

The Golf Swing

Hitting Woods



"What other people may find in poetry of art museums, I find in the flight of a good drive." ARNOLD PALMER

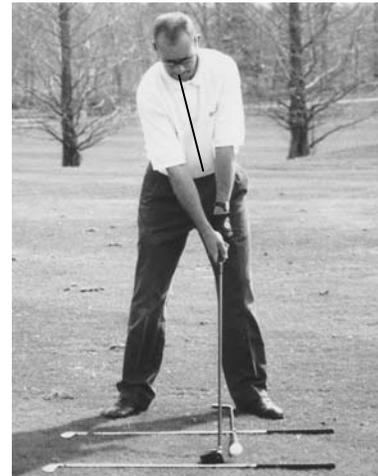
GRIP

- Grip is the same as you would use for iron shots.
- Grip in both hands near base of the fingers.
- Butt end of the club should be tucked underneath the outer pad of the left hand.
- Right hand should cover left thumb which sits in the crease of the right palm.
- Creases or V's formed by the thumbs and forefingers should point at the right shoulder.
- 2-3 knuckles of the left hand should be visible from the set-up position.
- Moderate grip pressure, club should not turn in your hands, light pressure from the thumbs and forefingers.



SET-UP

- Feet shoulder width apart. Left foot turned out about 30 degrees. Right foot should be pointed perpendicular to target line or slightly pointed out to allow for a more free body rotation on backswing.
- Arms hang down from shoulders, hands opposite inside left thigh.
- Upper body not as bent over as for irons.
- Alignment of feet, hips and shoulders are parallel to target line.
- Spine titled 5-10 degrees to the right. This sets head over inside of the right thigh and well behind the ball.
- Ball positioned just inside left heel.



TEEING THE BALL

- The height of the tee can vary, but the standard height is when half of the ball is above the top of the driver.
- Tee the ball higher when
Trying to encourage a draw
Ball flight is too low
- Tee the ball lower when
Trying to encourage a fade
Ball flight is too high
- Optimum distance with large headed titanium drivers is produced when the ball impact a spot is above the traditional center face "sweet spot".



BACKSWING KEYS

Body Rotation and Coil

- Full shoulder turn. Text book position would at least a 90 degree rotation or better.

You'd like your left shoulder behind the ball at the end of the backswing.

The amount of rotation will vary depending on your flexibility, but you should at least be trying to achieve more rotation.

- Hips should turn half as much as shoulders. If you keep your right knee flexed and left heel down on the backswing you will keep your hip from over turning.
- Look at the picture below and take notice of the right foot, knee, hip and shoulder. Notice that the foot hasn't moved, the knee has rotated around 10 degrees, the hips 45 and the shoulders 90. That increasing amount of rotation from the ground up creates muscular tension or a "coil". That coil created like winding up a rubber band will unleash extra power and speed on the downswing need to hit a driver.
- The simplest way to achieve this optimum coil is to turn you shoulders as much as you can while leaving your left foot on the ground and keeping you right knee braced.

Arms and Hands

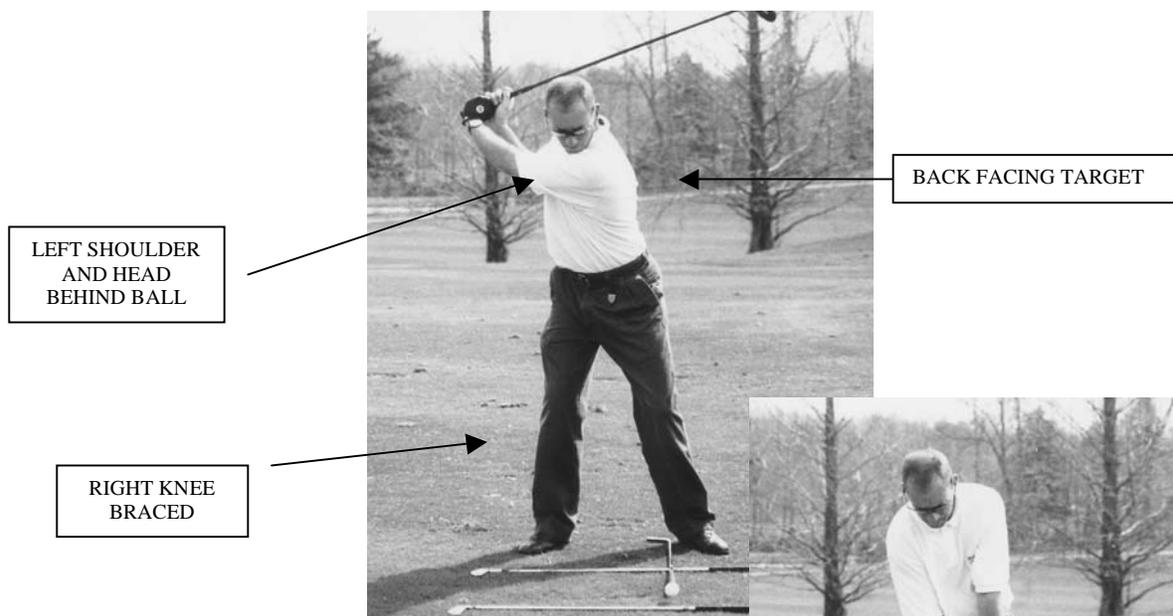
- Left arm extended, right arm away from body.
- Wrists hinged at 90 degrees.

Legs and Feet

- Right leg resisting, left knee points at ball.
- Body weight rests on inside of right foot
- Left foot on the ground, slight rolling of ankle.

EXCEPTION

For players finding it difficult to rotate because of poor flexibility, the left heel may come up off the ground on the backswing.

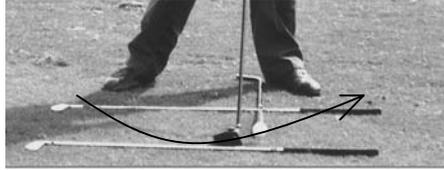


IMPACT KEYS

- Head stays behind ball.
- Both arms fully extended.



- Weight shifted onto left leg.
- Swing club “through” the ball not at it.
- Club is approaching ball from the “inside”.
- Clubhead just starting into the upswing.



SWING NOTE

- The set-up difference between woods and irons will produce a swing whose shape is a little different. However, the golfer should always feel like they are making the same swing and not make any adjustment.

DOWNFALLS OF SLICERS

- Not enough shoulder and hip rotation on backswing.
- Head doesn't stay behind ball through impact.
- Grip is too “weak”.
- Club approaches ball from outside/in path.
- Left arm collapses at impact and forearms don't rotate club to square.
- Ball is teed too low.

WHY SOME GOLFERS SHOULD STICK WITH A 3-WOOD

Typical drivers have 8-11 degrees of loft. That's not much help to get the ball in the air and stay airborne. What is needed is enough clubhead speed that makes the ball spin faster and as air passes over the dimples “lift” is achieved like the aerodynamics of wings on airplanes. Studies have shown that if a player cannot achieve sufficient clubhead speed (at least 65+ mph) with a driver, they will not get the lift needed to maximize their distance and so a 15-16 degree 3-wood is a better choice.

NOTES ON FAIRWAY WOODS

- Virtually everything is the same when hitting from a tee or flush of the grass except for ball position.
- The ball position should be an inch or two back from the driver position. This will help insure that the ball is being hit at the bottom of the swing arc.