



INTRODUCTION

The purpose of this handbook is to introduce you to Dylan Golf philosophy of teaching and leaning golf. There are three very big mistakes in the learning of golf, which is why it is the most difficult game on the planet to learn and play. I will go through these three mistakes for you to revise alongside having your practical lessons.

Have Fun !!!





MISTAKE NUMBER 1

The golf ball that lies on the floor should to go upwards and fly. That is the idea of playing golf. The golf ball flies. Due to our brains that have already formed to understand that anything that goes up whether lifted up or thrown up or kicked up is with a force that we produce away from gravity in a upwards direction. It is instinctive to do this. The problem with golf is that we instinctively think we must lift the ball up with our golf club to get the ball flying upwards. **THIS IS INCORRECT.** The golf club is not designed to lift the ball up. The golf club is actually designed to compress the ball on a downward path that causes the ball to spring (due to its elasticity) upwards. We hit down to make it go up. This is totally against our instinctive brain, which is why golf is the most infuriating game to learn. In Tennis, Table Tennis, Football, Badminton, Squash, our instincts are not false. They are correct so playing these games are easier to learn.

Learning to hit down on an object to make it fly is not easy to learn, believe me, I have met thousands of struggling students in my time. But we do get there in the end. And that is a very rewarding task for both you and me.

Demonstration of trying to lift the golf ball.





MISTAKE NUMBER 2

Instinctively thinking you have to hit the ball with the golf club towards the target.

In golfing terminology, this is down the line. Unfortunately the golf club is not designed to do this. So not only is it not designed to lift up the golf ball; it is not designed to hit down the line. The Scottish people who invented golf have a very good sense of humour. The golf club is actually designed to travel on a circle. So through impact it actually travels on an arc not a straight line. So after learning not to lift the ball with your golf club the next step is swinging on a arc. This is very important to learn to become a consistently good player.

Demonstration of down the line.





MISTAKE NUMBER 3

Looking at pictures of various positions of tour players and trying to copy their positions.

This is common practice in golf learning and teaching but unfortunately not how the brain works when learning an act such as hitting a golf ball. Our brain doesn't need to look at pictures of people riding bikes to learn how to ride a bike. So it is a catastrophe to try and copy pictures of tour players when learning to hit a golf ball. The idea is to understand how the golf club functions and then through feel and trial and error we will arrive at our goal. What it looks like varies from individual to individual. The greatest players on the planet have very different unorthodox swings and have the same results. Which one to choose to copy would be a very complicated task. You have your own way already. We will nurture it and develop it.

The Next 8 positions are a typical golf picture series that golfers try to copy. A great teacher once pleaded with his audience not to do this as the swinging motion of the golf club is one continuous fluid motion with timing and rhythm. Not static positions to copy and move through.

Position 1

Set Up





Position 2

Waist Height Position





Position 3

Hinge Wrists at 3/4 position





Position 4

Turn Shoulders to 90 degrees and Hips to 45





Position 5

Start downward swing with hips until club is parallel with floor -
and wrists are fully cocked





Position 6

Impact position arms extended





Position 7

Extend arms towards target though impact





Position 8

Stand facing target with arms over shoulder



WARNING DO NOT COPY ANY OF THE POSITIONS ABOVE