Student 5: Low Achieved

NZ@A Intended for teacher use only

The student's legs are too wide compared to where his shoulders are so his base of support is too wide. His body is not stacked correctly the result of this is means he is not vertically aligned. His back foot is also slightly opened

The student's base of support is too wide and doesn't line up with his shoulders this means he can not get as much rotation through the hips as possible and he will only be using his shoulders to attack the ball. With the student's knees not being popped there is more resistance to his forces of rotation as the student is transferring his weight from his neutral stance up into the backswing, so his transfer of energy will be decreased and will also restrict the rotation through the hips. The reason the student wants to have his feet wider apart is he is not comfortable with the relatively narrow base of support required in golf.

1

The student has not popped his knees so he is more upright and unbalanced so his swing through will have less acceleration therefore he will be hitting the ball with less force and the ball will travel with less distance and accuracy. The student being unbalanced will also affect his precision and consistency... His left foot has come of the ground and this has decreased his balance which decreases his ability to apply maximum force to the ball

The student has raised his back foot off the ground the effect of this is he will lose his balance and therefore he is unable to exert maximum force as he strikes the ball. With the student having his left arm bent this shortens his lever length and also effects the angle of his wrist (fulcrum), this causes the student to reduce torque forces that can be produced in the down swing of his shot. When the arms are at full extension we have increased length of the lever, so the speed of the club head and then the transfer of energy on impact to the ball could be more. This is because a longer lever has a longer distance to travel over which momentum can be gathered. This momentum at point of impact could result in the drive going further.

The student has rolled his wrists and opened the club face which effects the direction and velocity of the ball (commonly known as slicing the ball). The student has the angle of the club very steep so the angle of release of the ball will be quite flat so the ball will not travel as far as possible.

The student shoulders haven't fully rotated this means he is not creating as much torque forces as possible, he hasn't followed the whole way through which reduces the full transfer of energy created from the rotation of the down swing... The student needs to rotate the whole way through the shot so that he can create more torque forces because he hasn't followed the whole way through this reduces the full transfer of energy created from the rotation of the down swing.



The student appears to be rolling onto his front foot so he doesn't seem balanced which could be another reason he hasn't been able to rotate the whole way through.

If the student can follow the whole way through then he will be able to apply more force to the ball and this will mean more distance travelled by the ball ... the student has his base of support too wide this results in him not being able to get as much rotation through the hips, this will cause him to not be able to generate as much power in his shot so when he transfers that energy onto the ball it wont be going as far as it could possibly go. So if the student narrows his base of support the end result could mean a shot that makes the ball travel further



