

# The Essential Guide to Driving

*Run time 35 minutes*

## **This instructional video covers:**

- The philosophy of change
- The player's unique golf DNA
- Self-reflection on your current methods and development behaviours
- Learning considerations
- Common faults
- The physics and geometry needed for effective driving
- Considerations and suggestions regarding set up and motion
- The physics of off centre strikes and 'gearing'
- The secret of the straight shot
- The physics of where the ball is hit on the arc
- Optimising driving distance
- Driver fitting
- Practice structure
- Skill enhancement
- Games and challenges to enhance your skill

