

# Meet Team TG...

WHAT'S HOLDING YOU BACK: SWING, BRAIN OR BODY?  
FIND OUT WITH OUR GANG...

#### THE COACH

##### Adrian Fryer

● Telephone: 01925 234800 or [adrian@drivetimeuk.com](mailto:adrian@drivetimeuk.com)

Adrian's swing know-how is based on 23 years' teaching. His approach is flexible; forget trying to hone a swing with geometric precision, just base your technique on attainable essentials. Adrian teaches everyone from starter to pro, and coaches for the Cheshire County Ladies' Golf Association.



#### THE SPORTS PSYCHOLOGIST

##### Dr Karl Morris

● Telephone: 01942 729836 or see [www.golf-brain.com](http://www.golf-brain.com)

Karl will show you how to think your way to better golf. He is a trained sports psychologist who works with the ELGA at national level, and is also a consultant and workshop-presenter with the PGA of GB and Europe. His practical tips demystify golf psychology.



#### THE GOLF FITNESS TRAINER

##### Tristan Huckle

● Telephone: 07973 155027 or [tristan.huckle@btopenworld.com](mailto:tristan.huckle@btopenworld.com)

Tristan will show you how you can improve your golf by training your body. Europe's only qualified golf biomechanic, Tristan has worked on fitness with all standards, from hackers to Colin Montgomerie. And don't think you'll need to fork out for a load of fancy gym gear - you can do all Tristan's drills at the club.



This month:

# IMPROVE YOUR set-up

Grip, aim, ball position and posture hold the key to great scores, whether you're a beginner or a Tour pro. Your swing is only as good as your set-up allows it to be. Let our team of experts show you the complete approach to addressing the ball perfectly. ▶



**THE COACH**  
Adrian Fryer

## Set-up; dull but crucial

“Most amateurs are disappointed when I ask them to change their set-up to cure a poor shot pattern. For some reason they believe they have a complicated, highly technical swing problem to wrestle with. But it’s a straight fact that most swing faults are a reaction to set-up problems. I could give you a great long spiel about swing plane and a late hit, but it’s not going to be much use to you if you aim 40 yards left of the target.”

Even if you are a seasoned player and feel you know all about the address position, I urge you to take these tips on board. They are just as effective as reminders as brand new tips. With the new season around the corner, it’s the ideal time to brush up on the basics. Work on your set-up and your swing will take care of itself. ”

# HOLD

Your hands are your only link with the club. Hold the club correctly and you can control the clubface and the ball. Follow this sequence to form the correct grip.

### PANEL COMMENTS



“Very useful. I definitely discovered I was holding the club too much in the palm of my left hand.”  
Tony Kent



“A very good and easy way of checking the hands. It should help eliminate hooks with my irons.”  
Chris Hayes



**1** Hold the club halfway along with your right hand. Angle the shaft so the grip points to your knees.



**2** Put your left hand on. Ensure the grip is on your fingers with a kink (angle) in the back of your left wrist.



**3** Add your right hand from the side of the grip, not under it. Point your index finger down to help you.



**4** Cover your left thumb with the fleshy pad of your right hand. Your right index knuckle points down.

# BALL POSITION

Ball position affects the clubhead’s angle of attack into the ball. If you are to achieve the best trajectory and distance for the different lofts on your clubfaces, you must use different ball positions. They’re not hard to find. Just hang the relevant club from the positions on your chest I’ve shown here; play the ball from a point opposite where each club hangs.

### LEFT ARM-PIT DRIVER

This forward position helps you sweep the ball forwards and up off the tee peg – perfect for a club with little loft.



### FORWARD OF CENTRE MID IRONS

Think just forward of middle-of-the-stance. These clubs need a slightly downward hit.



### JUST BEHIND CENTRE SHORT IRONS

The extra loft on the clubface means you can hit down on the ball, creating backspin.



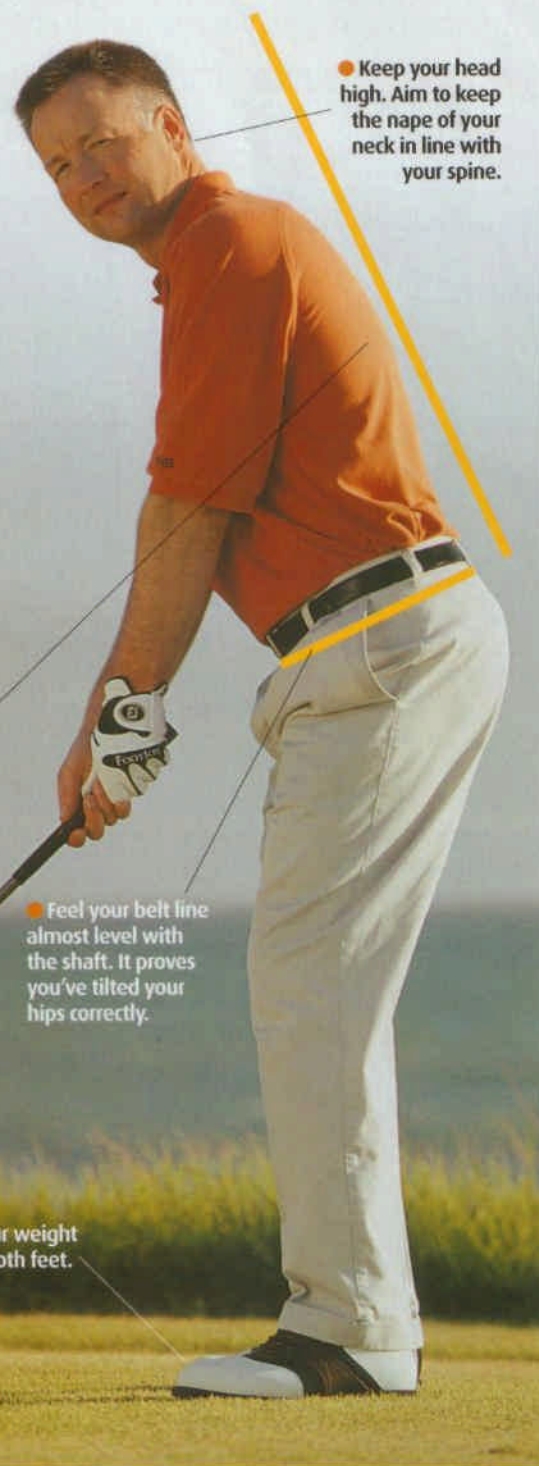
# POSTURE

Good posture enables you to make your most powerful swing, cuts down on back injuries and improves your ball-striking. Here is a three-point drill you can use to brush yours up.

**1** Grip a club. Stand upright with the club in front of you, shaft vertical and parallel to your spine. Keep your hands opposite your navel and elbows by your sides.



**2** Bend forward by sticking your rear out. Keep your back straight. Keep the relationship between club, body and arms the same. Stay tall - do not 'sit down' to the ball.



● Keep your head high. Aim to keep the nape of your neck in line with your spine.

● Your back stays straight.

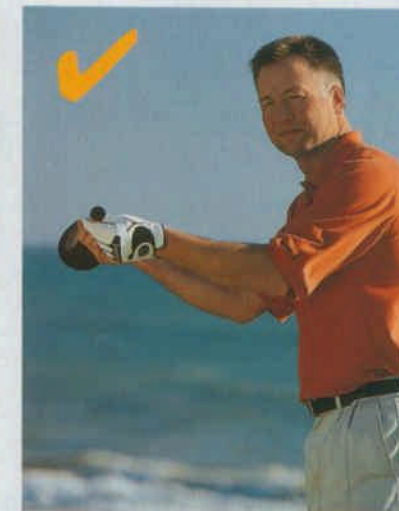
● Feel your belt line almost level with the shaft. It proves you've tilted your hips correctly.

● Feel your weight even on both feet.

**3** Drop your arms down until the clubhead rests on the turf.

# AIM

Countless amateurs make the error of aiming their bodies *at* the target, instead of parallel to it. You can aim your body at a target if your eyes are over the target line, like when you fire a gun. But for golf your eyes are a yard inside the target line.



The best way to grasp alignment is to stand on a tee of a par-3 and hold a club out in front of you. Try to aim the shaft at the pin. When you do this your body aims parallel, a little to the left of your target. Try to have this parallel feeling when you address the ball (see below).



**1** Approach the ball from behind and to the right. If the target's at 12 on a clockface, you should come in from around 7 or 8. Coming in from this angle gives a good view of your target.



**2** Address the ball with your back foot only in position. This 'open' position helps stop you aiming your body at the target. Keep looking at your target. Your aim is built around the line from ball to target, so you must keep a clear mental picture of it.



**3** Add your left foot. Feel your feet, hips and shoulders run parallel to the ball-to-hole line.