play and practice more in one week than you do in month. So stay away from analyzing their swing. A good aspect of their game to look at is their set-up and pre-shot routine”.

-Kyle Hallberg

8. The Downswing and Follow-Through

The following fundamentals are essential for you to complete an effective downswing and follow-through:

1. Shift your weight through the impact zone.
2. Keep leading shoulder parallel to target through impact.
3. Leading arm stays straight.
4. Rotate your hands through the impact zone.
5. 2 different follow-through positions: Both are fine.
6. Finish with 90% of your weight on your front foot.

“We are teaching you some very important fundamentals that will have you hitting more fairways. There are many swing theories and instructional

sources that you can choose from, however few analyze and break down the components of the swing as we do at Pure Point Golf. Trust in this system because it will help your playing ability. There are 2 swing thoughts that I want to leave you with:

- Don't dip your body in your downswing
- Make sure that once you begin your weight shift, you start to extend through the impact zone and THEN rotate your hands (players get into trouble when they start their hand rotation too soon and end up hitting huge slices or duck-hooks).

-Bobby Eldridge

9. Distance Generation

There are 4 adjustments that you could make to add some extra distance:

1. Getting "behind" shot & forward pressing your hands, slightly.
2. Could start with a little weight on your back foot.
3. Stand farther away from the ball. Focus on Extending through the impact zone more than any other club
4. Coiling more around the body can generate power.

"Be aware that trying to add massive distance to your iron game can be dangerous and really get you into some trouble with your consistency. When golfers try to add distance to their irons they usually over swing causing major tempo problems. Stick with your tempo and trust that these adjustments will be enough to add you some extra yardage off the tee".

-Kyle Hallberg

***Please use this as a reference. The Pure Point Golf Driver DVD is the instructional source that will develop your driving ability. Pure Point Golf thanks you for your dedication to our instruction.**