



Talking in the 19th Hole

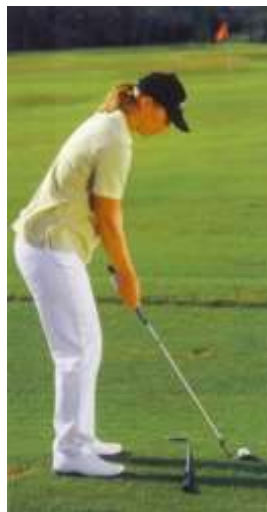
DRIVER. In general, there is some resistance to training on the driving range. Some players always find some excuse for not doing it. The classic reasons are “I don't have time”, “it's too boring” or “I'm tired”. When these players decide to go to practice, they do it without goals. They just hit one ball after another until they get tired or frustrated because they don't see an improvement. To change this story, I will publish weekly training topics to train with objectives, making your practice more effective.

The training topics are general and do not apply to all players. You must select the topics that you think are useful for you. Most topics are not mastered in a week. You must continue training them until they are a natural part of your game.

PLACE A STICK TO IMPROVE YOUR ALIGNMENT IN THE COMPLETE SWING. I have had several experiences that have taught me the importance of training using a stick or club for alignment. On one occasion, Lorena Ochoa played a match with Rafael Alarcón, her coach, at the Vallescondido Golf Club. During her pre-match practice, Lorena placed clubs to align herself with the different targets.

One day I attended the Bosque Real golf club to see the Champions Tour players. I was surprised that several players, including Tom Kite and Hale Irwin, trained by placing sticks, clubs, and even the umbrella to align. Years ago, Pro Antonio Aguilar and Mrs. Marcela Coghlan invited me to Torreón, Coahuila to support the Los Azulejos Golf Club golf academy. I was amazed that his students used sticks to align in a disciplined way. There I also met the Pro Luis Felipe Torres, who has the habit of training using rods.

One of the dreams that golf teachers have is that our club players have the culture of training using sticks for alignment. The challenge for this week is that you start training by placing a stick or a club for your alignment.



<https://www.youtube.com/watch?v=kIQmjMsTJcg>

KEEP YOUR LEGS STILL IN THE PUTT. Moving the legs and hips during the putting stroke is one of the most common mistakes. The detail is that most players do not realize it.

The lower part of the body is the base on which the upper part rotates. To understand the effect that the movement of the lower part has on the swing, imagine what happens when you eat at a table whose legs are unstable.

Keeping the lower part of the body firm and static is a constant of the great putters. The challenge for this week is to improve the stability of the legs on the putt. Let's see some drills and images to achieve it. Select an exercise and train it for 30 minutes 2 times this week.

- The shadow. Take your address so that the sun is directly on your back. Make your putt and observe the stability of your lower body in the shadow.
- Club on the right thigh. Take your position and place a recharged club on your right thigh. Make the putt without moving it.
- Touch a fixed object. Take your address by touching a wall or chair with your butt or touching a door frame or chair with your left thigh. Execute the putt keeping your lower body stable.
- Imagine that you are putting with your legs inside a barrel full of cement or that your legs are the trunk of a tree and your feet are the roots.



<https://www.youtube.com/watch?v=sf9pIbh7c5U&list=PL501E190124E9ECD7&index=18>
https://www.youtube.com/watch?v=GzrYYakgH_4&list=PL501E190124E9ECD7&index=19

TOUCH THE WALL TO IMPROVE YOUR PIVOT. Pivot is vital for a good backswing. Pivot is the twisting of the upper body over the lower body on the backswing. That characterizes a correct backswing; the shoulders have turned twice as much as the hips have turned. And the left knee has turned half as much as the hips have rotated. A generally accepted standard is that the shoulders rotate 70 to 100 degrees, the hips rotate 40 to 60 degrees, and the left knee rotates 20 to 30 degrees.

The average golfer does not pivot correctly due to lack of flexibility, hips swaying, very static hips, and excessive use of hands and arms, among other reasons.

Let's look at the touch the wall exercise to improve pivoting. When address without a club, let your arms drop comfortably. Imagine that on the right side, there is a wall. Turn your shoulders and hips, and touch the wall with both hands. The wall can be real or imaginary.

The challenge for this week is to do three sets of 15 repetitions before practicing or at home. Do it three times a week. **FORE.**



<https://www.youtube.com/watch?v=9hghO388xaw>

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