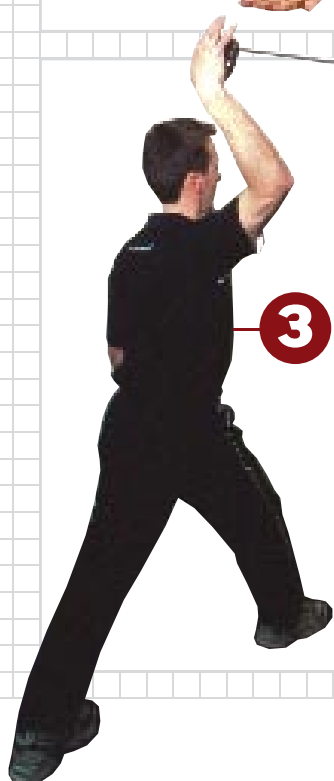


FIVE MOVES TO BEAT YOUR SLICE

Leading sports physio **Bob Wood** shows how you can eliminate your vicious left-to-right slice shape using five simple moves



GOLF'S BIGGEST FAULT CURED

Most players feel it is their swing that creates the slice, but it is your body that makes a swing. No amount of technical instruction will help you if your body simply doesn't have the range of movement needed to make the correct moves. The major cause of the slice is a lack of mobility in the right shoulder. Without free movement, this never gets fully loaded behind the body in the backswing and fires forward in the downswing, initiating the over-the-top move that throws your club across the ball. The exercises below are designed to improve the position of the right shoulder in your backswing. Perform them four times a week, for three weeks, and you will see an increase in your physical range.

1. Test your range of movement

Stand one foot's distance from the wall, with your back and head flat against the wall. Raise your arms into a crucifix pose and try to get the back of your hand flat against the wall. Keep your shoulders and elbows at 90 degrees and fingers spread wide.

2. Towel roll

Roll up a bath towel and place it lengthways on the floor. Put a pillow down to rest your head on. Bend your legs and lie on the towel so that it is resting between your shoulder blades. Place your arms out in a crucifix position. Hold this pose for one minute, building to five minutes.

3. Club butt drill

Using your driver, rest the butt end of the grip against a wall. Push the clubhead in your hand and stride forward with your right leg, focusing on keeping the right elbow underneath the clubhead.

4. Seated arm extension

Sit tight against a wall, feet drawn up with the soles together. Lift and push your bottom to the wall. Keep your spine and head back against the wall. Raise both arms together over your head and try to get the back of your hands flat against the wall.

5. Corner stretch

Place your right forearm into the corner of two walls. Stand with your heels, buttocks, spine and head flat against the wall. Raise your right arm above your head, maintaining the 90-degree angle and keeping it flat to the wall, and push it further to increase the stretch.