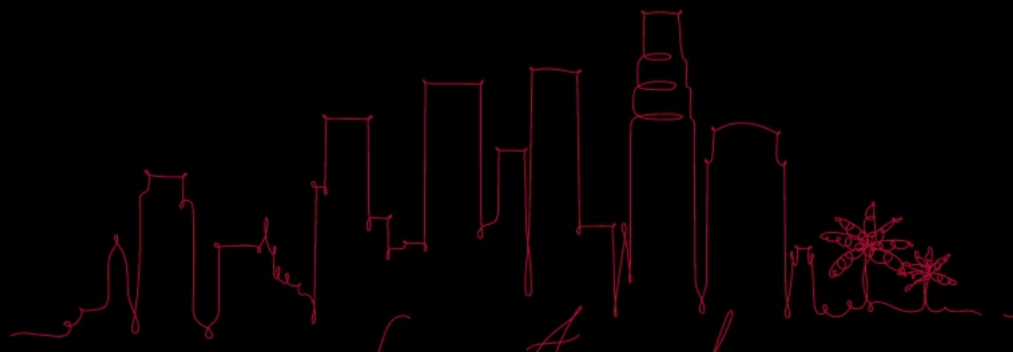


LMU

Head Coach
DONEGAL FERGUS



"OBVIOUSLY, YOU'RE NOT A GOLFER"

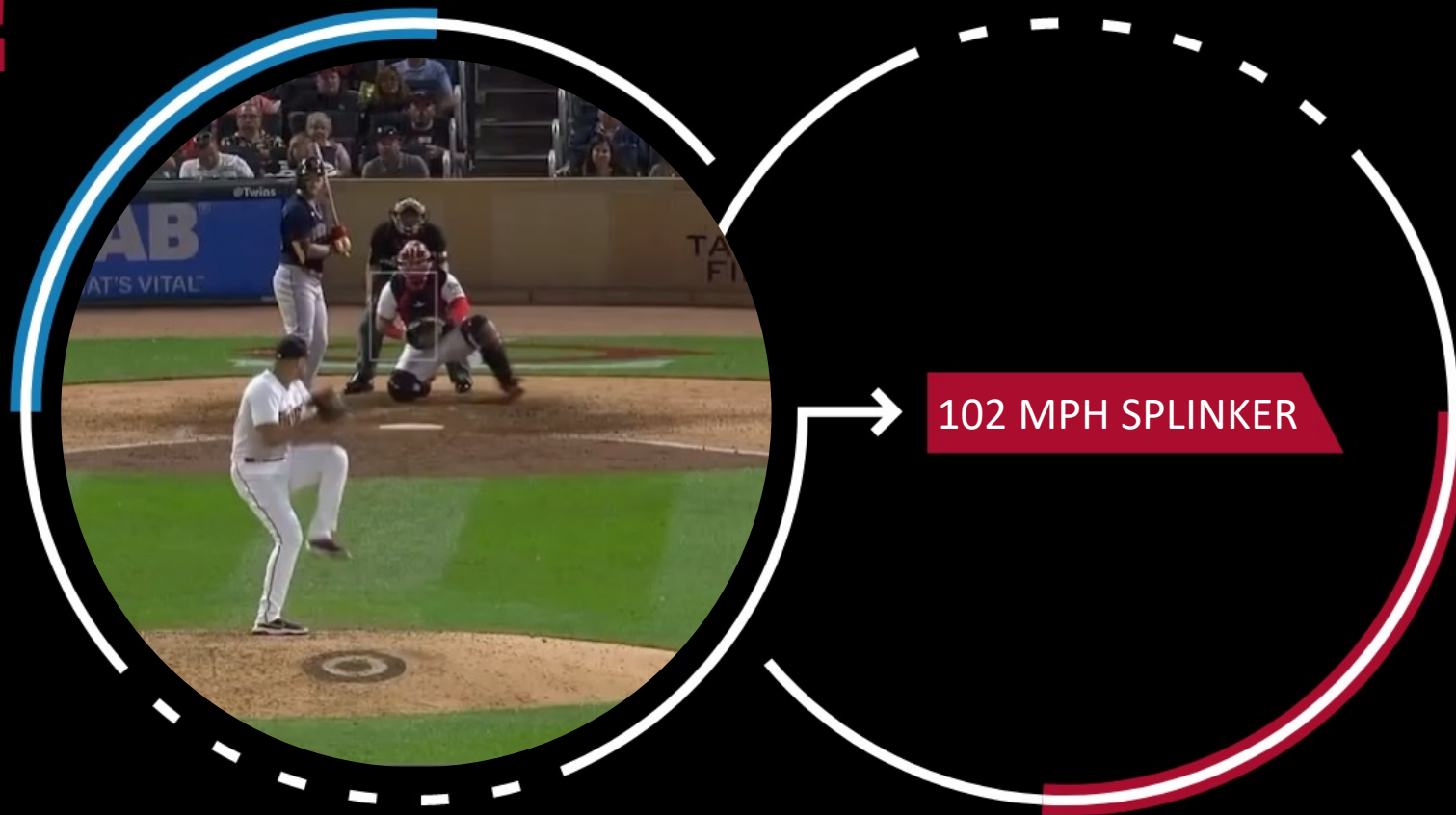




not a
GOLFER



what is **THAT?!**



coaching the
ROOT CAUSES



NO ARM BAR + EYES ON THE BALL

Taught arm bar and pulling eyes off trying to hit homers is why he swings and misses so much



NEEDS SPACE



ARM BAR + EYES OUT IN FRONT

Behind the ball - creating leverage and length through contact

FREEDOM OF MOVEMENT

Three PHASES



STACK



STRETCH



SMASH

STACK + STRETCH

MED BALL STACK & STRETCH



START IN NEUTRAL

Remove tension & muscle awareness

8lb handle ball

COMPRESS

Flex into balanced hinge position



FEEL THE STRETCH

Let hands ride back and get to full stride

Slow at 1st

RHYTHM & SEQUENCE

Explore natural balance

STRETCH



BANDED LEG WORK

HIP SLIDER?

Encourage wide base and ground connection

DAILY



DIRECTION

Makes player aware if they lose stride direction

VARIED RESISTANCE

SHORT STRIDER?

PROMOTES STRIDE LENGTH EXPLORATION

STABILITY

Balance and stability growth

STACK + STRETCH

STANDING CLAM SHELLS



TROUBLE SEPARATING?

Feel chest and hips
countering

DAILY

STRETCH

Encourages the stretch
feeling



EQUAL AND OPPOSITE

Open up both sides to
promote balance

Slow at 1st

STABILITY

Balance and stability
growth

move it
**OR LOSE IT
SISTER**



SKATER JUMPS

GLIDERS



feed the **FLAW**

STACK | STRETCH | SMASH



TOP HAND

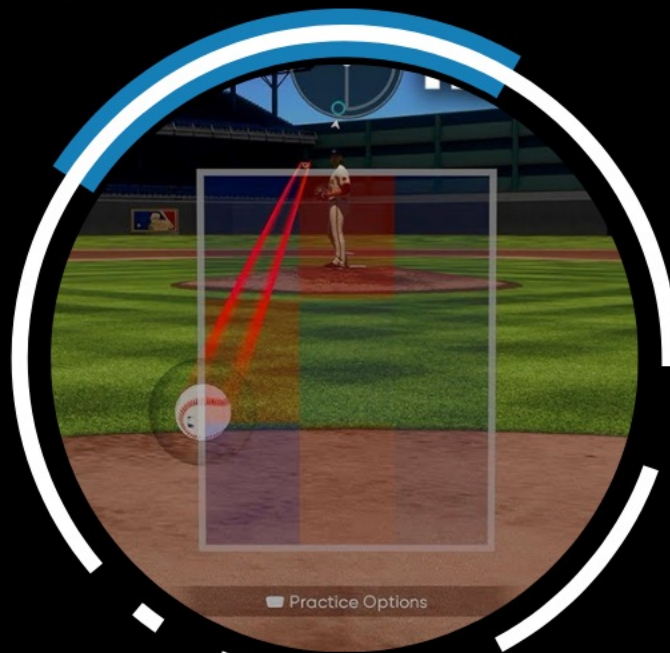


WEDGES

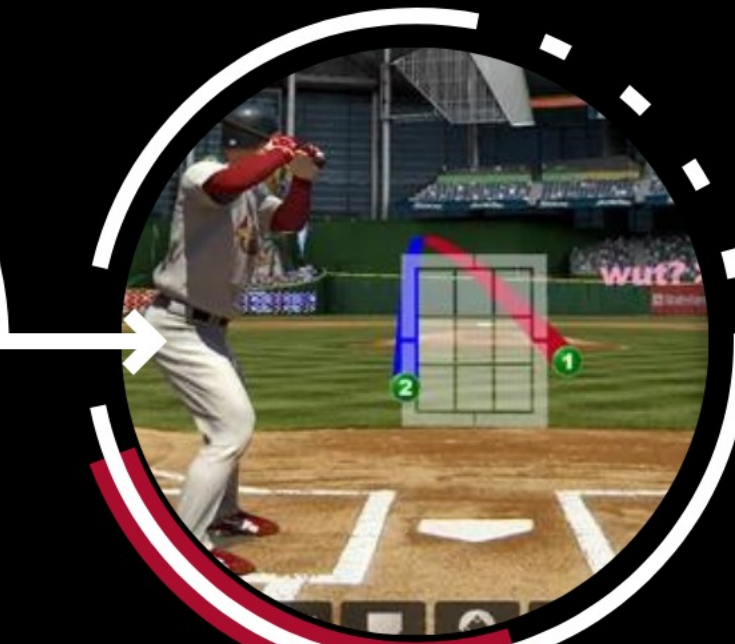


SADDLE

problem SOLVING



WINDOW

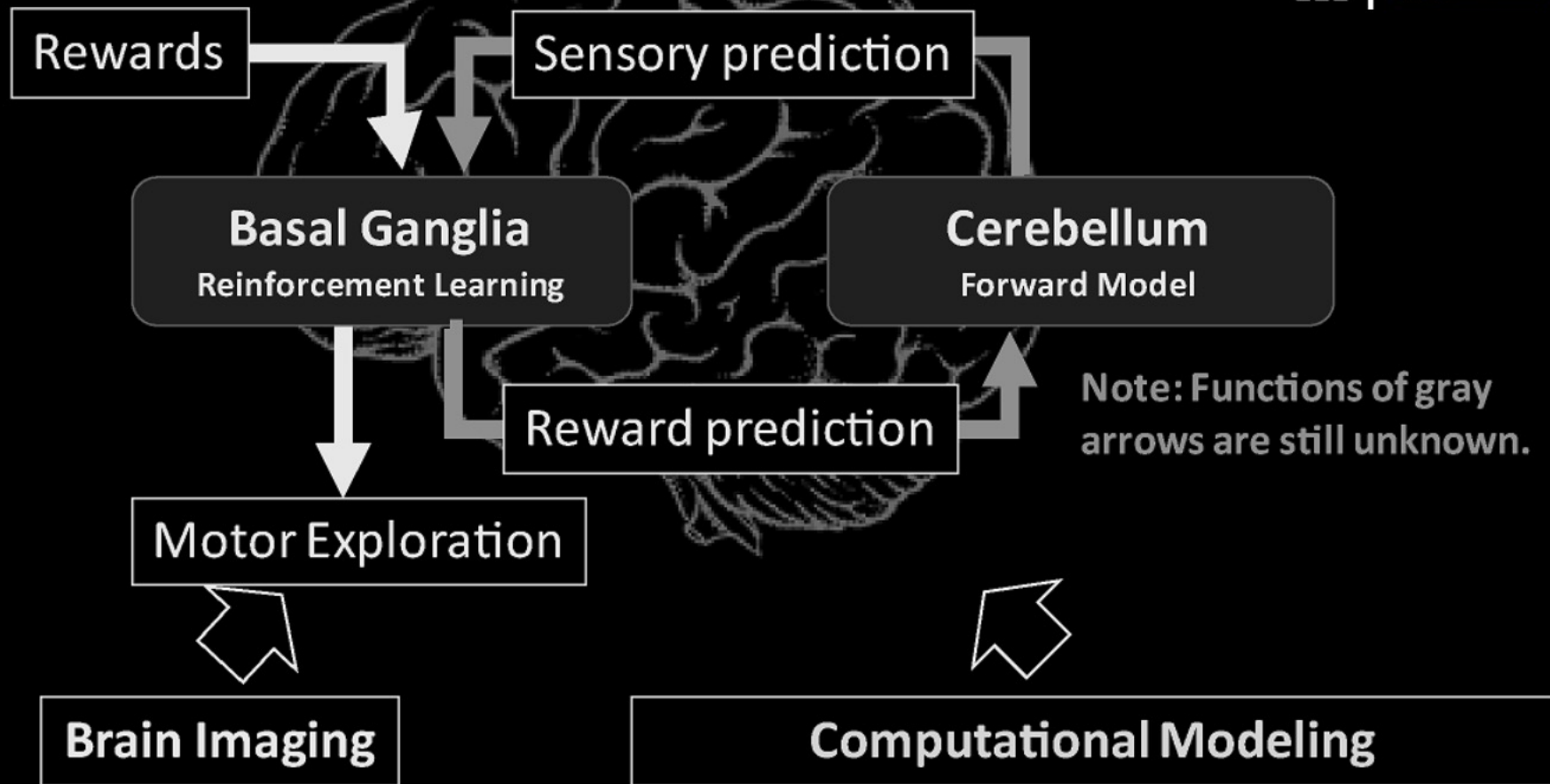


MOVEMENT

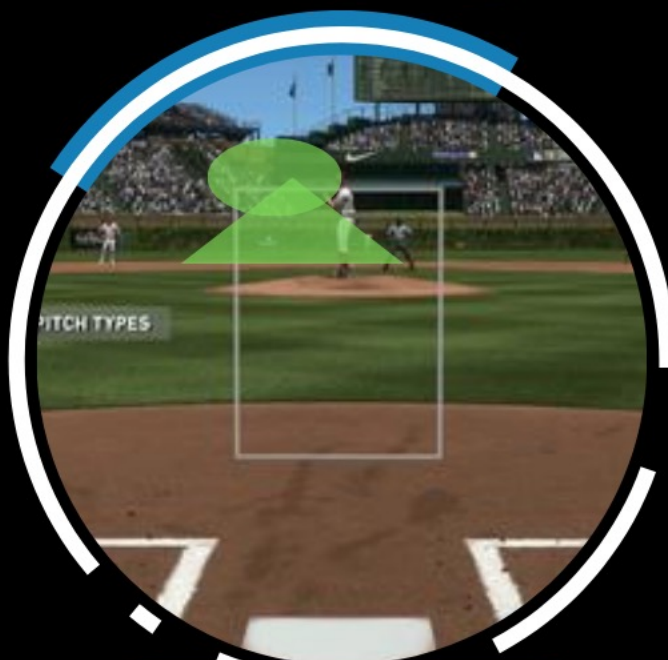


SPEED

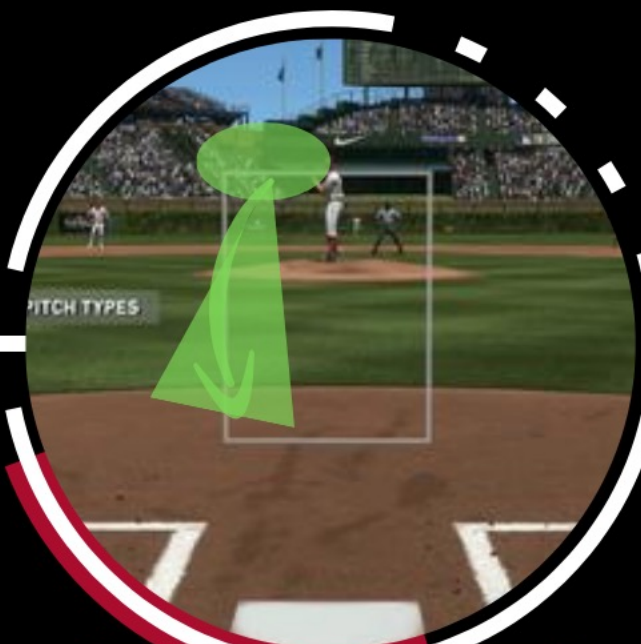
forward MODEL



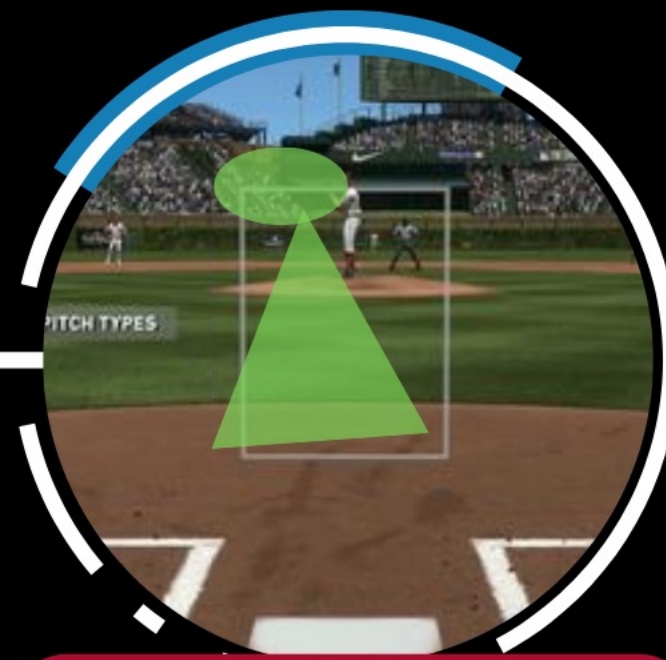
visual WINDOWS



FB + ELEVATED OS



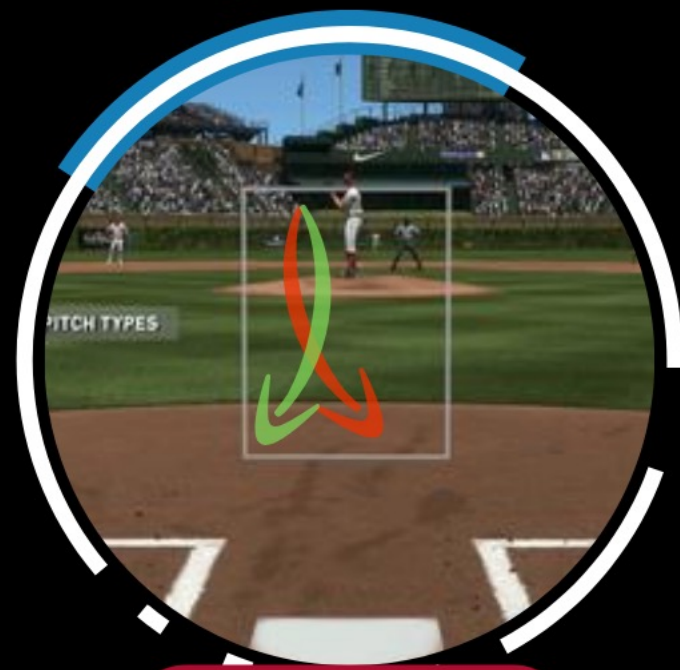
FB + FRONT DOOR SL



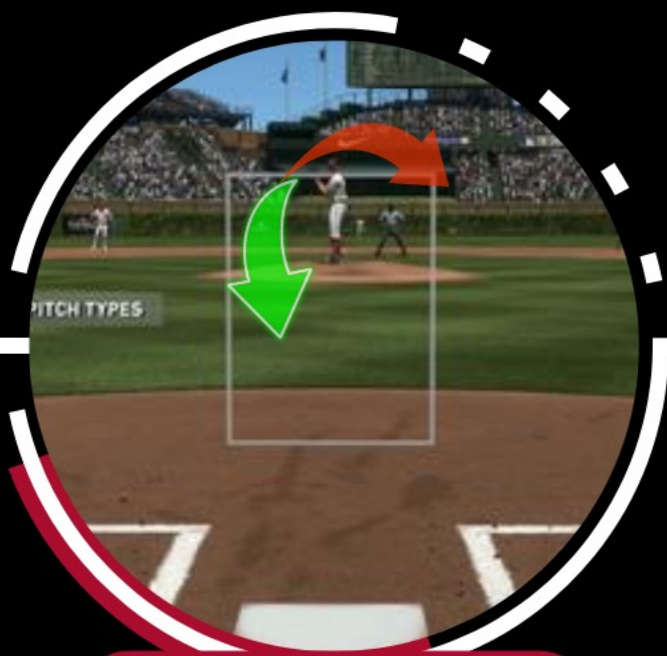
RIDE FB + DEPTH BREAKER

movement PROFILE

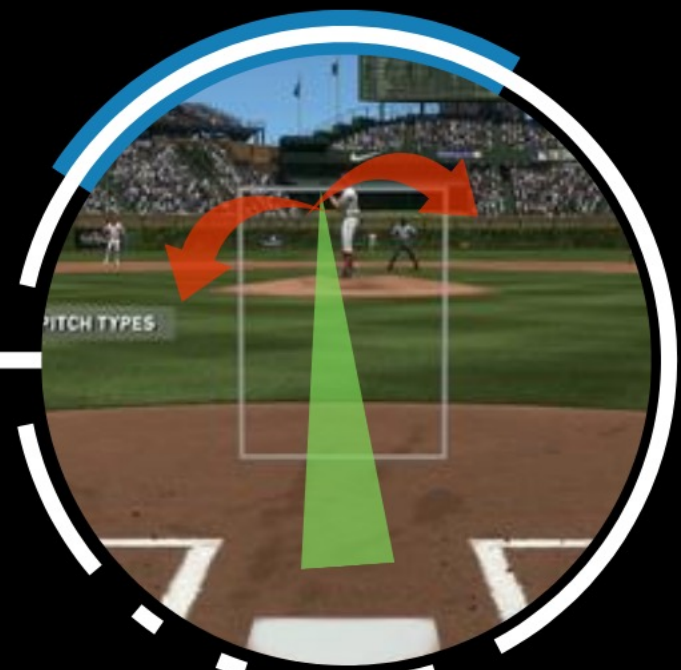
WHAT IS MY YES?



SINKER | SLIDER



RIDE FB + DEPTH CB



DEAD ZONE FB + ELIMINATE EVERYTHING ELSE

simply
SPEED



what is
MY YES?



Solve Problems