

# SWING TIMING

01



02



03



This is a great drill for keeping your timing and improving your chipping and pitching.

**It's very simple and the feel of your swing will be instant.** Getting the timings of the body, arms and club however can be a little tricky.

**01-02** Firstly pull out your pitching wedge and hit some shots to warm up your body. This is quite important because for most players this drill will get you turning well both back and through the shot. Once you're warm get two gloves and put them under your armpits.

**03** Now start hitting some shots. I would recommend starting quite slowly and swinging the club only half way back. This will allow you to feel the synchronisation of the three parts I touched on. The key to this drill is keeping the lower half of your body (legs) pretty quiet throughout the swing.

**04** I believe drills are a great way to gain a feel but you shouldn't become dependent on them. So never hit more than 5 shots doing a drill before (in this case removing the gloves) trying to feel a similar mode whilst hitting a shot.

Getting the timings right of the golf swing is massive in the swing. So enjoy getting synced!

04



## 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

### CONTACTS

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