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EOGA Weekly Tip Lockdown Edition

How to check your shoulder turn and swing plane

With Jean van Niekerk (EOGA Arabella)

1. Place a club / stick across the front of your chest with the longer piece of the club / stick pointing towards lead side.



2. Get into a good golf posture.

Hips back, slightly bent knees and chest over the ball.



- 3.** Place a golf ball 4 feet above where your ball would normally be at address.
be at address.

Rotate until the club / stick point towards your golf ball.



Then take note of the following. If:

- your club / stick is pointing **above** the golf ball = you have a flat swing
- your club / stick is pointing **below** the golf ball = you have a steep swing
- your club / stick is pointing **at the ball** = **perfect**

This will ensure good shoulder turn and it's also a good swing plane check!

Contact your closest EOGA coach for more interesting tips!

Remember that EOGA is online!

Don't let the lockdown take a toll on your fitness or your golf.

GOLF STRENGTH AND MOBILITY

MON - WED - FRI
@ 10AM
TUESDAY
@ 7AM



Honey King



Luke Wewege

TUES - THURS
@ 10AM
WEDNESDAY
@ 5PM

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Make it a crazy good year

If you're shooting in the 90s then what if it took less than 20 hours of learning, practice, and feedback to get into the 80s?

~~10,000
Hour Rule~~ The 20
Hour Plan

If we can help you sharpen just 4 skills: the half-wedge shot; the short pitch; the chip; and the greenside bunker shot, you could be turning double bogeys into bogeys or pars. You won't be spoiling holes or frustrating yourself when you've been in a solid position.



"There's a real power to standing within 50 metres of the flag and knowing you're in control. And it's intimidating for anyone you're playing against. More importantly you walk off more greens with a real feeling of satisfaction."

Is there a plan for you?

Let's have a conversation. We can start it by phone if required. But let's start.

Would an improvement in your short-game deliver you the biggest improvement in enjoyment and quiet satisfaction this year? It's been a troubled start, but let's plan to start out on a great journey. Come on...

[Contact us >](#)

Keep moving

A few minutes a day for better rotation

Being home doesn't mean you can't work on your golf game. Your physical conditioning is just as important as technique and course management. Improving your mobility from home means that when you're back on the course, you can hit the ground running.



Rotation is the most fundamental movement of the golf swing. When your hips are loose, you're able to rotate fully and generate the swing speed you're capable of. Sitting a lot tightens your hips, but with just a few minutes a day you can loosen up and improve your mobility.



In this quick video, strength and conditioning expert Mike Boyle explains how to improve your hip range of motion and avoid lower back pain.

[Watch video >](#)

We're here to keep you mobile

For more ideas on what you can do to keep your golf game sharp, please

Give us a call >

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