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. There are five key areas of a successfully executed swing, 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 let it go 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). In addition, students are required to spend 10 hours outside of class with the following assignments: A) Visit a golf course to pitch and putt; B) Watching one golf tournament on television; C) Watch the PBS video “The Inner Game”; D) Watch assigned golf instruction videos on the internet.

1) Stance/Grip/Shoulder Alignment
   - Stance test Dry swing
   - Grip Test Dry
   - Partner-Shoulder alignment drill Dry

2) Club Shaft
   - Partner Backswing Drill Dry
   - Partner Backswing Drill Hit
   - Back-Hit verbalization Dry
   - Back-Hit verbalization Hit
   - 1-2-3 verbalization Dry
   - 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