

Keep your head down? True or false

Answer: FALSE

Changing our golf swings sometimes is an on going process, we have to commit valuable time to improve, and constantly refine. Every spring we set our sights on breaking 100 or 80 for the first time, working on changing our path of the club, grip, posture, ball position and the list goes on.

Unfortunately we all don't have those winter getaways to work on our games, therefore the position of the club head and marriage of the hands tend to be weak or flippy at impact either because of lack of feel or poor marriage of the hands to start the swing. Start developing a simple routine every spring that will ensure more distance, better ball flight and consistent results.

I would like to reinforce that that vertical movement of the head before impact will result in inconsistent results; but lateral movement of the head towards the intended target will improve impact!

Drill

We all were taught that the head must be stationary and may never move," keep your eyes on the ball". I want to change the way you practice

The beautiful thing about this drill is that it doesn't require a ball , feeling the correct movement of the head in relation to the hands and body moving through the impact position will produce more consistent results.

1. Position yourself in a correct starting position (in front of a mirror or a reflection of a window) with a club , start to initiate the movement of the lower body, noticing that your head and torso are moving towards the intended target , not restricting the head from moving forward or keeping it down

Result

Looking in a mirror you will notice that the hips and shoulders are becoming more parallel to the ground with more weight moving to your forward foot as a result of your head movement; you've just improved the impact position , more distance! . So many players fall into the trap of staying on the back foot as a result of the head!

2. Continue to move the head and eyes following the thumb on your right hand , with the club exiting parallel to the ground with the body in a balanced finishing position.

Result

The ability to maintain the relationship of the triangle at address assuming the marriage of the hands was position correctly. Noticing that the relationship of the hands has not been changed or the club head has not flipped over!

3. After performing this motion several times, assume the starting position and introduce some club head speed without taking a backswing moving the club to a full balanced finish.

Result As a result you will be creating better impact positions leading to increased distance, direction, trajectories and consistency.

As golfers we don't have to practice endless hours, become aware of what controls the clubface at impact, performing some dynamic drills without a ball while attaching it to a target and will prove to be beneficial

Two great examples of this motion would be Annika Sorenstam and Robert Allenby
Check it out!!

Cheers

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