



Ladies Only Golf School

With Jacque Servadio, LPGA

Lesson Agenda

Day 1

Putting - 1 Hour

- Putter Fit Considerations
- Proper Posture & Stance
- Proper Shoulder & Hand Movement
- Aiming & Alignment
- Green Reading Strategies
- Distance Control Exercises
- Break - 10 minutes

Chipping & Pitching - 1.25 Hours

- Proper Chipping Set-up & Stroke Basics
- Ball Position & Weight Distribution
- Utilizing different clubs for different situations
- Pitching swing basics
- When to Chip - When to pitch
- Assessing & Creativity

Sand - 45 Min.

- Sand Swing Basics
- Proper Feet & Ball Position
- Main Objective of Sand
- Sand Scenarios'
- Fairways Bunkers
- Difficult Lies
- Questions

Day 2

Swing Basics - 1 Hour

- Basic Set-Up Review
- Importance of Grip & Posture
- Grip Pressure considerations & Club head Speed Drills
- Understanding Flight Laws - What Your Ball is Telling You
- Proper Body & Target Alignment & Aiming Strategies
- Break - 10 minutes

FV Swing Principles - 1 Hour

- Importance of Balance
- Weight Shift Review & Considerations
- Club head Release Considerations
- Impact - The Moment of Truth!
- Improvement Drills
- Training Aid Work Stations

DTL Swing Principles - 1 Hour

- Swing Plane Considerations
- Are You Keeping Your Spine Angle?
- Swing Path & Follow-through Considerations
- Proper Backswing Position
- Improvement Drills
- Training Aid Work Stations
- Questions

Day 3

Mental Game & Swing Analysis - 1.5 Hours

- Importance of a Pre-shot & Post-shot Routines
- Think Box / Play Box - Decision Line
- Hone Your Visualization Skills
- The Power of Positive Thinking
- Training Aid Work Stations
- Individual Swing Analysis with Jacque

On - Course Instruction - 1.5 Hours

Go to www.ServiceYourSwing.com/logs for recommended drills after each lesson.

