

Training Aids

Consult with your GolfTEC PGA Teaching Professional to ensure Training Aids are properly used in connection to your lesson structure and current swing focus.



There are hundreds of training aids available to the general population. Many of them are fantastic tools to improve a variety of faults in a golf swing. The most effective training aid that we use at GolfTEC is our patented SEVA-PRO teaching system. No other training aid is more effective and comprehensive. In conjunction with our SEVA-PRO teaching software, our instructors also use many of the training aids purchased by the golfing masses. Each training aid we use has been specifically tested and approved to fit with our training methods, so you can rest assured that you aren't buying a gimmick product.

Proper use of a training aid

As good as some of these training aids are, there are some common mistakes we see our students make while working with training aids. Sometimes students are working with a training aid to improve a portion of their swing that does not need help. Another common mistake is to not use them the way they were intended. Training aids require a demonstration as well as observation from a professional to ensure they are properly used. Before you purchase and use any training aid consult a PGA professional to ensure it will help your particular swing fault and it is being used properly.

The following is a list of the training aids that GolfTEC professionals use during the course of lessons (in no particular order):

Swing Gyde

Great to teach the feel of the proper wrist and arm action throughout the entire swing. The Swing Gyde is also great for helping develop the feel of a square club face at the top of the swing. Proper installation is vital to using the Swing Gyde correctly. Keep the lower hand butted up against it during use to prevent excessive wrist hinge.

Swing Wave

Versatile aid that helps shorten the length of the backswing, create more lag in the downswing, and release the forearms through impact. Also makes a great weighted club that can become adjustable simply by adding water or taking it away. Be careful not to add too much water as you can easily hurt yourself.

Extendo Club / Chip-n-Pitch

Probably the greatest training aid ever invented for keeping students from scooping the ball when they are chipping and pitching. The Extendo Club is also great for getting the hands ahead at impact. Do not take full swings as the extended part of the club will whack you in the rib cage.

Impact Bag

Fill each impact bag with either, towels if you need a heavier bag or for a light weight bag, use newspaper. Probably one of the most recognized tools, great for many purposes. Use two of them to create an obstacle course for improving path. It is also great to use as a substitute for the ball when working on plane or any impact related position.

Power Angle

Great for students who need to feel the proper width and extension of their arms at the top of the backswing. Also a great device to help feel the proper wrist hinge. If you can get someone to hinge their wrists properly, it will often help to create the proper width in the arms as well.

Volleyball / Playground Ball

Great household training aid to help prevent the dreaded flying right elbow. The typical cause of the “flying elbow” is that they are trying to use their arms as a main power source in their swing. Too much arm movement creates a multitude of problems - none of which are good. There are a couple downfalls of the ball between the arms drill. Some players will not hinge their wrists while attempting to keep the ball between their arms. The other downside is that players may tend to round their posture at address.

Beach Ball

Helps to stabilize the legs in the backswing. Combined with the leg coil, you have a sure fire recipe to stop “Elvis Legs” and stabilize the lower body in the backswing.

Chair

Simple household item that helps a variety of lower body issues in the swing. Stops sway in the backswing, slide going though. Also helps to maintain the proper spine angle through impact with the rear against the chair drill.

Leg Coil

Great to stop knee sway going back, as well as aid in turning though impact instead of sliding with the left knee.

Putting Connection

Great for connecting the shoulders and arms in a putting, or chipping stroke. Most students tend to use too much arms and never get their body to lead the motion, also a decent aid for building a one-piece takeaway.

Putting Arc

Guides the putter along the proper path in the putting stroke if your shoulders turn around your spine.

Eyeline Products

Great alignment aids, also fantastic for helping to develop the proper putting stroke.

- Putting Plane-Eyes over ball, alignment, proper arc'd path – great putting aid!
- Eyeline Practice Tee with Mirror-Great for proper alignment and ball position
- Metronome-Great for auditory learners and players in need of developing better rhythm
- Balance Rod-Step on the rod to develop the proper heel-toe balance required throughout the swing.

Pelz Products

A ton of great training aids to develop a more consistent putting stroke.

- Putting track- For those Pelz followers and his concept of square to square (consequently your shoulder's will need to stay parallel to your target line during your stroke - not a natural motion).
- Putting Tutor-Helps to ensure proper alignment and getting the ball started on the proper line
- Putting Tube-Must have a square face at contact to allow straight travel of the tube
- Truth Board-Great to check eyes over the ball and develop confidence in the short putts
- Pelz Clips-Immediate feedback as to whether or not you hit the center of the putter face. To develop touch you must produce quality impact. If the ball is struck on the toe or heel the amount of energy transferred to the ball will be inconsistent and the ball will jump offline immediately.

Quiet Feet

Great for lower body motions both in backswing and through impact

Hula Hoop

Helps to illustrate the swing plane and ball flight laws. Almost every single student that we teach needs to develop a better understanding of the ball flight laws and the hula hoop is a great tool to help.

Spot Liner

For players with poor alignment skills with their putter

Inside Cup Reducer / No 3-putt cup

Shrinks the size of the hole; creating much greater focus on a small target. Once the reducers are removed, the regulation golf hole appears much bigger. Tough training aid when both rings are in.

Impact Tape

Help students develop a feel and understanding for good contact with the ball, also a necessity for club fitting.

Swing Extender

Helps to get the right elbow to a 90 degree angle at the top of the swing and keeps the arms from collapsing at the top of the swing

TempoMaster/Whippy Club

An extremely flexible shaft to help develop a smoother swing with no jerky motions – smooth tempo

Momentum

Weighted club—be careful not to hurt someone while swinging this club with speed. Slow motion swings are a good idea to help the student feel the weight of the shaft fall with gravity to get it on plane coming down. Full speed swings are discouraged.

Straight Arm Trainer

Great aid for the backswing. A fully extended and tension-free left arm will allow the Straight Arm Trainer to feel “loose” at the top of the swing. A break down of the left arm will cause the trainer to feel very “tight”. Do not let the student swing through to a full finish with the SAT on. Always look at someone’s hinge first if they are having issues with their arm breakdown during the backswing. Creating proper hinge will typically help to allow more extension at the top.

Training Grips

Always work towards a short thumb position to ensure that the training grip fits in their hands properly. With the traditional molded grip place the last bone of the thumb and the first bone of the index finger against the white lines drawn on the grip. That will force a shorter thumb position and therefore more security of the club. If they wrap the thumbs around the shaft, too much space is left between the thumbs and the club.

Power Fan

Great for resistance training without heavy weight as well as training the releasing motion of the forearms

Figure 8 Strap

Stops a flying right elbow. To make it work effectively a player must learn to not fight the strap. When most players’ elbows are strapped together they will rely on the strap holding them together and not learn the feeling without the strap.

Pool Foam

Probably one of the most useful, as well as safe training aids, that will allow you to keep any bones or shafts from being broken. There are a ton of uses, but many of them are great for visual type players.

Tac Tic

Not the tic tac (although you might need one of those for your breath). Helps to flatten the left wrist during the swing. Student must be aware of when the ticking and tacking is occurring to be successful with it. To become acutely aware slow motion swings will be required.

Speed Stik

Basically a device that measures swing speed through centrifugal force. Good for distance challenged players to develop as much speed as possible.