

ON THE BALL

Top physio Bob Wood tells you how to get those legs into golfing shape

WEIGHT SHIFTING

It's a fact that great golfers have very strong and stable legs. Yet golf is not a two-footed sport - it's all about dynamic weight shift; in other words, almost complete weight transfer from one leg to the other as we swing the club back and then through the ball to a full finish.

This month's drills, using a club and a football, are all about the legs, with the first designed to promote great stability and rotational ability around the right hip. The second exercise is designed to encourage both stability and balance during your golf swing.

A Stand with your legs slightly apart (about shoulder width) and hold a golf club across the back of your shoulders. The left leg should be resting lightly on top of the ball.

B Now rotate the upper body away from the ball and allow the left foot to ride naturally over it as it slides to the left. You should feel the resistance build down your right side as you turn away. I recommend five to 10 quality repetitions of this drill a day.

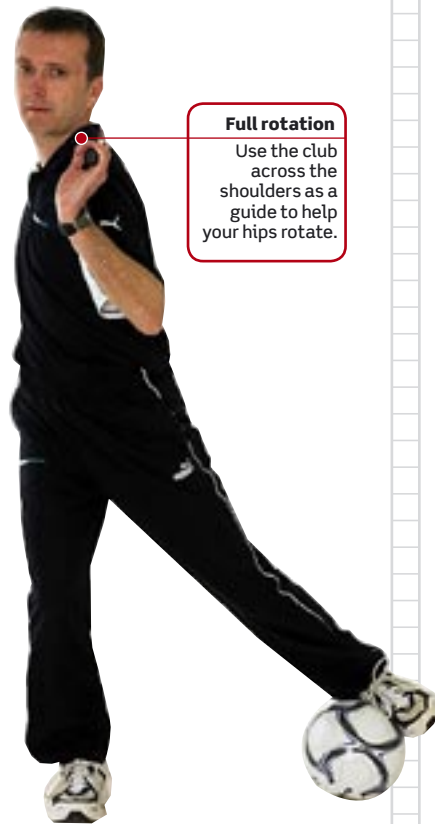
A



Football pose

Start with the legs apart and your left foot resting lightly on top of a football.

B



Full rotation

Use the club across the shoulders as a guide to help your hips rotate.

BALANCING ACT

The second drill is designed to promote great lengthening and loading of the torso on the stable right leg, and to establish stability and balance. Both this and the above exercise can be carried out at the range or on the practice ground just before you start hitting balls. Your shots should benefit from the muscle memory formed from the drills. Incidentally, both drills can also be repeated using the right foot on the ball.

A Hold the club above your head and again let your left foot sit lightly on top of the ball. The legs are set apart the same distance as they were for the start of the previous drill.

B Now bend the torso over towards the ball, again letting the left foot ride over the top of the ball as it moves to the left. Again, I recommend that this exercise is repeated between five and 10 times.

A



Torso twist

Bend your body towards the ball, keeping your left foot balanced on the ball.

Full extension

Set up as above, but also extend your arms and raise the club above your head.

B



