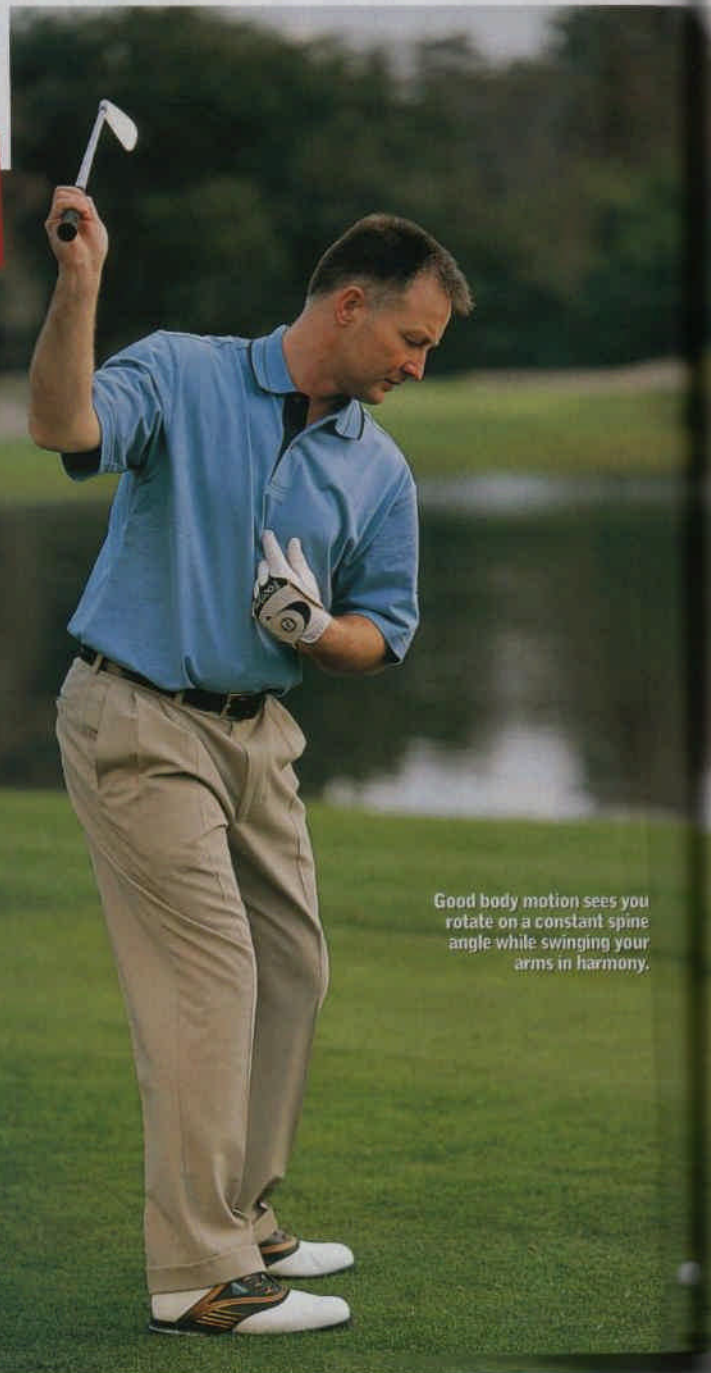


Photography: Bob Atkins

1 LEARN TO: Move

■ **What is good body movement?** Good use of your body means being able to fully rotate your torso back and through around an axis set by your spine angle at address. You must be able to do this while swinging your arms in harmony with this body rotation – that's what gives your swing arc the correct shape.

■ **What does it do for my swing?** It provides a fulcrum for your swing which gives it power and control. It allows you to move with maximum efficiency and with a minimum of moving parts.



Good body motion sees you rotate on a constant spine angle while swinging your arms in harmony.

LEARN TO PLAY GOLF

LESSON THREE:

SWING DETAIL

So far in this series we've looked at the basic concepts on which you should base your golf swing, and learned the ingredients of a correct set-up or start position. It's time now to put those two things together and work on the fundamentals of swing motion. In this feature I isolate the three key areas of swing motion – body movement, swing plane and wrist hinge – then show you why they are important and how to achieve them. Please be patient with yourself when trying to master them – learning the swing is much like learning a tune on the piano – you must go slowly at first, hitting the right notes, before smoothly bringing yourself up to speed.



Adrian

ADRIAN FRYER

INSTRUCTION
THE SWING

SCORE RANGE
100+

WHAT YOU'LL LEARN

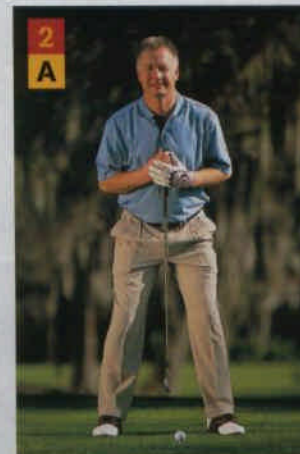
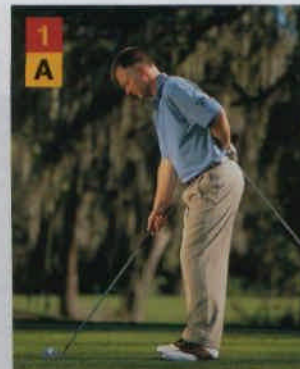
- How to move your body properly through the swing.
- What's meant by swing plane and how to find it.
- How to gain power through hinging your wrists.

your body properly

PUT IT INTO PRACTICE BACKSWING

1) Keep your spine angle

A) Take up your set-up position, but grip the club in your right hand only. Clamp a second club to your back with your left hand. Make sure at least the length of the grip is pressed along your back. This one represents your spine angle.
B) Practise making a right-handed backswing without the angle of the shaft on your back changing. You can feel this pretty well for yourself, but it can help to have a mate monitor the shaft angle for you.
C) X If the shaft angle on your back changes during your backswing, so will the angle of your spine. From here you must re-adjust on the way down to swing into the ball on the correct path, a tricky thing to do, and impossible to do consistently.



2) Make your backswing rotation in your own space

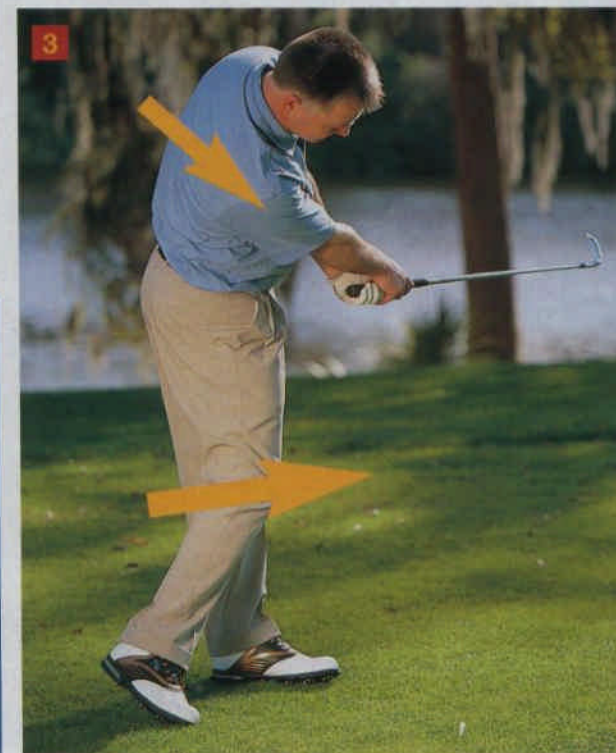
A) Your swing works best when you are able to turn in a tight zone. Think of it as being able to turn your body in the space it occupies at address. Check this by setting up to a ball normally but clamping a club to your chest.
B) Rotate your body around its spine angle. As you do, make sure the clubshaft moves smoothly back, away from the ball. As you complete your rotation, the shaft should hang over your back foot.
C) X This is what happens if you simply try to throw your weight around while trying to keep your head down. The shaft should stay vertical as your body turns.

Quick Notes

NEED-TO-KNOW

Quality NOT quantity!

Now you're getting to the stage where you will be hitting more balls. But when you practise, note it's quality that counts, not quantity. 20 swings where you rehearse these moves will do you more good than 100 reckless ones!



PUT IT INTO PRACTICE DOWNSWING

3) Back shoulder under chin, back knee at target

Your body needs to reverse its rotational movement on the way down, turning through the ball on the same spine angle. Here are two thoughts that will help you achieve this.

- Keep your back shoulder under your chin. The most common body motion error is from the top of the backswing. A hit impulse can kick in from nowhere and your right (or back) shoulder spins out in front of you, causing you to slice across the ball. Fight this by feeling your right shoulder move down and under your chin.
- Think 'Right knee to target'. When you hang back trying to help the ball up, your body can stall instead of turning right through the ball. But the thought of right (or back) knee to target frees your hips up, helping make sure your body keeps rotating.

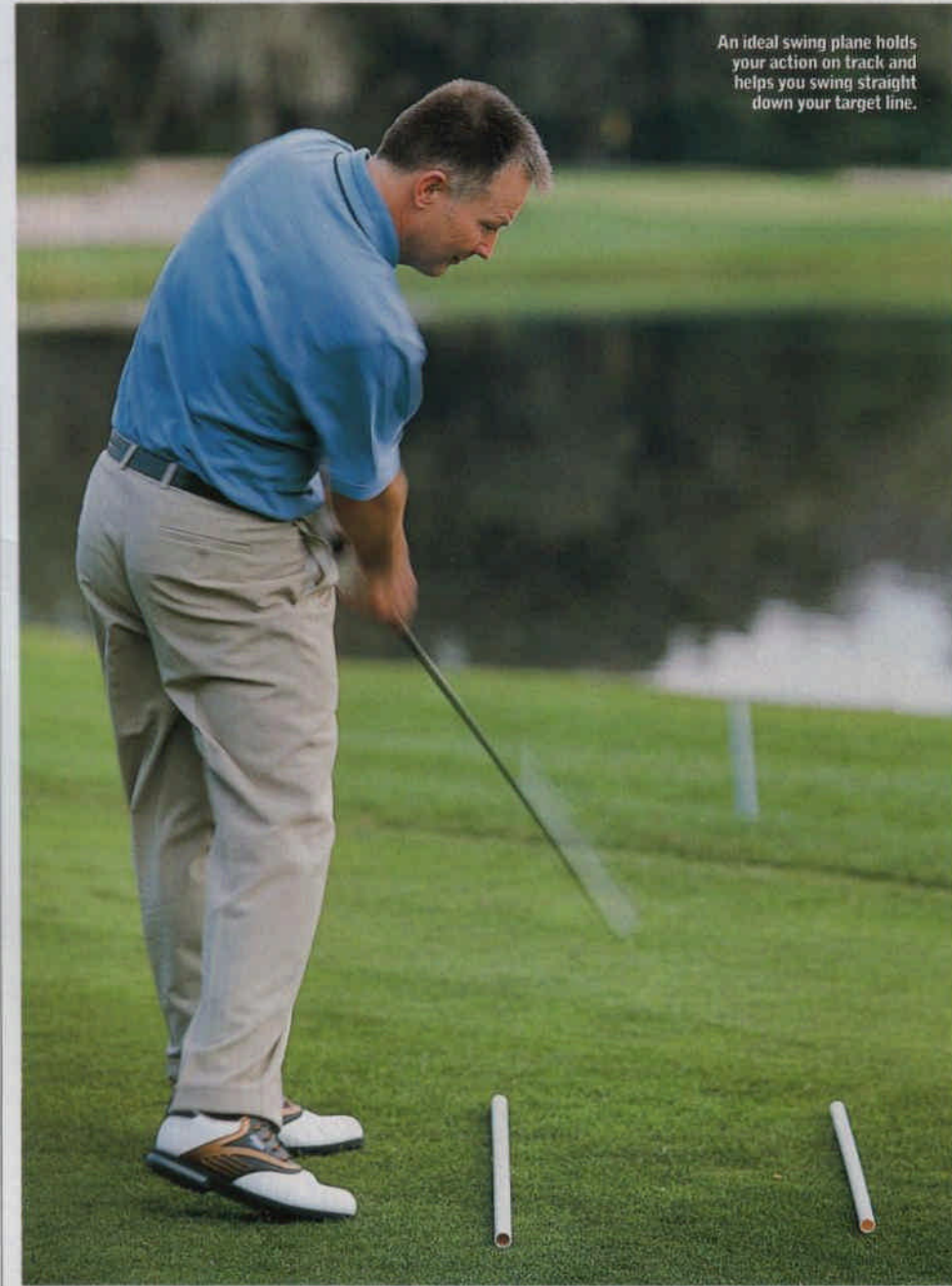


LESSON THREE: SWING DETAIL

LEARN TO
PLAY GOLF

2 LEARN TO: Swing on plane

■ **What is swing plane?** Swing plane refers to the angle you swing the club around your body. This can be low/flat/horizontal, or high/upright/vertical. But everyone has an optimum plane that will help them hit the ball with maximum power and accuracy.
■ **What does a good swing plane do for my game?** It keeps your swing on-line, allowing you to hit straighter shots. Swinging the club on plane also guarantees you are swinging it down and through the most powerful channel, meaning you will hit the ball further. The following tips will help you find a good swing plane.



An ideal swing plane holds your action on track and helps you swing straight down your target line.

PUT IT INTO PRACTICE

1) Use the clubshaft

A) Look at the angle of your clubshaft at address. It represents the angle the club is built to swing on, which makes it your ideal swing plane. Start by picturing your swing with the club following this angle round your body.

B) Try to make a swing in which the club follows its address angle. Feel you are returning the club to this angle through impact too.

2) Use your shoulders

Your plane will never be far out if you attempt to swing the clubshaft over your back shoulder on the backswing and your front shoulder on the way through. Practise moving slowly from one position to the other, gradually building speed as you gain confidence.

3) Use a clockface

Imagine a quarter clockface running from 9 (horizontal) round to 12 (vertical).

A) With the lowest, flattest backswing you could make, the club will point to 9 o'clock.

B) With the highest, most upright backswing you could make, the club will point up to 11.30 or even 12 o'clock.

C) Your ideal backswing plane will be midway between the two, somewhere around 10.30. You don't need to be accurate to the minute! Anywhere between 10 and 11 will see your swing on an acceptable path.

INSTRUCTION
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Quick Notes

RULES

Oops!

It's easy to nudge the ball off the tee peg when you put the clubhead down behind it. Don't worry, even seasoned players do it! In fact, there is no penalty for this – you are entitled to put the ball back on the tee and play it without penalty.



ETIQUETTE

Making waves

On the course, be aware of groups coming up behind you. It's good courtesy to wave people through if your group is moving slower and you are holding them up.

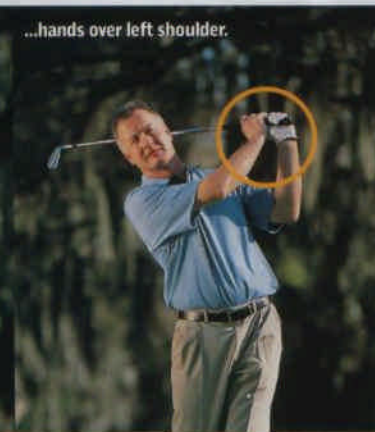
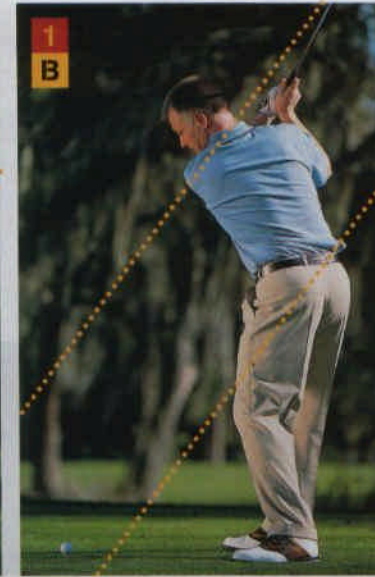


GEAR

Which ball?

There are a zillion golf balls out there; the choice can be intimidating.

Basically, look out for a durable low-spin ball. These last longer, will curve off-line less and are generally cheaper. The downside is they give less feel on touch shots round the green – but until your short game develops, low-spin balls will do fine.





LESSON THREE: SWING DETAIL – wrist hinge

LEARN TO PLAY GOLF

3 LEARN TO: Hinge your wrists

What is wrist hinge? You hinge or cock your wrists by bending the joints so your thumbs move up towards your forearms, much like you would do if you were using a hammer to bash in a nail.

What does a good wrist hinge do for my swing? Full wrist hinge adds zip and power to your action, as with any propelling motion. It also makes your swing compact and helps keep your movement on plane.

X ONE TO AVOID

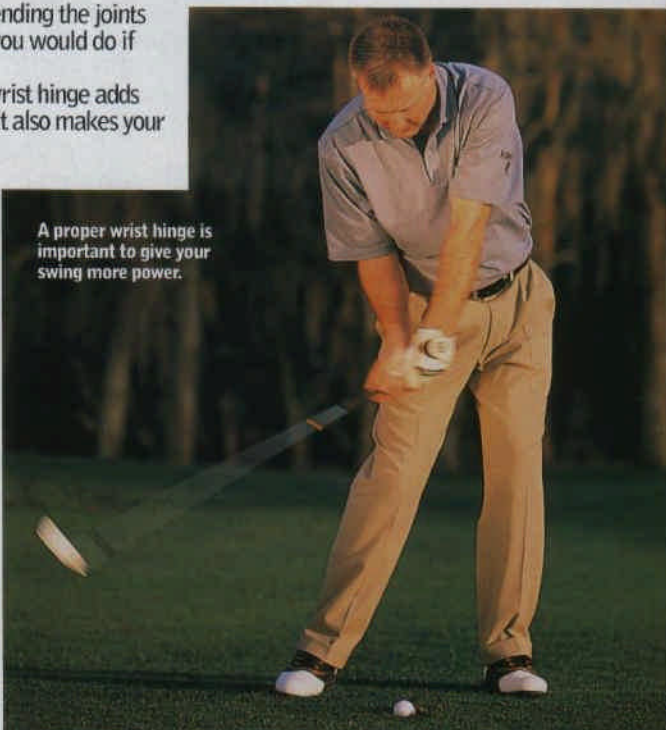
This is what happens when your wrists don't or can't hinge properly. If the wrists aren't working, the only way you can get the club back and over your back shoulder is if

- your left arm buckles
- your left wrist arches

These faults are common in beginners who have not learned the correct hingeing motion, and also in regular players who grip too much in the palms of their hands. If your left arm buckles or your left wrist arches, go back and work on the correct hingeing motion.



A proper wrist hinge is important to give your swing more power.

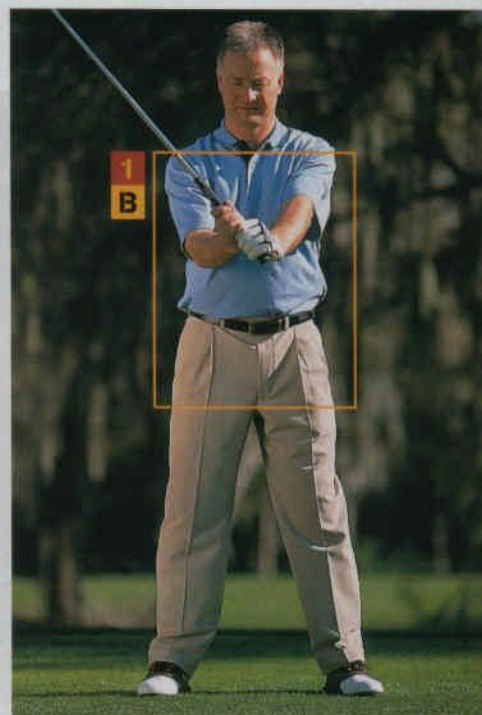
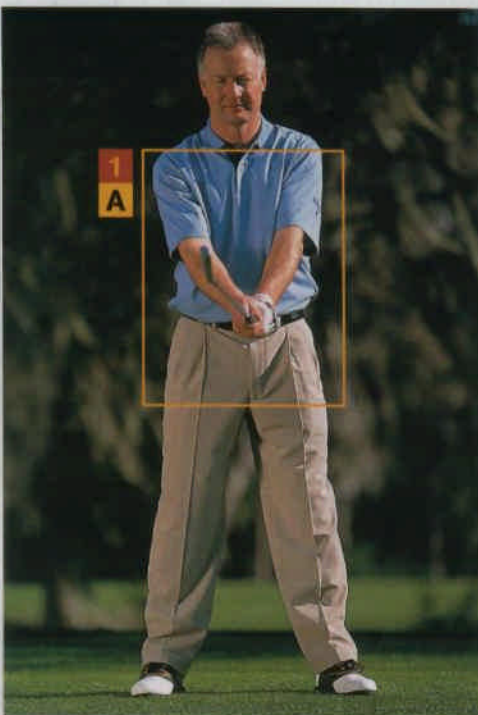


PUT IT INTO PRACTICE

A) Take up the grip you learned last month.

Remember to hold the club in the fingers of both hands. Make sure the heel of your left or top hand is on top of the grip – this is key to wrist hinge. Now, hold the club out in front of you, hands opposite your belt buckle.

B) Now, moving your hands as little as possible, hinge your wrists to move the clubhead up and to your right (for right-handers). The shaft should point up at the sky, running on an angle that takes it opposite your right shoulder. This is the movement you need to make during your backswing. Work on this until the feeling becomes second nature to you.



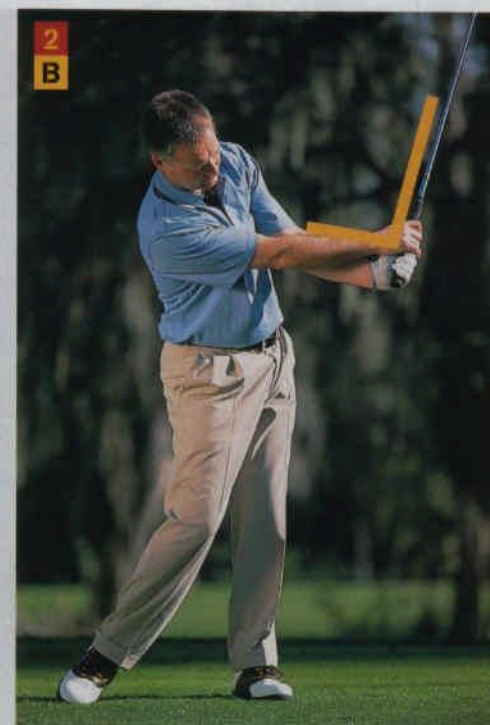
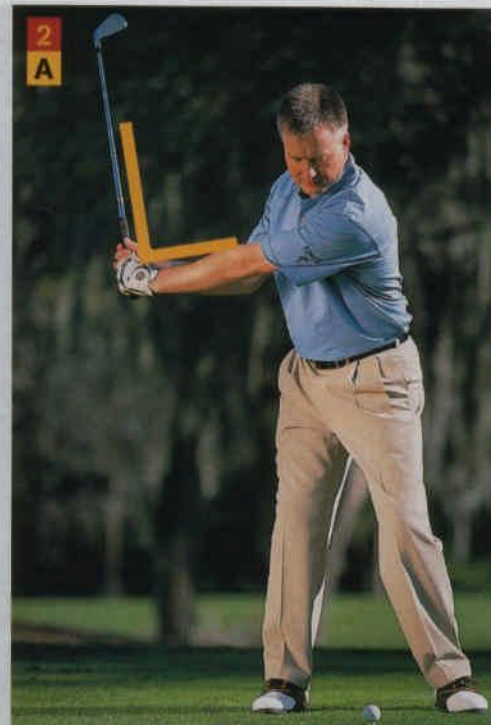
LESSON THREE: SWING DETAIL – wrist hinge

LEARN TO PLAY GOLF

2) Find the L-shapes

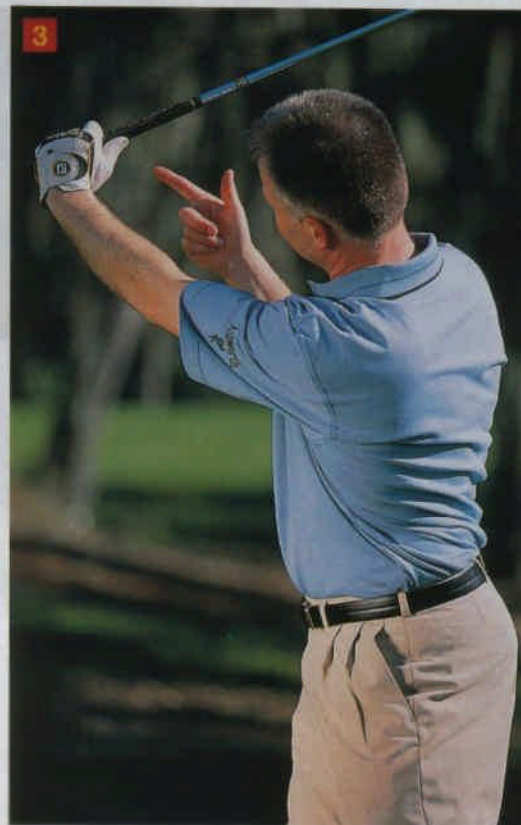
A) From your address or set-up position make a half backswing, working on this new hingeing motion. Aim to find this position, known as an L-shape, where your left arm is level with the turf and the clubshaft points to the sky. There should be something like a right-angle between arm and shaft.

B) Now slowly let the club free-wheel down and through and work on finding the mirror image of your backswing position. Now, when your right arm is extended, the clubshaft should again be pointing up at the sky, this time on an angle that runs opposite your left shoulder.



3) Left thumb under

As you go on to make a fuller body turn and a complete backswing, your left or top hand thumb should end up underneath the grip of the club, supporting it for you. This is exactly what Tour pros do, and explains why the club looks so secure and solid at the top.



Quick Notes

ETIQUETTE

On the green

Always be aware of where your playing partners' balls are. It's bad form to tread on the line of their putt, so if you need to walk through their route to the cup make sure you step over their line.



RULES

Where do you tee the ball?

You must tee the ball between the two tee markers and up to two clublengths behind them. You are allowed to stand outside the markers as long as your ball is between them. If you play from outside this area, it's a two-shot penalty in strokeplay (or disqualification if you

don't correct it before you tee off at the next hole); or in matchplay your opponent can ask you to replay the shot.



Shot at the Westin Innisbrook Resort, Tampa Bay, Florida. For more information call the Resort on 800.727.9425576 or visit www.westin-innisbrook.com