



We all marvel at how tour players propel the ball such vast distances with silky smooth swings – swings very much at odds with the frenzied attacks we tend to see on Saturday mornings as club members go in search of similar yardages. In the trade we call this effortless power versus powerless effort!

The biggest problem for club players is that they have the wrong concept in how to create clubhead speed. That fast and furious swipe comes from a misguided belief that the faster you swing, the further you'll hit the ball. But, in fact, to create clubhead speed, you first have to create forces. It's these forces that deliver the clubhead speed that is transferred to the ball.

There are three forces we should look to create. We can think of these as Rotational, Angular and Vertical forces. They may sound a little technical, but all three can be developed quite easily through simple swing exercises. Here, we'll work through all three. Though you'll see the most benefit of these forces with the driver, use an iron to work on them; the shorter shaft makes it easier to find and feel the ideal form.



TG TOP 50
Jon Walleit
Has coached seven European Tour players and is director of the Elite Coaching Golf Academy
www.elitecoaching.com

ANGULAR FORCE

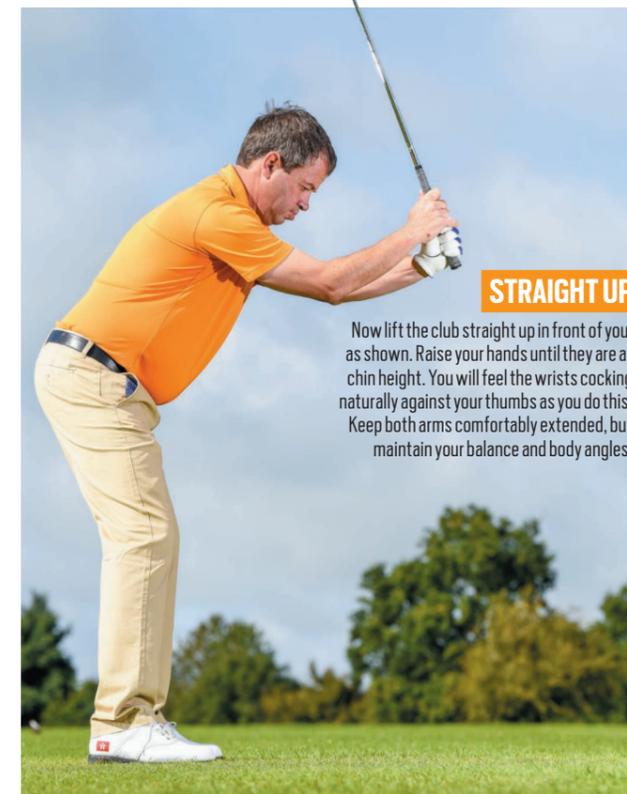
What is angular force? Imagine swinging the club around you, keeping your wrists locked and the clubhead as low to the grass as possible. How much power do you think you'd be able to generate?

Pretty much zero! In the golf swing we need to swing the arms up and hinge the wrists; this creates leverage. Build a wide arc into that action and you have angular force. This is how...



GET SET

Take your regular address position with a mid-iron. Make sure the shaft is pointing up towards your belt buckle and that your weight is under your shoe laces. Keep your chin raised off your chest and maintain a light pressure on the handle.



STRAIGHT UP

Now lift the club straight up in front of you, as shown. Raise your hands until they are at chin height. You will feel the wrists cocking naturally against your thumbs as you do this. Keep both arms comfortably extended, but maintain your balance and body angles.



BACK TO TARGET

Keeping your hands and wrists in this raised position, simply rotate your upper body until your back is facing the target. Maintain that extension in your lead arm to create width. This is an easy way to feel the correct upward arm motion, arc and wrist cock that creates angular force.



DELAY THE RELEASE

Having created all this angular force, it's important not to release it too early. Feel you retain that right angle you created between the lead arm and clubshaft for as long as possible in the downswing and you will release the force at the right time – impact!

VERTICAL FORCE

What is vertical force? Picture a 100m runner in the blocks. The sprinter first pushes against the block ("get set"), then pushes off ("go"). It's the same concept in the golf swing – push down against the ground to then push off. This is how you create and exploit a key power source in the swing, known as vertical force.



FEEL THE SLACK

To illustrate vertical force, I've tied a bungee rope under my trail knee and attached it to my belt, above my lead hip. It works as a visual guide, but if you can try it yourself with something similar, so much the better. At the top, note how the bungee slackens as my core rotates away from the target.

THE PALMS-DOWN DRILL

Here's an alternative way to feel how to create vertical force. You don't need a club, but that bungee will help you feel the right moves.

BACKSWING: REGULAR GROUND PRESSURE

Take your regular posture, but this time spread your hands so both palms are facing the turf. "Swing" back, allowing the bungee cord to go slack if you have it attached. Feel your ground pressure remains the same as at address.



DOWNSWING: GROUND PRESSURE INCREASES

As you begin your move back to the ball, picture the palms of both hands pushing down, towards the grass. This will help you create that squatting action we spoke about in the first drill. Your feeling should be of increasing the pressure through your feet into the ground.



THROUGH SWING: GROUND PRESSURE REDUCES

After creating that squat, work on increasing the stretch in the band by pulling your lead hip up and in. As you make this move your palms will turn to face more down the ball target line. You should feel the pressure beneath your feet dissipate as you push up and off the ground.

SQUEEZE THE TURF

As you start down, you want to feel a slight lowering of your body. You can create this by pushing the spikes of both shoes into the ground – in essence it's like a small squat. This is the equivalent of the sprinter pushing against the blocks; and while for them the force feels backwards, for a golfer it's definitely downwards. The bungee starts to extend as the body unwinds.



AT FULL STRETCH

Having pushed down into the ground, we now need to "explode" off it – just as the sprinter bursts out of the blocks. Your key thought here is to create as much distance between your lead hip and trail knee as quickly as possible. If you've attached the bungee, all you need to think about is stretching the band as much and as quickly as possible.

FAST TRACK

The move should feel to you like your lead hip is quickly rotating up and in. This is an incredibly powerful move that allows you to unleash all that vertical force you've created, and it's one all long hitters possess; Dustin Johnson and Rory McIlroy are great examples to learn from.

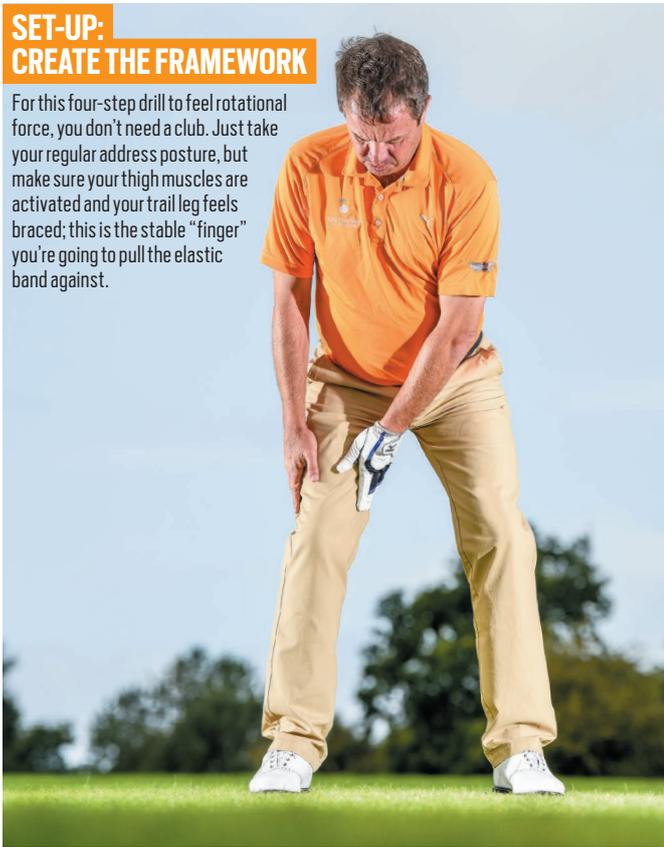
ROTATIONAL FORCE

What is rotational force? The easiest way to grasp rotational force is to consider the stretch/shorten cycle of an elastic band; the more you stretch it, the faster it snaps back into shape. Your body

has enough elasticity to make use of this force, and to tap into it you need to work on sequenced rotation. Of course the more flexible you are, the more stretch you can create and rotational force you can generate.

SET-UP: CREATE THE FRAMEWORK

For this four-step drill to feel rotational force, you don't need a club. Just take your regular address posture, but make sure your thigh muscles are activated and your trail leg feels braced; this is the stable "finger" you're going to pull the elastic band against.



AT THE TOP: FEEL THE TORQUE

Now rotate your upper half until your shoulders have moved through around 90° and your back faces the target. It can help to place your trail hand on your trail thigh and your lead hand on your chest as you rotate. As you turn, feel the resistance and torque in your trail thigh increase.



STARTING DOWN: CREATE THE STRETCH

Your first move down is where you pull the rubber band. Allow your lead side to stretch and rotate away from the trail side, so increasing the "pull". You should feel the gap between your knees increase, the lead leg pushing forward while the trail leg holds position.



LET IT GO!

Having created massive torque through your body, the final step to create rotational force is simply to let it go. When you can't hold that stretch any more, allow your trail side to release and drive forward to follow your lead side. This force releases you through to a full finish, your chest facing the target.

