



## THE DRILL SERGEANT

EXCLUSIVE BY  
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# HOW TO ELIMINATE THE DREADED 'CHICKEN WING'

One of the greatest power leaks during the golf swing is the break down of the lead side, particularly the lead arm or wrist, through impact.

This action is commonly referred to as a 'chicken wing' because of the shape of the left arm (for right-handers) into the follow-through.

To eliminate the chicken wing from your swing, you must first understand that it is caused as a part of a reaction to mistakes made earlier in the swing, rather than being a fault of its own.

When you swing the club, you need the club to have motion towards the target to create impact. If your body slows, stops or, even worse, falls away from the target during impact, then the chicken wing is the outcome.

Here is a drill, which creates the absolute need for continuous body rotation towards the target during impact and into the follow-through.

Place a folded small towel or a driver headcover in the armpit of your lead arm.

Assume your normal set-up before swinging the club (I suggest using a 5-iron) to a two-thirds backswing position (pics 1, 2 & 3).

At this point you should have a large percentage of weight over your right leg (for right-handers). Now swing through and feel your weight transfer to the left leg.

If your body slows, your left arm will chicken wing - or separate from your body - and the towel will dislodge (pic 4 & 4a).



### THE DRILL SERGEANT SAYS:

"The chicken wing position is a reactive move to a mistake made earlier in the golf swing."

The object is to swing through keeping the towel under your arm and create a solid strike (pic 5 & 5a). The strike might not be great to start with but will improve over time.

Mark Gibson is a two-time winner of the PGA of Australia's Teacher of the Year. You can book lessons with him via the website [www.markgibson.com.au](http://www.markgibson.com.au)

PHOTOS: BETHOON JAMES & E

