

Better Contact for Control and Distance

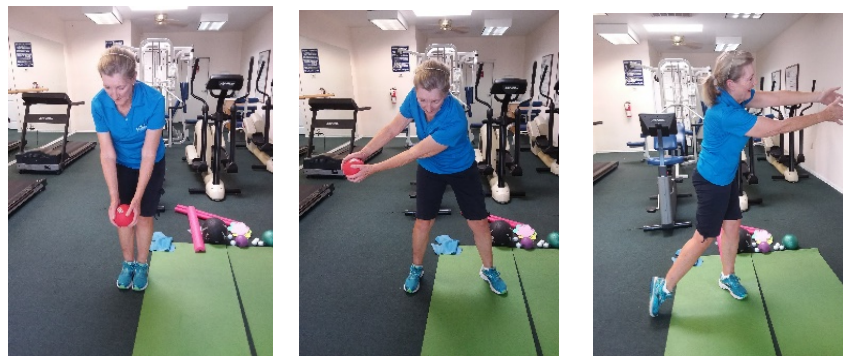
Are you tired of hitting “Fat” and “Thin” shots? Are these shots keeping you from scoring your best?

You might hit the ground before the golf ball (also called a fat shot), or, hit the top of the golf ball on the upswing (also called a thin shot). With either of these shots, you sacrifice distance and control. To prevent “fat” or “thin” shots, a proper weight shift is important. Proper weight shift has your weight move with the golf club. When we take our back swing, our weight should shift slightly in the same direction as the golf club. As we swing the golf club to the ball and forward to finish the swing, our weight and body should move with our golf club.

To ensure proper weight shift **balance and coordination** are critical.

Try these few ideas for better contact with the ball. You may find your golf ball going farther down the fairway.

Step and Toss:



Start in the golf posture with feet together and holding a light weight or ball. As you swing arms to the right (for right handed golfers), step to the left then turn and toss the ball to the left. Make sure there is a weight transfer to the leg on the tossing side. Repeat 10 times. For left handed golfers you would swing arms to the left, step to the right then turn and toss the ball to the right.

Torso Turn in Golf Posture with golf club guide



Place a golf club on the ground next to your lead leg as shown below. Get in a good 5-iron golf posture with your hands holding a golf club or aiming stick against your hip bones. Keeping the club against your hip bones take a full backswing (shoulder should come under your chin). From here, return to the impact position, then rotate your whole body through to the finish; maintaining a good stable posture through impact zone. You should finish with the golf clubs parallel over each other and your weight moved to the target leg.

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For ideas on how to improve your balance, check out Dr Deb's exercises

Strike the Pose

Finishing your swing with all your weight solidly on your lead leg (left leg for right handed golfers) is a good indicator that you made a good swing, and transferred your weight properly. You also need that weight transfer to generate power to hit the ball further. Men can muscle the swing to hit a long ball. Women need to rely on good mechanics that ensure weight transfer (see Peggy Briggs article)

To make this happen, you must have good balance.

Here are a few activities improve your balance and weight transfer.

Stand on one leg – 30 seconds without wiggling or wobbling.

Torso Turn Balance on one leg



Stand on one leg – arms across chest – turn shoulders and maintain balance. Focus on finish position.

Finishing Pose



Practice the finish. You should be able to see the bottom of the trail leg shoe. Strike the pose for better golf.

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