

## The Bishop Blueprint with Donna Smith Chapter 2

Welcome back CandiaOaks golfers! As promised, here is the final Chapter of Bishop Blueprint Sweepstakes plan for game improvement with my student Donna Smith. The final chapter will highlight our focus on of Donna's "In-swing" (full swing) motion. I've included some cool videos! To close I outlined a couple of "go-to" winter putting drills that I recommend trying this winter. And that'll be it until I draw the winning Sweepstakes ticket next spring!

Let's begin.

As you'll see in the video 1 below, Donna's 1<sup>st</sup> Full Swing with 9-iron during our first lesson was short and very quick. You can't really pick up the ball after she hits it; it was topped and rolled out left of the target.

[Click Here For Video 1](#)

Here on the next clip, video 2, notice before she swings that her posture has changed... as stated in chapter 1, pre-swing set up (posture) helped Donna's contact with the ball immediately. For her in-swing motion you'll notice more extension, body turn and better hinging of her wrist in the back swing.

[Click Here For Video 2](#)

Much better huh? More power, more spin, with less effort, sounds great too. Again, once the pre-swing fundamentals were properly explained and executed good things happened.

Here's a little insight on some keys that lead to video 2's swing change: In Donna's case, working on a straighter takeaway versus an inside takeaway was the first adjustment. We did a drill where we placed a golf ball right behind her club head at the address position worked on rolling the ball straighter back on the target line during her initial takeaway. If Donna did her old takeaway, the ball behind the club head would roll behind her. Practicing this drill on a daily basis got her backswing started properly. To continue the backswing motion sequence we worked on getting her thumbs to point more up towards the sun at about the hip level during her backswing. Doing so created more leverage in the golf swing for Donna.

Once Donna felt like she made a good turn away from the ball, the main downswing move was to focus on clearing her belt buckle and chest left on the way through impact. This improved Donna's weight transfer, impact position, foot work, power and balance.

Here a Video of Donna improved downswing, notice the balanced finish position – [Click Here](#)

Practice-makes-permanent. Always working hard: [Click Here](#)

Putting Donna's new swing to the test on-course: [Click Here](#)

And by far the highlight of my teaching year, a crushed 7-wood to reach #8 in two shots! [Click Here](#) and wait, watch and listen for her priceless reaction.

It's important note that we did a bit more than just these drills and hit many balls to master this swing technique. If you're having issues topping the ball, hooking the ball, not getting enough height in your

shots and not taking divots with you irons... then I'd recommend trying what we did. *Though I didn't include short game discussion, we spent over half of our time on the short game (30 yards and closer).*

By the end of our 8 week program Donna improved her game immensely in all phases of the game. She's more consistent through the bag, hits it much longer and straighter. As a results she's shooting lower scores and having even more fun.

### **Winter Putting Drills:**

Given one can't cut a regulation golf hole into the floor of his / her house, a productive tool that's easy to make and will last a long time is to get a piece of paper and cut a 4.25" diameter circle. This gives you a hole to putt to. Just place the cutout on the floor and roll your putts over the paper.

Example:



\*note, because poor speed control is the #1 cause of missed putts, when rolling over paper cup your ball should be rolling more than 2 feet past.

Now that you have your cup, try these drills out:

The General "Cluster" Drill – Find up to 12 to 24 golf balls and practice rolling them toward your paper cup from about 15 to 20' away... yes, try to make all of them, but the overall point of this drill is learning how to putt your balls into a tight cluster around the cup.

Example of a good cluster:

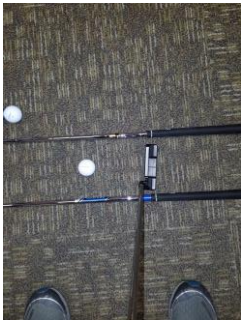


Putting Path Control Drill with a small arc putting stroke – See images below:

Step One – set up square



Step Two – backswing, allow toe of club to open slightly



Final Step – Hold the follow through and allow toe of clubface to close slightly



Have fun this winter trying these drills... It'll payoff next spring!

This puts a wrap on the 2016 Bishop Blueprint Sweepstakes with Donna Smith. Thank you Donna (and Mark) for your hard work, flexible schedule and most of all for all great memories. I'm looking forward to seeing you early next spring!

Your PGA Golf Pro,

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