

#21
CONTROLLED
POWER
SHOT

POWER SAVER

'Wedge' yourself to longer shots with top physio Bob Wood



Use a platform
Raising your right foot will help you keep the knees flexed in the backswing.

Legs lose flex
Don't let the right leg straighten out. You'll lose power and coil.

YOUR FLEXY FRIEND

Are you generally disappointed with how far you hit the ball, and feel that at some point between taking up your address position and actually hitting the ball, something, somewhere, is robbing you of power? If so, it could well be the fault occurs in the action of your right leg in the backswing – and the answer lies in building yourself a simple and sturdy eight to 10° 'wedge platform'.

A This action at the top of the swing, where the right leg and knee have snapped back and straightened, is all too common with high handicappers. It results in a loss of the coiling effect of the upper body against the lower, which is essential if you want to hit the ball decent distances. The result will almost certainly have to be some compensating move in the downswing, probably leading to a weak slice.

B Using a 'wedge platform' across the target line like this, with the back foot on the lower part of the platform and the front foot off, forces the right knee to remain correctly flexed when you swing back and helps to establish the powerful coiling action we are looking for. Use the platform until your senses fully register how the right knee should be flexed in the swing.

WEDGE TO THE RESCUE...

You will also lose power in your swing if you don't transfer your weight in the backswing. Again, the result is normally a wide and desperate range of compensatory moves that usually end in disaster. The platform can come to the rescue and put matters right.

A By pointing the platform down the target line and taking up your address position with the right foot just on the incline, and the left level and on the ground, the weight transfers to exactly where it's supposed to be – the inside border of the right foot – rather than the outside.

B and C The platform can also be used to help when you have to play the ball from an awkward uphill or downhill lie. Remember to set up at address so your body shape reflects the slope you're hitting off, and concentrate on maintaining good balance with no height loss or gain as you swing.

