

Week 9 Long Game – The Driver

Hitting the ball well off the tee is crucial for having a good round. One of my favourite expressions when hitting the driver is “turn behind it and stay behind it”. This refers to getting your mass onto your right leg in the backswing and keeping your head behind the golf ball through impact.

The Set Up

As you can see from picture 1 there are a few key points I like to see with the driver set up.

- Tee the ball forward in your stance, inside the heel of your left leg.
- Widen the stance slightly by moving out your right leg only.
- This should help to make your left shoulder slightly higher than your right at address.
- Your head should be behind the ball.
- Your hands should be opposite the inside of your left thigh.



The Back Swing

- In picture 2 I'm trying to concentrate on pushing the club away with my left arm.
- This helps to make sure that my left shoulder travels under my chin.
- Halfway into the back swing I can feel my mass moving onto the inside of my back foot.
- In picture 3 I've completed my backswing, my shoulders have turned fully and I've turned my back on the target.
- Be careful not to sway into the backswing by checking that our mass does not go on to the outside of our right foot.

Impact

- I'm trying hard to stay down and behind the golf ball.
- This encourages an upward strike on the ball , which promotes more distance.



Follow Through

The follow through tells us a lot, good and bad.

If we have a good effort at the swing we should be

- Balanced
- Up tall
- All our mass on our left leg
- Showing the sole of our right foot
- And facing the target admiring our well struck tee shot.

I hope these pointers help. Get out there and try it out.

If you have any specific questions regarding this article or any other golf swing issues you can email Eddie on eddietraceypga@yahoo.com and he will endeavour to address them in future articles.

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