

Swing to the finish

By Dean O'Connell



When I watch many amateurs play golf, I notice that they have a very short and restricted follow through. There is no real acceleration through the impact area. A key to hitting good shots is to have good club head speed through impact. An abbreviated finish position leaves no question that the club is decelerating as it is coming down to the ball. Think of it like a hundred metre sprinter. If they had to run to the line they would be slowing down as they got closer to the end. But instead they try to explode through the line to have maximum speed as they pass the finishing post. The same thing goes with your golf swing. The club needs to be travelling at maximum speed as it strikes and passes the ball.

The ideal finish position is with your body weight on your left side (right handed golfers), right foot on it's tip toe, hips facing target, and club behind your left shoulder. A great drill you can practice, is to line up five golf balls side by side. After you hit each ball, let the club bounce off your back or the back of your neck in the follow through. If you feel the club do this, you know you have completed the swing and had maximum speed at impact. Do this with every ball and see if you can feel the club hit you on each swing.

One of the hardest things with golf is that the ball is stationary. Confused? With a stationary ball, we tend to put all our energy into hitting where the ball is instead of hitting through the shot and getting maximum club head speed at impact. Try out this drill I'm sure you will like it.



Pelican Waters Golf Club

40 Mahogany Drive Pelican Waters Qld 4551 PO Box 253 Golden Beach Qld 4551

Tel +61 7 5437 5000 Fax +61 7 5437 5001

Email reception@clubpelican.com.au Web www.clubpelican.com.au