

In the first piece we covered how to consistently make solid contact. **Hit the little ball, then the big ball!** Little golf ball, then the big ball Earth. Hitting down on the ball makes it go up; not trying to get under it. Now we will start adding detail on how to do this effectively without taking **too much ground!**

STERLING FARMS GOLF ACADEMY

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KEEP YOUR HEAD DOWN!

If you hear a golf instructor telling you this, it's so you cannot see them laughing at you!

This phrase has been heard by every golfer a million times. Anyone who miss hits a shot on the course is told, "You lifted your head!" Generally, this is not the case. The amateurs pictured below are all trying to keep their heads down. They hit heavy, thin, and topped shots that lack distance. They miss the ball because they pull their elbows apart and weight falls back as they scoop to lift the ball in the air.



How to avoid this!

Controlling the low point (bottom) of the swing is the first most fundamental element of playing the game as we discussed in the previous email. The move to get the club out of the ground is to:

PUSH, TURN, & EXTEND!

The best players all **push** forward, **turn** towards the target and **extend** their beltline. This component is the key to allowing the arms to extend for hitting longer, straighter shots!

The next time you practice, try to focus on tucking your hips as you swing through! As you push up with the lower body, this will create space for the arms to extend as demonstrated in these pictures below!

