



DEFINITIONS & KEY PHRASES

- **Backswing:** The movement of the club away from the ball.
- **Downswing:** The movement of the club towards the ball (the only way to get the ball in the air is if it is hit on the downswing!)
- **Follow Through:** The Movement of the club after impact
- **Impact:** The moment the club hits the ball
- **Practice:** Showing yourself what you want to do. (hitting a golf ball is not practice, it is a test!)
- **Plane:** The club is on plane when it is pointed at or parallel to the target line.
- **Path:** Refers to the clubheads position relative to the target line.
- **Target Line:** An imaginary straight line that runs indefinitely in both directions away from the ball toward the target and away from the target.