

# The Zone Golf Academy

## Newsletter (GIN-03) – January 2011

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*“Set goals, purposefully prepare, focus on the process, and get mentally and physically stronger each day, and you will succeed. It is your choice!” – Jack LaLane*

The Zone Golf Academy (ZGA) distributes this Golf Improvement Newsletter (Gin-03) to provide free golf instruction for a circle of golfing friends. It contains excerpts from the books that our instructors are currently developing.

The Newsletter is structured so that you can read this cover page in a few minutes and then optionally ‘click down’ to an informational page only on items of interest. To return to the Newsletter: merely close the tab, back arrow, or x-out of the page.

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### **News from the PGA Tour.**

Zack Miller, a 27 year old rookie on the PGA Tour, stopped by our Performance Studio the evening before the Hope Classic. His putting had abandoned him, and he was even thinking about putting side-saddle (a la Sam Snead).

After working in our Puttlab and hearing some mental game strategy for putting, Zack proceeded to have average 23.5 putts (the average for the other professionals was 28.3) and 1.486 putts for GIRs (both stats ranked first among the other 127 Pros) over the first three rounds in the Hope. And it was quite exciting as he culminated a 64 rolling in a 50-foot putt on

the 18<sup>th</sup> green to complete the tourney at T29 after making his first cut and a mediocre start.

So he went from “the worst” (as he called it) to first in a day.

The information that was conveyed to Zack came directly from the ZGA Putting School. (See ‘Putting’ left-button on [www.ZoneGolf.com](http://www.ZoneGolf.com) for more details)

### **Proper Transition in the Full Swing Will Help.**

For good reasons, most golfers work years at trying to perfect the takeaway and backswing. A faulty backswing usually causes problems in the downswing.

The number one source of swing problems comes from an angle-of-attack is too steep causing the golfer to hit fat, pull the ball which causes our body to leave the face open for nice slice, and the famous lift-and-flip with a loss of spin angle.

Athletic golfers try to correct this steepness on the way down when the club is starting to move very fast. This requires excellent timing and is impossible to do consistently when we get a bit quick. If they do not correct they hit fat and left. If they overcorrect that block it right. This missing left and right almost put Steve Stricker out of golf 4 years ago.

You must permanently any steepness in the downswing first. In the meantime, an excellent transition and impact position will cover some sins like across the line at the top (see Larry Nelson, Nancy Lopes, and more) that causes steepness.

Transition keys from the top of backswing:

1. First move is a push off your right instep toward the target.
2. Back remains to the target and hands remain still as long as possible.
3. The first direction of the clubhead from the top is away from the target line.

4. After the push from your right instep slightly shifts your weight (maybe 1 inch) toward the target, the left hip fires behind you (I.E., away from the ball).

This facilitates a good post-impact position with your belt buckle pointing to the target.

With the verbiage, this description might seem complicated. I will be posting a video on the website that will simplify things.

### **Fitness, Nutrition, and Positive Psychology Icon Passes Away.**

Jack LaLane passed away at 96. He was the John Wooden of the fitness-nutrition-positive psychology fields.

Jack instinctively knew what most of us spend a lifetime learning. If you are like most of us, you have forgotten what he did in his prime other than he danced around in a leisure suit on television. And from what I understand, his prime lasted 96 years.

I have three of his books that give a flavor of his common genius approach to things. I will compile my notes into a CliffNote format for the next newsletter.