

Sandy Wagner's INSTRUCTIONAL CHEAT SHEET FOR GOLFERS

Reminder about all swings:

1. The golf club is swung on a circle, so the smaller the circle you make with the club, the shorter the shot will go!
2. The bigger the circle you make with the club, the farther the shot will go!
3. You always have the same swing length on both sides of swing – the backswing and follow thru (the right side and left side of your swing are the same length)
4. **AT IMPACT (the moment of truth) – your left arm and shaft of club HAS TO FORM A STRAIGHT LINE!!!!**
5. You have to hit the bottom of the ball to make it go in the air. You can't hit the middle or top of the ball and have it go in the air! The club has enough loft to get the ball in the air so you don't have to help it up!
5. In order for the ball to go farther, you have to use your legs to help hit the shot. This is the strongest muscle group you have.
6. Always remember to "hold your finish" to evaluate your swing – you can learn a lot about the swing you make if you can just do that! You will become your own instructor when you can learn from your own swing!

CHIP SHOT

0-20 yds (ish)

Set up



Backswing



Impact



Follow Thru



When to use this shot: If you are within 5-15 yards of the green. Club selection is the key here! If you have a lot of green to work with then you want a less lofted club (5, 6, 7 or 8 irons) as these clubs will roll more. If you have very little green to work with you want a more lofted club (9, PW, GW or SW) as these clubs will roll less.

1. Position the ball near your right foot if you have a less lofted club and want more roll or in the middle of your stance if you have a more lofted club and want less roll.
2. Your body weight is more on your left leg and leaning towards the target to create a slightly lower ball flight and more roll.
3. Your left arm and shaft of club will form a straight line on your backswing and follow thru
4. **AT IMPACT (the moment of truth) – your left arm and shaft of club HAS TO FORM A STRAIGHT LINE!!!!**
5. You have to hit the bottom of the ball to make it go in the air. You can't hit the middle or top of the ball and have it go in the air!
6. The swing length is the same on both sides of your swing and no more than waist high on both sides!!
7. Hold your finish on follow thru to see if your left arm and shaft are straight! Be your own instructor and learn to evaluate your finish

PERSONAL REMINDERS OR TENDENCIES OF STUDENT:

PITCH CHIP SHOT

25-40 yds (ish)

Set up



Backswing



Impact



Follow Thru



When to use this shot: This shot is in between a chip shot and a pitch shot distance so I like to refer to it as a Pitch Chip! You would use this shot you have to hit the ball over something such as a bunker. The yardage will vary from person to person but it will go about 25-40 yards. You will use your highest lofted clubs – PW, SW or GW. The key to hitting this shot high in the air is to make sure that you hinge your wrist on the backswing and on your follow thru your left arm and shaft will form a straight line! **"HINGE FOR HEIGHT"** is my motto!

1. Position the ball in middle of stance – This will produce a higher ball flight.
2. You will use your higher lofted clubs – Pitching wedge, Gap wedge or Sand wedge.
3. You need to hinge your wrists (**HINGE FOR HEIGHT**) on backswing to form an "L" between the club and your left arm – this will make the ball go higher. * REMINDER – your left arm is roughly parallel to ground on backswing.
Tee Drill - Put a tee in the end of your golf club and make sure it points at the correct spot on the target line.
4. **AT IMPACT (the moment of truth) – your left arm and shaft of club HAS TO FORM A STRAIGHT LINE!!!!**
5. You have to hit the bottom of the ball to make it go in the air. You can't hit the middle or top of the ball and have it go in the air!
6. On Follow Thru – your left arm and shaft of club will form a straight line
7. Use your legs to help hit the shot! This is the strongest muscle group you have so use them.
Your belt buckle will face target on follow thru – meaning as you start your downswing your weight will shift towards the target.
8. Hold your finish on follow thru to see if your left arm and shaft are straight! Be your own instructor and learn to evaluate your finish!

PERSONAL REMINDERS OR TENDENCIES OF STUDENT:

PITCH SHOT

Set up

Backswing

Impact

Follow Thru

45-65 yds (ish)



When to use this shot: You would use this shot if you want to hit the ball over something such as a bunker or creek. The yardage you hit it will vary from person to person but will go about 45-65 yards. You will use your highest lofted clubs – PW, SW or GW. The key to hitting this shot high in the air is to make sure that you hinge your wrist on the backswing. **“HINGE FOR HEIGHT”** is my motto! You also want to make sure that you release the golf club on the follow thru to get a little more club head speed to get that extra distance out of the shot.

1. Position the ball in middle of stance – This will produce a higher ball flight.
2. You will use your higher lofted clubs – Pitching wedge, Gap wedge or Sand wedge.
3. You need to hinge your wrists (**HINGE FOR HEIGHT**) on backswing to form an “L” between the club and your left arm – this will make the ball go higher. * REMINDER – your left arm is roughly parallel to ground on backswing.
Tee Drill - Put a tee in the end of your golf club and make sure it points at the correct spot on the target line.
4. **AT IMPACT (the moment of truth) – your left arm and shaft of club HAS TO FORM A STRAIGHT LINE!!!!**
5. You have to hit the bottom of the ball to make it go in the air. You can't hit the middle or top of the ball and have it go in the air!
6. To generate more distance, you have to rotate the clubface as the club gets near the ball. This will give the clubhead more energy/speed and thus make the ball go farther.
7. On Follow Thru – your right arm and shaft will form an “L” and your right arm will be roughly parallel to the ground.
8. Make sure your right palm faces the ground on your follow thru to ensure that you rotated the clubface as stated above.
Tee Drill in the end of the club - make sure the tee in the end of your golf club points at the correct spot on the target line.
9. Use your legs to help hit the shot! This is the strongest muscle group you have so use them.
Your belt buckle will face target on follow thru – meaning as you start your downswing your weight will shift towards the target.
10. Hold your finish on follow thru! Be your own instructor and learn to evaluate your finish!

PERSONAL REMINDERS OR TENDENCIES OF STUDENT:

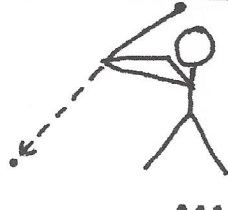
FULL SWING

Set up

Backswing

Impact

Follow Thru



When to use this shot: You would use this swing anytime you want to make the ball go a full distance with any club you are hitting.

1. Position the ball in the middle of stance for irons, 1 ball forward of middle for fairway woods, Driver off left heel!
2. You can use any club in your bag!
3. You need to hinge your wrists (**HINGE FOR HEIGHT**) on backswing to form an “L” between the club and your left arm as this will make the ball go higher. In addition you want to make a full shoulder turn on your backswing – “get your back to the target”
4. **AT IMPACT (the moment of truth) – your left arm and shaft of club HAS TO FORM A STRAIGHT LINE!!!!**
5. You have to hit the bottom of the ball to make it go in the air. You can't hit the middle or top of the ball and have it go in the air!
6. To generate more distance, you have to rotate the clubface as the club gets near the ball. This will give the clubhead more energy/speed and thus make the ball go farther.
7. On Follow Thru – your right arm and shaft will form an “L” and your right arm will be roughly parallel to the ground.
8. Make sure your right palm faces the ground on your follow thru to ensure that you rotated the clubface as stated above.
Tee Drill in the end of the club - make sure the tee in the end of your golf club points at the correct spot on the target line.
9. Use your legs to help hit the shot! This is the strongest muscle group you have so use them.
Your belt buckle will face target on follow thru – meaning as you start your downswing your weight will shift towards the target.
10. Hold your finish on follow thru! Be your own instructor and learn to evaluate your finish!

PERSONAL REMINDERS OR TENDENCIES OF STUDENT: