

TIPS FROM A PRO



Manore

Jeff Manore, founder of the Pro Golf Teaching Academy in Ottawa Lake, Mich., has been a golf instructor for more than 20 years. His clients travel from as far away as Findlay, Detroit and the Ohio-Indiana state line for his instruction.

As the head club maker for O&M Golf Company, he is also one of the only custom manufacturers in the country for brands such as Orlimar, McGregor and Adams. More information about Manore and his businesses can be found at swingexpert.com.

— Zach Silka

BLADE PHOTOS BY JETTA FRASER

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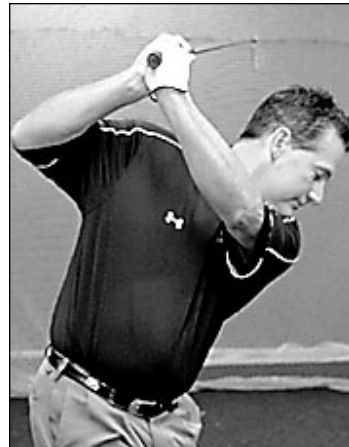
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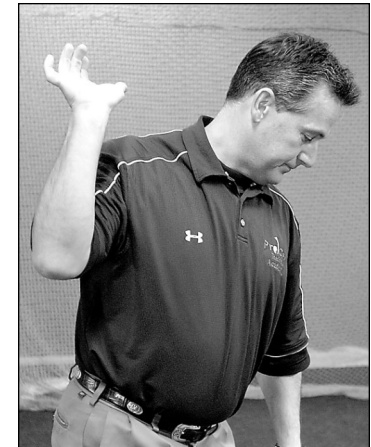
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CORRECTING COMMON MISTAKES



BACK SWING
Incorrect (left): This flaw is definitely what most amateurs do wrong in their swings. During the back swing, the right hand is facing down to the ground and the elbow has flown out from his body. "If I had a tray of drinks [in my right hand], I just spilled my tray of drinks," Manore said.

Correct (right): Manore shows his right hand at the top of his back swing in the "good waiter position," which keeps the elbow down and in line with his body.



CLUB RELEASE



Incorrect: Most amateurs scoop with their right hand, which cups the left hand, Manore says. The cupping happens when you try to hit the ball with your right hand, instead of the back of your left hand. Manore demonstrates driving through the ball too strong with the right hand.



Correct: Basically, keep the club head face open right up until impact, and then slam it shut. Here's a proper release position, with the left arm driving through the ball and the right arm basically along for the ride. "It's not how fast you swing the shaft, it's how you release the club head through impact," Manore said.

THE TAKEAWAY



Incorrect: The average golfer feels the need to "muscle up" at address, leading them to swing with only their arms and ignore the lower body during takeaway. Most amateurs pick the club up and bend the right elbow. The arms are too close. Basically, the left arm crosses the chest.



Correct: Manore demonstrates "extension" during his takeaway with the chest turned and hands in front. This tactic often produces a longer drive because the core muscles — lower body, chest and abdominals — are emphasized, rather than the arms.

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RESCUE SHOT



A rescue shot can be used anytime you need to get the ball up quickly to carry a hazard and then stop it on a dime. Manore stresses **this shot (left)** should not take the place of your **normal chip shot (right)**, but should be used only in "desperation."

For this shot, the club head is in front of the hands at address with your weight evenly distributed between both legs and the face of the club slightly open. At impact, the club head should scoot up under the ball and produce a higher trajectory shot with more backspin.

"This one I picked up by watching Greg Norman, and he was probably one of the best at it," Manore said.



BALANCE

Incorrect: Never let your hands outrace your chest, and don't let your hips outrace your hands. Keeping the same pace in each part of the body is crucial to hitting a straight shot. Dropping your left shoulder and swinging to the outside of your right foot causes you to [hook or slice].

Correct: Keeping proper weight balance will keep you balanced during your swing. Here, the weight is on the instep of the right foot and the shoulders are fully turned. "Most amateurs do not make a full shoulder turn, which then throws off everything on their downswing," Manore said.



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