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Golf Alignment Rods

Alignment



Lay two rods on the ground parallel to target line approximately 1.5 feet apart. Hit balls focusing on feet, hips, and shoulders parallel to rods and using rods to visualize proper swing path.

Ball Position



Align rods in a "T" position with a rod running horizontal as your target line and a rod running vertical as your ball position.

Chipping/Angle



Lay one rod behind ball just outside and parallel to right foot. Keep weight on left foot and move clubhead away with arms and shoulders keeping wrist firm. Miss rod back and through to feel proper angle for chip and sensation of hitting "trapping" down on ball for iron shots

Putting



Lay two rods parallel to hole approximately a foot apart. Visualize correct line and build confidence training yourself to use a pendulum motion back and through. Use the closest rod as your eyeline and the farthest rod as your line of break