

Driving

MARCH, 2011

THE GOLFERS ACADEMY

VOLUME 4



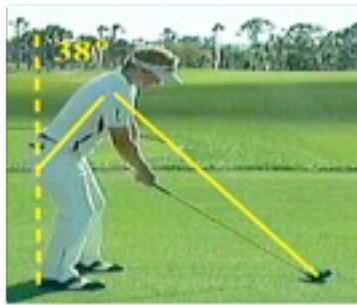
Imagine creating a wide circular motion to get swing started

If you have a tendency to slice the ball, try and get the clubface 'looking' at the ball in the early stages of the golf swing

Swing Cue: start low and create width

Proper set-up is the key to getting the ball started on the right path with the driver.

The driver is the longest club in our bag and such requires a proper base. Stability and mobility are key so feet should be at full width of your shoulders and slightly turn your toes out on both feet. Weight distribution should be 60 / 40 split to the back leg and body should be weighted slightly over the balls of the feet staying off the heels prior to the start of your swing



Starting the Swing on plane.

Once you are comfortable you need to start the club-face low-and-slow away from the ball creating width. Make this first move as smooth as possible and avoid lifting the club-face away from the radius of the swing.

Maximum power thru the ball, which maximizes distance

Having made the backswing on plane and created energy thru coil it is important to now release the same energy as you change direction. Key move to begin your swing, right knee, right hip, right arm, right shoulder firing on all cylinders as you accelerate toward the ball this is the green light to start the acceleration through the ball.

Maximize shoulder turn

One of the best thoughts of the driver is to maximize shoulder turn. Rotate the the body so that the left shoulder rotates under the chin on the backswing and the right shoulder under the chin on the follow through. Finally keep the driver going through the ball keeping the face of the driver square to the target line, finishing with the chest facing your target and weight supported on the left side.



The Golfers Academy
905-335-9591

www.thegolfersacademy.com