

RECIPROCAL TASK SHEET 5: FULL SWING

Name: _____

Directions: Work with a partner. Record the dates and check the appropriate response for each checkpoint for the full swing. Have your partner check you a minimum of 5 – 10 times. See your instructor for additional task sheets. Each person needs his or her own task sheet. Partner (observer) – try to observe no more than two checkpoints at one time.

(Record date of practice)	DATES							
	Yes	No	Yes	No	Yes	No	Yes	No
BACKSWING (As club begins to move back:)								
1. Head – head down, eyes on ball.								
2. Club – brushes back against ground in an arc.								
3. Arms – left arm straight, right elbow begins to bend, wrists begin to cock.								
4. Trunk – inclined forward, gives naturally in direction of BACKSWING.								
5. Legs – left knee turns inward, right leg straight.								
TOP OF BACKSWING								
1. Head – head down, eyes looking over left shoulder at ball.								
2. Arms – left elbow remains extended (relaxed) while right elbow is pointing down, wrists are cocked.								
3. Trunk – inclined forward, rotated to right from hips.								
4. Feet – most weight is on right foot and only left heel has lifted slightly.								
5. Grip – firm grip maintained – last 3 fingers of left hand squeezed around club grip.								
DOWNSWING								
1. Head – head down.								
2. Arms – left arm remains extended, right elbow coming into side, wrists remain cocked as trunk uncoils.								
3. Trunk – uncoils and turns to left, weight shifting to left foot.								
4. Legs – left knee straightens and right knee begins to turn inward.								
CONTACT								
1. Head – head down and eyes on ball.								
2. Arms – elbows straight.								
3. Trunk – rotated slightly left.								
4. Club – clubface contacting ball squarely.								
FOLLOW-THROUGH								
1. Head – head down until right shoulder hits chin.								
2. Arms – right arm is extended and left arm bent, hands high.								
3. Trunk – body remains balanced as hips and shoulders (center of waist) turn to face target.								

RECIPROCAL TASK SHEET 6: FULL SWING – #5 IRON WITH PLASTIC BALLS

Name: _____

Directions: You and your partner each need your own task sheets to write on. Go to the field together and take a #5 iron and 10 plastic balls. You will take turns hitting 10 balls. Record the number of balls you hit up in the air out of 10. Each day you and your partner should hit a minimum of 30 shots each. If you swing and miss you need not count it. Each person needs his or her own task sheet. You may record your progress or have your partner record this.

Date	# Out of 10	# Out of 10	# Out of 10	# Out of 10	# Out of 10	# Out of 10	# Out of 10	Total
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								

BE CAREFUL WHERE YOU WALK-----PEOPLE ARE SWINGING!

NO ONE RETRIEVES BALLS UNTIL EVERYONE HAS HIT AND SIGNAL IS GIVEN

See the instructor when you complete this task sheet.