Hit The Ball Solid Every Time!

Do you struggle with consistency?
Do you hit one great shot followed by a poor one?

Controlling where the club hits the ground is the first step to playing better golf. Practice the drill below to see an immediate improvement in your game!

Set up:
Draw a line on the ground. You may also use 2 golf tees to represent this as well. Place your golf ball on this line. Set up so the line is slightly closer to your front foot than your back one.
When you set up to the ball, slide your hips toward the target (red lines). Your hands should move towards the target as your upper body stays centered over the golf ball.

Backswing:
Swing the club back to where your left arm is parallel to the ground.
Two things to notice in this picture:
1.) The weight has remained on my front foot (red arrow) and my hips have turned. I did not shift my weight away from the target.
2.) My left arm has remained straight.

Impact:
Note how at impact my weight has moved even more onto my front foot (red line). Also notice how hands are still leaning towards the target (blue arrow). My arms have remained straight.

Doing these two things:
1.) Keeping the weight on the front foot
2.) Keeping the arms straight will allow the club to hit the ground after the golf ball.
This is the key to solid shots.
**Finish**

My weight has now shifted even more onto my left foot (red line). Look how my arms have remained straight throughout the entire swing.

Note: Begin this drill just doing practice swings without a ball.

**Incorrect Swing**

Here my weight is more on my back foot. Also look how my arms have bent and the head has stayed down looking at the ball.

When this is done, you will either:

1.) Hit the ground before the golf ball

or

2.) Not make contact with the ground at all.

Both of these faults lead to very inconsistent results.

*I am confident that if you implement this drill with the proper technique into your practice routine, you will see great results. If I can do anything to help you enjoy this great game more, please let me know!*

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