



## **A day with Chuck Cook** *PGA of Italy Teaching Workshop*

### **What I teach**

- Proficiency before efficiency.
- 3 imperatives!
  - Impact.
  - Plane.
  - Lag.
- Movement of the club.
  - Club head.
  - Club shaft.
  - Club.
- Movement of the body.
  - Spine and head.
  - Shoulder action.
  - Hip action.
  - Knee action.
  - Foot action.
  - Arm motion.
  - Hand and wrist action.
- “Hands on Tour” study (by Andrea Zanardelli).

### **How I teach**

- Lesson procedure.
  - Observations before hitting.
  - Interview.
  - Observations while hitting.
- Error correction.
  - Procedure (address, backswing, inswing | verbal, visual, feel cueing).
  - Club face.
  - Club path.
  - Angle of attack.
  - Contact point.
  - Speed.
  - Dynamic loft.

### **How I use technology**

- Video.
- Launch monitor.
- Force plates.
- Sportsbox AI.
- Putt Lab & Blast.
- K-Vest (Andrea Zanardelli)
- Hackmotion (Andrea Zanardelli).

### **Case studies**

- Tom Kite, Larry Mize, Corey Pavin, Payne Stewart, Dylan Frittelli, Luke Donald, Keegan Bradley, Jason Dufner, Mark Brooks.

Per informazioni ed iscrizioni visita il sito [www.zanardelligolf.com](http://www.zanardelligolf.com).