



THE DRILL SERGEANT

EXCLUSIVE BY
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STAY CONNECTED

The ability to keep your arms connected to your body, throughout the golf swing creates a more consistent ball strike delivering power and accuracy.

When your arms lag behind or get too far in front of your torso as it turns, you alter the swing path of the clubhead and a mis-hit is the result in

nine times out of ten.

Here is a drill you can use to keep your body and arms well connected throughout the golf swing.

Take a normal set-up position but instead of holding the club on the grip you position your hands down the shaft so the butt of the grip is pointing at the centre of your chest or torso (pic 1).

This creates a triangle made by your arms and an imaginary line across your chest from each shoulder. The club's shaft dissects this triangle.

Now make a normal take-away and keep the shaft of the club pointing at your torso (pic 2). At the completion of the backswing turn, your arms should then hinge upwards at the elbow (pic 3). This allows the club to stay inside the arm and chest triangle.

PHOTOS: BRENDAN JAMES X12

Now release your body towards the target and this should allow the club to retain some relevance to the chest (pics 4 & 5). Your follow-through is completed when the torso is facing the target (pic 6), with your arms and body retaining their connection, inside the imaginary triangle.

Another version of this drill is to pass a heavy item (such as a medicine ball or full practice ball bag) to

another person. Make sure you keep your arms bent in front of your body to give the feeling of a good connection between your body and arms (pics 7, 8, 9, 10, 11 & 12). You will feel this especially in the release of the

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THE DRILL SERGEANT SAYS:

A connection between your arms and body is vital for creating power and delivering accuracy.

