1 - HEAD AGAINST THE WALL (FULL SWING)

- Get into golf posture
- Lean your head against the wall
- Turn your shoulders back under your chin and then forward under your chin
- Repeat five times

**Key takeaway** - This will help teach you to keep your head steady all the way through your golf swing

2 - HEAD AGAINST THE WALL (PUTTING)

- Get into putting stance with your eyes over the ball
- Lean your head against the wall
- Make your putting stroke and don't move your head until the ball hits the wall or door
- Repeat five times

**Key takeaway** - This will help teach you to keep your head steady all the way through your putting stroke and keep your eyes aligned over the ball

3 - BACK ON THE WALL

- Rest your backside up against the wall
- Get setup in your golf stance, making sure to keep your backside up against the wall
- Prepare to swing by bringing your shoulders back under your chin and then swing through
- Don't bring your backside off the wall until your following through
- Repeat five times

**Key takeaway** - This will help you maintain steady posture all the way through your golf swing

Be sure to check out other tip sheets, videos and fun activities posted at cityparksfoundation.org

#CPFANYWHERE