

YOU WANT TO GET BETTER IN A HURRY? WE HAVE FOUR GUYS WHO CAN HELP...

# Meet Team TG!

**THE COACH**

**Adrian Fryer**  
Adrian's great swing tips are based on 23 years' experience. His approach is flexible; no dogma to drown in or 'perfect' positions to find, just achievable movements based on what really matters. Adrian coaches for the Cheshire County Ladies' Golf Association.

**THE SPORTS PSYCHOLOGIST**

**Dr Karl Morris**  
Karl will show you the best way to improve your golfing brain. He is a sports psychologist and a PGA-qualified pro who works with many top-class golfers. His practical advice will demystify golf psychology, and give you mental tools that work in harmony with Adrian's swing tips.



**THE GOLF FITNESS TRAINER**

**Tristan Huckle**  
Tristan will show you how to train your body for better golf. Europe's only qualified golf biomechanic, Tristan has worked on fitness with all standards, from hackers to tour pros including Colin Montgomerie. And don't think you'll need to buy weights and a gym subscription - you can do all Tristan's drills at home.

**THE GEAR ADVISOR**

**John McKenzie**  
TG's own John will cut through the marketing mumbo-jumbo to give you advice that will help you make your best buying decision. He has tested more than 300 sets of clubs for this magazine and has an unrivalled understanding of why sometimes technology works for you and why sometimes it doesn't.



This month:  
THE COMPLETE APPROACH TO **Driving**

Where does power really come from? How can your brain help hit it further? Which muscles will gain you yards? And which driver will suit your game? Let the team reveal all. ➔

Photography: Bob Atkins (Swing, Mind), Angus Murray (Body), Terry Begg (Gear)  
Course shots photographed on location at Oitavos Golfe, Cascais, Portugal (Tel: 00 351 21 486 06 00)





**THE COACH**  
Adrian Fryer

## Effort does not equal power

“IT'S WONDERFUL, in an irritating sort of way – the sight of Ernie Els or Davis Love III swatting the ball 300 yards with the amount of effort we reserve for swinging the car door shut.

Now I'm not about to tell you hitting the ball 300 yards is easy. But it's a lot easier once you get your head around this concept: effort does not equal power.

So where does power really come from in the golf swing? **These are your four distance must-haves:**

- You must sequence your downswing to transfer maximum energy into the clubhead and ball.
- You must strike the ball with a shallow sweep, not a steep chop.
- You need to have the clubhead swinging down the target line, or close to it, as it meets the ball.
- Your club must attack the ball from an 'inside' path and travel briefly along the target line through impact.

These pointers don't involve loud grunting or bulging forearms. But believe me, they are the nuts and bolts of long hitting. Effort does not equal power. It's the lesson Ernie and Davis learned, and you can too. ”

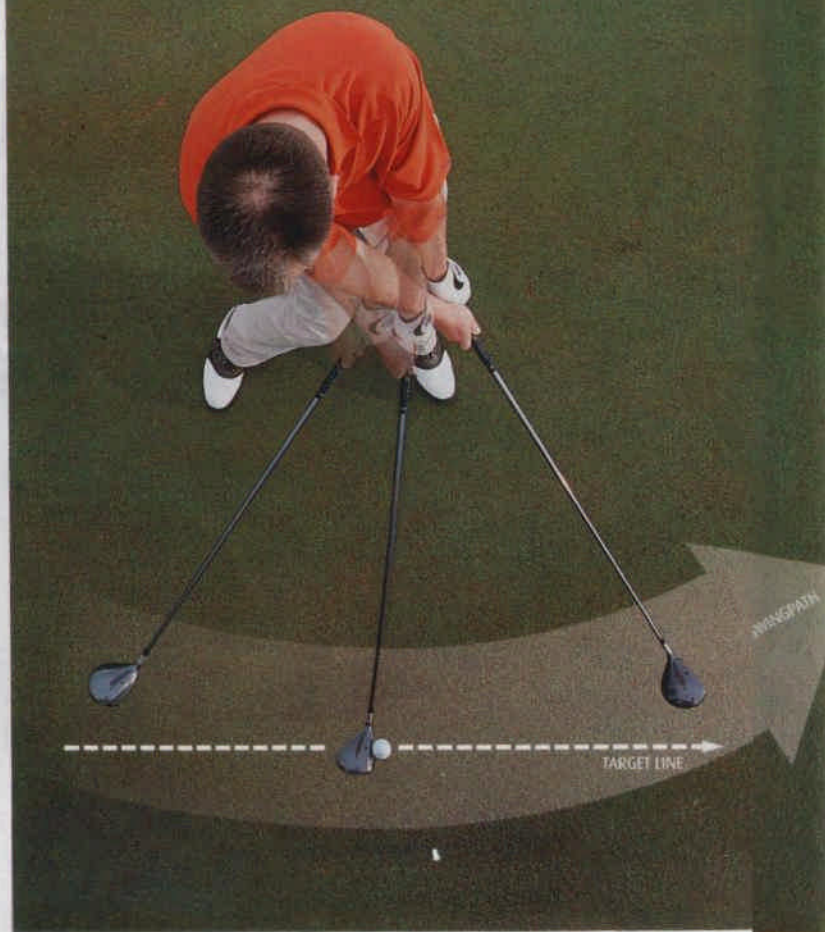
## Must-have 1

# Correct swingpath at impact

**How will it give me more yards?** When the clubhead swings along the target line at impact, it transmits 100% of its power into the ball. A glancing blow causes a serious leakage of power.

### Step 1 Understanding the correct swingpath

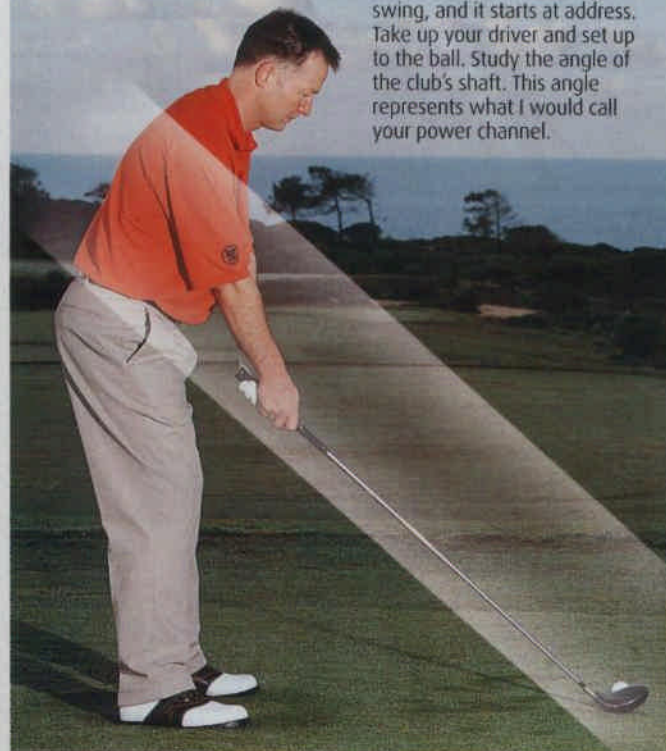
Think of the swingpath as a gentle arc, rather than a straight line. It has to be, because you are standing to the side of the ball. Always feel your club is arriving from what we call 'inside' (your side) of the ball-target line, and returning there after impact. We call this 'in-to-square-to-in'.



### Step 2

## The shaft is your 'power channel'

There is one easy way for you to encourage your club to stay on the correct path through the swing, and it starts at address. Take up your driver and set up to the ball. Study the angle of the club's shaft. This angle represents what I would call your power channel.



When you swing, imagine the shaft of your driver staying at a similar angle to its position at address. In other words, in your power channel. Be sure to visualise this shaft angle as a broad channel, not as one impossible-to-attain line. I don't expect geometric precision here, but the closer you can keep to the channel, the more power you can put into the back of the ball.

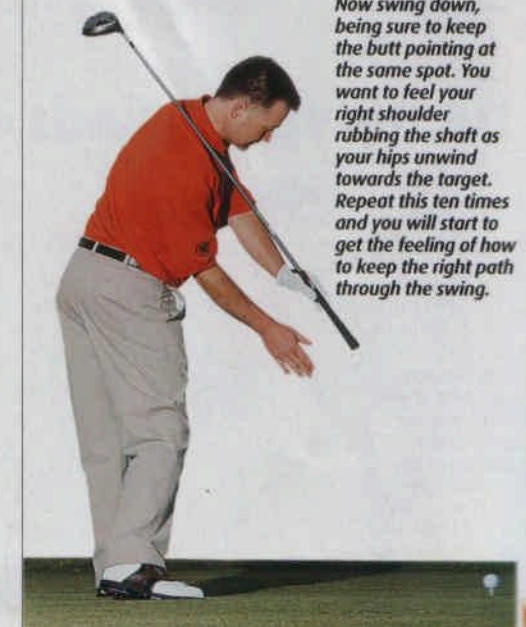
### Step 3

## How to find your power channel

*This drill helps you feel the correct downswing path and stop the dreaded 'over-the-top' action. Hold the driver in your left hand. Support it on your right shoulder, and point the butt just above the ball. Make a backswing with your right hand, right arm folding. Feel your shoulder run along the shaft as you turn.*



*Now swing down, being sure to keep the butt pointing at the same spot. You want to feel your right shoulder rubbing the shaft as your hips unwind towards the target. Repeat this ten times and you will start to get the feeling of how to keep the right path through the swing.*





## Must-have 2

# The right downswing sequence

**How will it give me more yards?** Your backswing stores power. But in trying to hit the ball hard, many amateurs release their stored power too early in the downswing. The correct downswing sequence guarantees your driver will be swinging at its maximum speed at the right time - impact.



Step 1

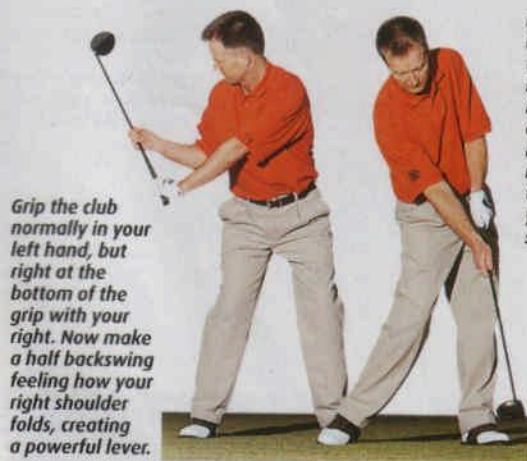
### Drop the box

Imagine that you have created a box shape at the top of the swing - bordered by the shaft and your right arm.

On the way down, feel like you are retaining that box until you reach hip level. When you try this, develop a feeling of your right shoulder, arm and club dropping. That's fine. This is a great way to hang on to your power.

Step 2

### Do the split-hands drill



Grip the club normally in your left hand, but right at the bottom of the grip with your right. Now make a half backswing feeling how your right shoulder folds, creating a powerful lever.

Now swing down to impact. Feel how the angle in your right arm is retained late into the downswing. Your right arm will then release powerfully through impact as your stretched left side clears.

## Must-have 3

# Sweep, don't chop

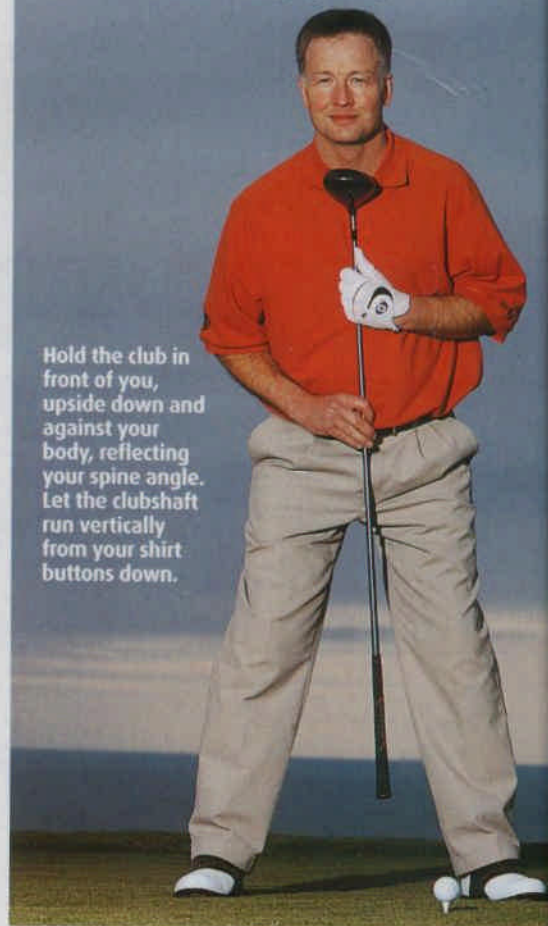
**How will it give me more yards?**

A forward-hitting sweeping blow guarantees you hit the ball on the ideal trajectory for distance. It also ensures you don't lose distance through a downward blow.

Step 1

### Drop your right shoulder.

Look at any athletic action that requires power, such as throwing. The spine is always angled back. Golf is no exception. Think "Left side stretched, right side low". It leads to the sweeping blow you're after.



Hold the club in front of you, upside down and against your body, reflecting your spine angle. Let the clubshaft run vertically from your shirt buttons down.

#### PANEL COMMENTS



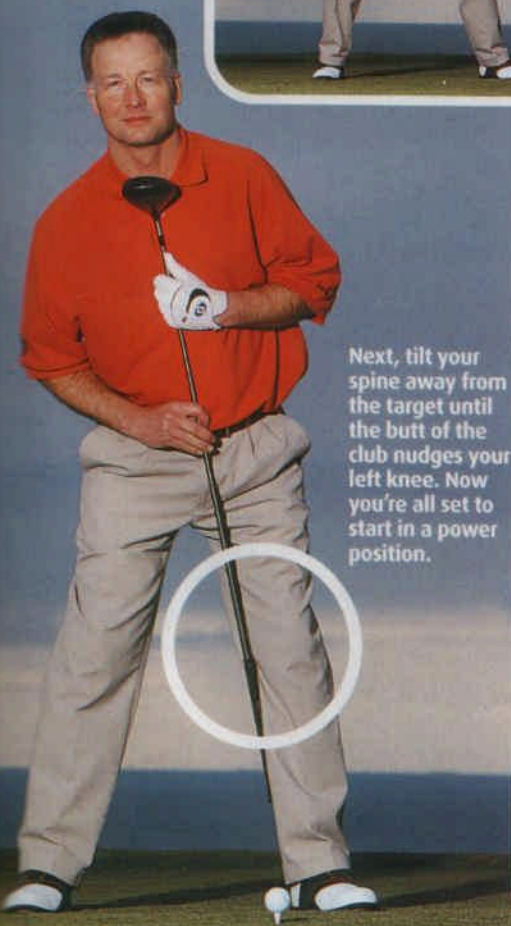
"The 'Drop your right shoulder' tip took a while to get the hang of, but in the end it fell into place. Quite useful." **Steve Henson**



"I found 'Drop your right shoulder' hint very useful on the practice ground." **Mike Enderby**

### Wrong!

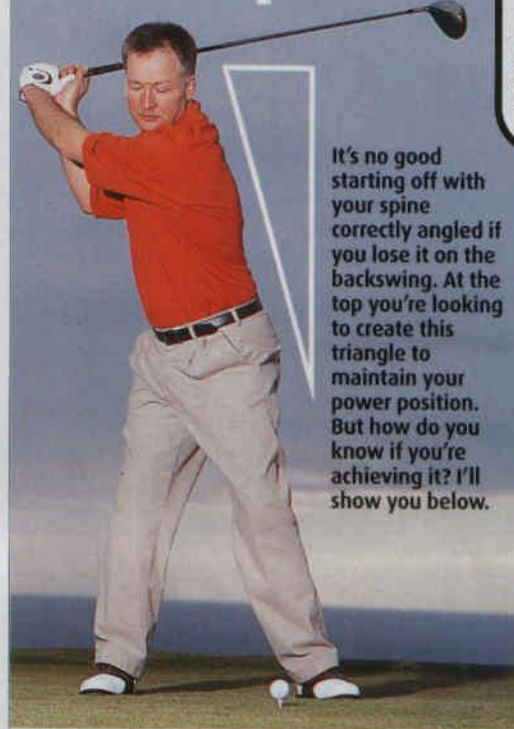
People have an obsession with width in the backswing. But in reality, you need to create angles going back that you can expand at impact, where width is most useful.



Next, tilt your spine away from the target until the butt of the club nudges your left knee. Now you're all set to start in a power position.

Step 2

### Create a triangle at the top



It's no good starting off with your spine correctly angled if you lose it on the backswing. At the top you're looking to create this triangle to maintain your power position. But how do you know if you're achieving it? I'll show you below.



1. Hold two balls in front of you, one against your navel, one against your chest.

2. Make a backswing turn. 3. Now drop the top ball. It should be able to fall clear to the ground, over and past the one in your navel. That's how you know you've created that power triangle.



#### Fitness expert Tristan says...

"You can only use these muscles to their capacity if you swing from a stable base. The deep abdominal muscles in your stomach provide that stability. I'll show you how to build them up on page 36."



## Must-have 4

# A square clubface at impact

**How will it give me more yards?** A square face means no unwanted sidespin. No one ever won a long drive contest with the ball diving off to the left or right. Here's how to achieve it.

### Step 1

## Pre-kink your left wrist for the correct hold



**1** Your grip controls the clubface. Before you pick up the club, hold your left hand out in front of you. Add a little kink into the wrist, as shown.

**2** Now feed the grip into your hand. You will find it much easier to hold the club in the correct position with your left wrist pre-kinked.

**3** This is how it should look to you – three knuckles visible on the back of the hand, and thumb running down just right of centre. This hold does more than help you control the face – it also ensures you set the shaft at the correct angle at address, presenting the maker's loft to the ball.



### Psychologist Karl says...

"A square face at impact can be an intimidating thing to try to achieve. So forget trying to guarantee it and learn to trust these basics. Believe me, they will square the clubface up for you automatically."

### Step 2

## Rotate your forearms

Your forearms need to work with your grip to square up the clubface at impact. To do this effectively they must rotate with your turning body as you swing the club back and through. Below is a drill to give you the right feelings to take into your normal swing.



### Gear expert John says...

"If you are a chronic slicer who just can't seem to square the blade up, consider an offset driver. 'Offset' means that the clubface is set back a little from the shaft, and this device helps you square the face up quicker. If you hook, don't even think of getting one!"

## Think 'thumbs up, thumbs over'

**1.** Leave your clubs to one side. Address an imaginary ball. Instead of taking up your grip, let your hands face each other. Form two fists and stick your thumbs up. Now run through the swing. Halfway back, point your thumbs up past your right shoulder.

**2.** At impact, have them pointing in front of you.

**3.** Halfway into your followthrough, make sure your thumbs are pointing up past your left shoulder. This ensures your forearms rotate.

