



# CHEAT SHEET NO DISTANCE OFF THE TEE



**YES**

My hips  
have not slid  
past the line

Feel thigh  
tension here

Press your right foot down and in  
towards your left leg

**A STABLE BASE IS KEY**  
I turn into my right hip  
and feel tension on the  
inside of my right thigh.  
My right foot is planted.  
From here I have a  
launching pad for power!



good wrist hinge

**YES**

**GOOD HINGE = POWER**  
To feel the proper wrist  
hinge and to make sure you  
are hinging enough, grip the  
club lightly and waggle your  
wrists making sure they  
remain loose. If you are  
death gripping the club  
there will be no wrist hinge.

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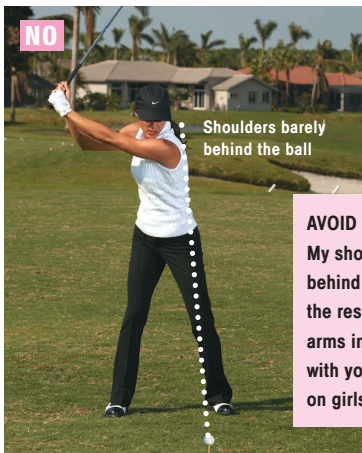
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**BACKSWING KEY- TURN YOUR SHOULDERS NOT JUST YOUR ARMS!**  
Weight shift is good here. 80% of my weight has shifted to my right side. From here I can explode into the downswing. **KEEP YOUR KNEES WIDE** to prevent overswinging and promote a solid base to turn. **VISUALIZE A BALL BETWEEN YOUR LEGS ON THE BACKSWING.**



**AVOID THE FAKE TURN!**  
My shoulders are barely behind the ball. Typically the result of lifting the arms instead of turning with your shoulder. Come on girls, **MAKE A TURN!!**

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