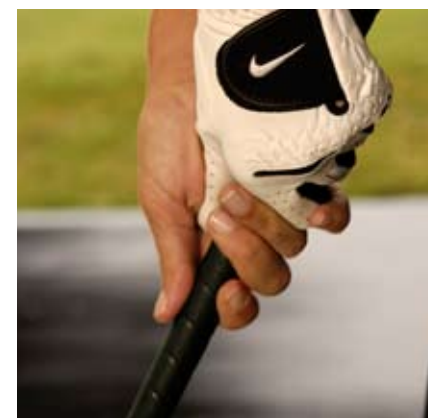
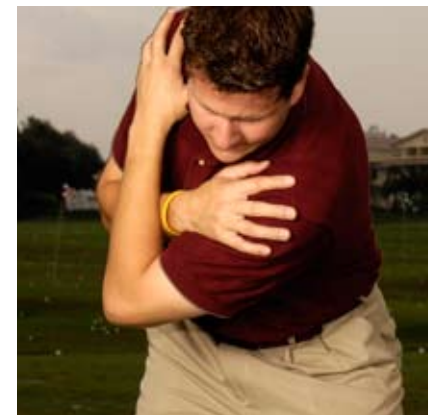


## THE MIAMI PROJECT

WE GIVE GOLFERS LIKE YOU **SPECIAL TREATMENT**. LEARN FROM THEIR LESSONS  
BY **JIM McLEAN** / GOLF DIGEST TEACHING PROFESSIONAL / WITH PETE McDANIEL



**WE SELECTED SIX GOLFERS** who've been taking the Golf Digest Challenge for several months. Their Long Game and Short Game Handicaps indicated they had clear strengths and weaknesses. We sent them to the Jim McLean Golf Academy at Doral Resort & Spa in Miami for a half day of intensive instruction. The pros at the McLean Academy, armed with the knowledge that either the students' short games or long games needed more attention, focused on the areas that would most quickly lower their scores. Here's what they discovered.



## DEREK GIL



**RANGE DRILL** Derek needed more body rotation. His drill is to swing the club parallel to the ground like a baseball bat, keeping the toe toward the sky, then rolling his arms through impact to feel a proper release.



### SQUARE THE CLUB

Derek was perhaps the most athletic of the group. We started by fitting him (*left*) with the proper equipment. No matter how good your instruction is, ill-fitting clubs will sabotage it every time. We improved Derek's grip—positioning the club in the fingers—and lightened his grip pressure, especially in his left hand. The lighter pressure allowed him to release the club through impact.

In pitching, his hands were getting to the ball before his lower body, causing fat and thin shots. We got him to turn his hips first on the downswing, and keep the angle in his wrists through impact.

**DEREK'S HANDICAPS**  
28 = LONG / 22 = SHORT

## JANE MOORE

### STOP THINKING, AND LET IT GO

Dr. Rob Neal (*below*), co-director of BioDynamics, the three-dimensional swing-analysis technology, points out one of Jane's swing deficiencies, which was an overly mechanical approach to both the long and short games. In the full swing, we aligned her shoulders and feet properly, then relaxed her arms and wrists. The short-game fix—narrower stance, a little pivot on the through-swing—helped with her long game, also.



**RANGE DRILL** According to instructor Bobby Cole (*left*), "A perfect putting stroke goes inside to inside." Jane's was going too far inside on the through stroke, causing her to pull the ball. Her drill is to keep the putter moving low and down the target line, and to hold the finish.



**JANE'S HANDICAPS**  
23 = LONG / 26 = SHORT



**RANGE DRILL** To stop Robert from sliding his weight outside his right foot, we held the back of his leg to keep it firm and angled in. Sticking a shaft in the ground and leaning it against his right leg provides similar feedback and reminds him to push off that right foot on the downswing.

## ROBERT MERLIN



### STAY STABLE

Two right-knee operations led to some swing faults for Robert, including a tendency to slide to the right on his backswing, which affected both his long and short swings. We worked on rotating his clubface on the backswing so he can release it coming through. We stabilized his right knee (*far left*) to keep the weight inside his right foot and got him to feel that his left arm was pulling his upper body through impact.

We gave him two chipping keys: We want him to put the majority of his weight on his left side, and to swing the same distance back and through for better distance feel.

### ROBERT'S HANDICAPS

16 = LONG / 19 = SHORT

## MARCHANT MOORE



**RANGE DRILL** Marchant's right-hand grip was too strong. We weakened it for high, soft shots in the short game. To improve her weight shift and rotation through impact, her drill is to check that her divots are on the forward side of a pair of tees set even with the ball.



### MAKE A REAL TURN

Marchant had a fake shoulder turn, which meant no weight transfer in either part of her game. We got her to complete a true shoulder turn, then start the downswing with a little bump to the left with her hips and swing through to a nice, full finish. We told her she needs to feel as if someone is holding her belt and pulling her through.

### MARCHANT'S HANDICAPS

22 = LONG / 18 = SHORT

## DAVID SCHULTZ



**RANGE DRILL** Karen Harrison, co-director of BioDynamics, helps David make a shoulder turn. This drill will help him coordinate the motor skills so his upper body and lower body work independently.



### ADD CLUBHEAD SPEED

For a fairly well-built, athletic person, David had trouble generating clubhead speed to hit the ball with power. We fixed that quickly. We had him hold a weighted club for 10 seconds in the various positions of the swing: coil (at the top); delivery (halfway down); extension (halfway through), and finish. This reinforced proper sequencing. He then made swings with a lighter club.

In pitching, we changed his action to a longer backswing and a resisted lower finish. This lower finish results in crisper pitch shots because you resist helping the ball into the air.

### DAVID'S HANDICAPS

**12 = LONG / 14 = SHORT**

## MIGUEL BEATO



**RANGE DRILL** Swinging more from the inside helped Miguel make center-face hits. So did swinging easier, because he had a tendency to rip it on every swing. His drill is to swing at no more than three-quarter effort and to feel like he's swinging out to first base.



### SWING FROM THE INSIDE

Miguel had one of the most dramatic over-the-top moves we've seen at the school. We softened his arms and wrists, then got him to deliver the club more from inside the target line.

In pitching, he learned to put 75 percent of his weight on his left side and rotate his chest through impact.

### MIGUEL'S HANDICAPS

**18 = LONG / 12 = SHORT**