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Inner Game of Golf (107-01) 2011-12

Golf is traditionally taught with verbal instructions from the teacher to the student. The students in this class will be taught to learn by feel via the Socratic Method. Through this unique approach, students will learn exceptional golf technique in a simple, easy to remember fashion, but more importantly, will learn how to coach themselves through the discipline of awareness. In turn, students will also discover that successful performance in golf is intricately linked to enjoyment and learning.

To improve at *anything*, you must become aware of what is exactly happening in the present moment. These five areas and the drills are designed to force you to pay attention to, and become aware of, what you are exactly doing in your golf swing. Most times, the problem fixes itself (Ex. If you truly are paying attention to your club face, then you probably won't slice the ball because you will automatically square up the club). Other times, you must become aware of solutions you may not know about in order to solve it (If you know your shoulders point 20 feet to the left of the target, you still have to know that the ball will go where your shoulders point).

Here are five areas of golf to pay attention to/be aware of in your golf swing. They all work together in concordance with each other, although they can be practiced separately (because each individual may be good at one of the areas, while having to work on another area). So, in summary: Be Aware / Pay Attention / Be in the present (don't take a past event and assume it will happen in the future). / Toss out expectations / Observe any fears or doubts, then laugh at them! and come back to the present.

Each class will consist of doing one drill from each of the five areas, followed by hitting balls with a focus on one specific area (usually a students' least aware area).

Class Syllabus

1) Stance/Grip/Shoulder Alignment	Stance test	Dry swing
	Grip Test	Dry swing
	Partner-Shoulder alignment drill	Dry swing
2) Club Shaft	Partner Backswing Drill	Dry swing
	Partner Backswing Drill	Hit
	Back-Hit verbalization	Dry swing
	Back-Hit verbalization	Hit
	1-2-3 verbalization	Dry swing
1-2-3 verbalization	Hit	
3) Club Face (Release)	Feel the club face-nothing swing	Dry
	Feel the club face-nothing swing	Hit
	Club face rotation drill	Dry
	Eyes closed swing	Dry
	Eyes Closed Swing	Hit
Point to spot on club ball hit	Hit	
4) Center	Club throwing-Throw it	Dry
	Club throwing-Don't let it go	Hit
	Club throwing-video	Dry
	Center/Divot relationship	Talk
	Swing and take a divot-no ball	Dry
5) Engage w/ Target	Target Practice	Hit
	Pitches while looking at target	Hit
	Putt while looking at target	Hit
	Ball toss drill	Dry