

GETTING THE RIGHT FEEL

01



Last month I talked about the start of the swing and a simple way to create the correct feel of the takeaway. This month I want to continue that 'feeling' into the backswing.

The backswing is all about creating resistance and you have to be relaxed or practically tension free in the upper half of your body to achieve your true potential in the turning or pivoting of the body. If you combine this with good lower body weight transfer then your giving yourself a greater chance to be a more consistent golfer.

This split hand drill is a great way to feel this.

01 As shown, bend into your nice athletic balanced posture. Now the key to notice is how my hands are on the club. Thumbs pointing away from the target. This allows my upper right arm to be relaxed and almost touching my rib cage. The left arm should be just hanging straight.

02



02 Now as I start to feel this in motion I want turn my shoulders. Some people have a simple thought of taking their lead shoulder (left for right handed golfers) and turning it under their chin! If you can achieve this then great if not just make sure you have got your balance in your right foot. This will maximize your ability to move toward the target in the downswing.

What I do with this drill is practice in front of a mirror or watch my reflection. The common fault I see is over active hip and leg movement or the right arm stays straight and moves off the body rather than folding and allowing the club to set.

Once you have created this correct feel and you see this looks somewhat like mine.

03 Now you can slide your right hand down the club at the backswing point and hey presto you will look like a golfer. But more importantly you can use this simple drill to warm up before you practice and/or play.

I find simple drills like this can also aid you when things aren't feeling right on the course. Just to remind the body of the correct movements.

So try this drill for the right feel but if you want to discuss other parts of the swing check out my new website and I can help your game to be more enjoyable.

03



COACH

MARCUS WHEELHOUSE
NZPGA Golf Professional

QUALIFICATIONS

NZPGA qualified
over 10 years playing
experience playing worldwide
tours
Tour player representative on
NZPGA board

AVAILABLE

One on one or group lessons
Clinics for beginners, juniors
and ladies
Short game schools
Playing lessons 9 or 18 hole
Corporate outings tailored for
your staff and/or clients
Trackman Club fitting and
performance studio sessions

LOCATION

Jk's world of golf
Auckland airport

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