



IPhone Magic -
record your swing
on your iPhone
APPS: V1 golf,
swing profile, golf
reader - do a
search for golf
analysis APPS

**Walk Through
Drill**
Swing and walk
through with right
foot - helps with
extension and
weight transfer

Book Drill
Hold a book
between your
hands and swing,
identify the
movement - It will
transfer to club-
face position



**Feet Together
Drill**
Hit balls or
practice swing
with your feet
together - stops
the sway, allows
you to swing
easier

**Twirl the Club
Around Drill**
Close your eyes,
hold club, extend
arms, twirl club
and identify club-
face position

Weighted Ball Drill
Hold 4-6 lb. ball and
stand side in front of
mirror or use a buddy -
toss ball or swing back
and forth looking in
mirror - feel your turn
and the action of your
feet



Wendy Stark
GOLF

www.wendystarkgolf.com

800-783-6594

kaizengolf@gmail.com