



Lesson / 제이슨의 원포인트 레슨

제이슨의 원포인트 레슨



1. Set up

Most players set up too level with their shoulders with the driver. Here is a perfect example, this causes golfers to hit downward too much, resulting in a de-lofted club face at impact and leaves the golfer wondering why they can't get the ball in the air.

Something to understand is that the majority or nearly 95% of golfers set up incorrectly before they actually even start the motion of the golf swing. If you take the time to set up correctly you definitely increase your opportunity at being able to repeat a good swing.



4. Chicken Wing

This is a very common mistake that golfers make. They try and swing too much with their arms. This is where the major loss of power comes from in the majority of golfers. Work hard or strive for the next position to help create more power.



2. Proper Set Up

This is a much better position to begin from and will allow the player to stay behind the ball much better with their driver toward impact. Always remember your right hand is always lower than the left (for right handed golfer) on the golf club.

What we have done is tilt/flex at the right hip or waist slightly to get in the right position. His ball position is very good, but he could still move back a bit, but he prefers to hit a fade which is why he likes it a bit forward.



3. Proper Top of Swing

It's very important at the top of the back swing to maintain the flex in your trail leg and maintain the weight on the inside of the back foot.

Here I'm ensuring he stays on the inside so he can drive from the loaded position through the downswing.



5. Great Extension

This is a much better position. His arms are fully extended which have allowed the club and shaft to travel down the target line, which will give him more speed and you'll notice that the shaft is also parallel to the ground with the alignment stick in front of him what is what we're trying to achieve. This is great extension. All great players get to this position, it's definitely something to work towards if you want to hit it higher and farther.