



THE DRILL SERGEANT

EXCLUSIVE BY
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THE PATH TO PRECISION HITTING

There are two variables that effect how straight a golf ball will fly.

The first is the clubface. If the clubface happens to be open or closed at impact, the ball will not fly straight toward your target.

But the second and most important element, crucial to straight hitting, is the swing path. The swing path dictates the direction the ball will fly, immediately after impact.

For example, most slicers of the ball have a swing path that sees the clubhead travel from outside the target line on the downswing, cuts across

the ball at impact and heads into the follow-through inside the target line. Depending on the position of the clubface at impact, the ball will slice wildly (open clubface), fly with a weak fade (straight clubface) or be pulled wide of the target (closed clubface).

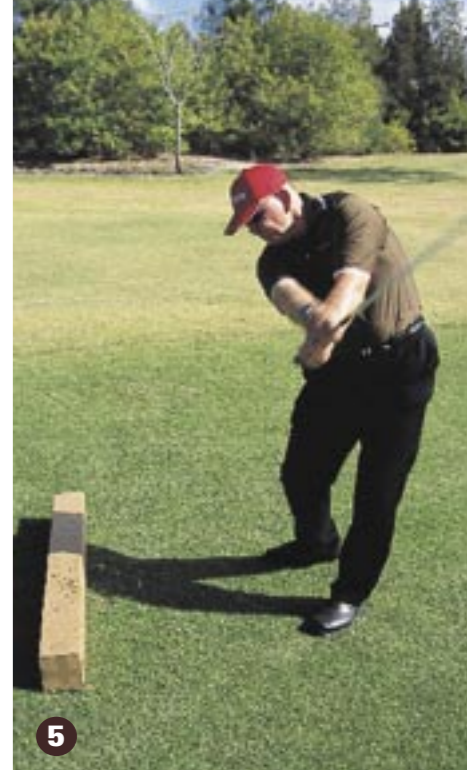
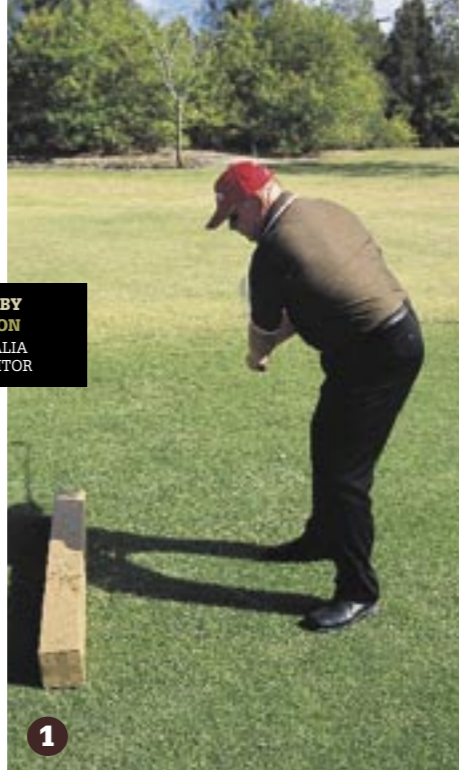
Likewise, golfers who hook the ball will have a swing path that starts inside the target line on the downswing and moves outside the target line on the follow-through.

Your swing path is a result of three things – POSTURE, WEIGHT TRANSFER as well as ARM/BODY CONNECTION.

The ideal swing path is a neutral one. A neutral swing path attacks the ball from inside the target line and exits into the follow-through also inside the target line. Here is a drill that will help you neutralise your swing path.

The premise of this drill is to improve your posture, weight transfer and arm/body connection.

PHOTOS: BRENDAN JAMES X 10



Start with a good posture that has your knees slightly bent and pelvis tilted, so your the spine retains some straightness whilst you are looking at the ball. Your balance needs to be distributed 50-50 between your feet, while your arms need to play a secondary role to your body rotation, which generates power.

Place a cardboard box (like a golf club box you could borrow from your local pro shop) and place it parallel to

your intended line of flight or target line. Without a ball, make some small swings from your good set-up position and see the club move inside the box on the take away, and create the through swing by turning the body to the target (pics 1, 2, 3, 4 & 5). As this becomes more comfortable you should feel that your arms stay with your body and the club hinges up as you swing back and then through.

After doing this for a while, start

using a ball. The edge of the box should be about five to six centimetres from the ball to allow enough room for the clubhead to swing through easily on a good path.

Start with a smaller swing and then slowly but surely increase your swing length (pics 6, 7, 8, 9 & 10).

If you have an outside-to-in or inside-to-out swing path you will hit the box, not the ball. ⚪



THE DRILL SERGEANT SAYS:

“The ideal swing path is a neutral one. Use this drill to overcome any tendency you have for swinging on the wrong path”

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