

**LOWEST
SCORE
WINS**

**LOWEST SCORE WINS/FIRST
TEE OF WESTERN NEW YORK**

Project 10
WEEK 7 OUTLINE



0:00 - 0:10

Review from Week 2

- Proper driver address including lower body to upper body relationship.
- Ball position to create proper Angle of Attack.

0:10 - 0:25

Swinging the Arms Faster

- With partners, explain the stick drill from video. Create speed and notice the stick respond. Challenge them to go faster and faster. The arms are the #1 source of speed.

0:25 - 1:05

Driver Speed Stations - Four Separate Stations with Rotation in Even Number Groups

- Station 1: Full turn - explanation and practice (see video)
- Station 2: Five-swing sequences - go faster and faster - use measuring device if possible (see video for explanation) and focus on creating the most speed at and past the ball.
- Station 3: Throw tennis balls or golf balls and focus on arm and ball speed (see video).

- Station 4: Rope swinging. Timing and tempo to create the most speed and swing the rope the fastest (see video). Create speed past the ball.

1:05 - 1:30

Spray Face 20 Point Game (you will need cans of foot spray on hand to spray driver faces)

- With a partner (if time is tight this can also be done individually) hit 10 driver shots focused solely on speed.
- Points are counted as follows: Ball must be in the air to count. Two points for centered or relatively centered contact. One point for entire ball mark in main portion of clubface. Zero points if any part of the ball is not on the face.