

# 3 GOLF TIPS FOR CONFINED SPACES

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## 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 PUTTINGSTROKE 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

