

# Power In Sync

Body motion and balance  
equal more power



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GREG MINNS

**A**ll golfers want to hit the ball further which simply requires more power. But where does the golf swing's real power come from? And how do you increase it?

Many golfers believe that the faster they swing the clubhead the further the ball will fly. Real power doesn't come from a big wind up and taking a lash at the ball from the top of the swing. If anything these are likely to lead to less power.

Body motion with balance is the best recipe for extra distance. This body motion requires a positive weight transfer—the weight of the body moving with the club—which in-turn creates clubhead speed, inertia and produces longer shots. The key to a positive weight transfer is not rushing, but allowing the arm swing to work in time with the body rotation (see Drill below). After developing timing and creating consistency through practice, the body motion of weight shift can be sped up and distance increased.



## DRILL

To ensure a positive weight transfer allow your arm swing to work in time with your body's rotation. Here I'm using a small beach ball placed between my elbows. Simply swing back and let your body's weight transfer lead your arms into the down-

swing. The ball should remain between your elbows until well into your follow through. Try this without a ball first and then switch to hitting a ball (photo, above) remembering to keep your arm-swing in sync with your body motion.



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