

Step Into a New Swing

Sometimes you feel like you'd do better if you took a run up and hit the ball. Sometimes you can! Unfortunately The R and A aren't so keen. What we can do though is use leg movement and stepping in our physical practice drills to emphasize certain swing criteria. My biggest favourite is to use this technique to develop great momentum and body weight transfer. Sometimes, in our struggle to create that reliable and reproducible swing, the whole movement gets too static...sort of bogged down and restricted. The combination of lateral weight transfer and rotation is throttled by our desire to stay "safe" producing an arm and shoulder dominated swing with no drive.

The answer is in your legs. I am going to get you to stride into both "sides" of your golf swing. You will have no choice but to start the momentum and weight transfer in the right direction. It's going to feel odd at first, but remember this is a physical drill designed to enhance the body mechanics of swinging a golf club correctly, and not the fine technicalities.

Right Leg Drive

- Take a mid iron and set up to a marker/imaginary ball as you would in your normal stance. Ground the club.
- Now draw your right foot next to your left. The grounded club will now be outside your right foot.
- Now swing, and as the club is moving away and up take a positive step to the side, planting your right foot at a normal address position.
- Feel how this move drives your weight to the right side and helps you load up and store this momentum as you release it into a normal downswing and follow through.
- Now repeat with a ball, don't worry too much about accuracy but you might be surprised about how firm that ball strike feels.

Left Leg Drive

- Set up normally again, but this time draw your left foot next to your right.
- The grounded club will be outside of your left foot.

- Now complete a full and relaxed back swing, keeping the feet together.
- At the point of transformation where you start your downswing, stride your left foot to the left at the same time as driving the club down towards impact.
- Feel how this move drives your stored momentum at the ball via an enhanced left sided weight shift. This is a powerful swing “feeling”.
- Place a ball down and repeat this move and if you get it right you will feel the difference at impact as a very solid and “loaded” strike.

Remember, the leg moves are simple relaxed strides. You don't need to go throwing your bodyweight and trunk into these moves, just trust your legs to set up the chain reaction that will result in great weight transfer. Repeat these drills at least 10 times both sides and then strike some balls normally....you'll be much happier with your new “opened out” swing.

