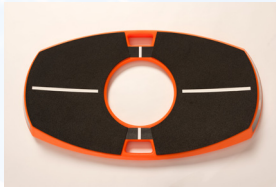


# ORANGE PEEL

## The Purpose for the Hole in the Center of Orange Peel:



- To encourage proper width in your stance to Balance your Frame.
- Balancing your Frame will Center your Core in an Athletic manner.
- Centering your Core will allow your body to properly Shift and Rotate during the Golf Swing.
- If your core (stomach region) is balanced directly over the Hole, this is when you are Centered.



## Chipping:

Place your front foot into the hole and your back foot onto the surface of the Orange Peel. This will automatically shift your weight to the front foot and encourage a descending impact into the golf ball. By practicing from this stance, you will quickly feel the best way to approach chipping and pitching.



Address Position



Backswing



Follow-through

## Frisbee Benefits:



For those golfers with a smaller stature (children or shorter golfers), the Frisbee can be used as a platform when these golfers are training for uphill and downhill lies. The Frisbee acts to fill in the hole of the Orange Peel and allow these golfers a variety of different stances and balance points.



## Frisbee Fling:

The Motion that creates the Accuracy and Distance in a Frisbee Fling, is the same athletic motion used to create Accuracy and Power in a golf Swing. By practicing the Frisbee Fling (recommend learning right and left handed), you will quickly learn to synchronize your upper and lower body while in motion.

