

Generating Power

We don't think much about our feet (except maybe some cool shoes) relative to the golf swing. But that's where the energy in the golf swing starts - from the ground. Our legs and lower body are also the source of power, but without that strong connection to the ground – power is lost. If you grew up where there is ice and snow, you know it is harder to propel yourself.

Power generation from the ground and legs is probably more obvious in other sports.

Shooting a basketball using your legs to generate power is much easier than just using your arms.

Throwing or hitting a ball farther is also much easier using the lower body's power.

These are just a few sports movements that remind us how important our feet (balance), leg and butt muscles (power) and hips (flexibility) are in all sports-----and golf! If you notice, you are doing a mini squat in each of these movements to generate power from the ground.

Your solid connection to the ground also helps with weight transfer. For a right-handed golfer on the back swing, most of the weight should be on the right foot. As you start the down swing, and the weight begins to shift to the left foot. As you finish most of the weight should be on your left foot.

If you want to add power to you golf swing, be more aware of your connection to the ground and how it shifts through the swing. One of the best power exercises is a simple squat. A squat will strengthen the lower body where power is generated. Check out Dr Deb's article in this newsletter that shows us the proper way to perform squats to stay injury free.

Check out Smashing Golf on You Tube and www.peggybriggs.com for more tips on playing better golf.