

Creating an impact position that is powerful, repeatable and controllable is the most important factor in playing good golf week in and week out, year after year, a quality demonstrated by our games best ball strikers of all times such as Ben Hogan, Peter Thompson, Steve Elkington and the recent Tiger Woods. This quality is very rarely demonstrated by the club golfer, however is easily learnt given some basic information effecting core fundamentals.

Throughout this article and the following three news letters you will be given the basic core fundamentals required to create these qualities that can be learnt by anyone.

Obviously everyone's swing is slightly different and there for how you apply this to your game is unique, such as what it feels like to make the change and the drills/teaching aids you use. However the basic fundamentals behind a good impact remain the same regardless of age, ability, shape, size and strength as it puts less stress on the body, doesn't require you to be flexible, creates good power through better compression and is mechanically simple to achieve.

Below (pics 1 and 2) is Tiger Woods at the 2005 British Open. These two images are an excellent example of the ideal impact position, from here anyone can produce the ideal combination of power and control every time.

From the front at impact Tiger is hitting up against his left side, the shaft has a slight lean and he is "covering" the ball from the side view. This position creates good control over the club face and better distance due to compression.



This position is a large improvement on his old technique (pic 3, upper body is further back and not "covering" the ball as well) which to a lot of people looks strong but is hard to repeat, hard to control and is very demanding on the body.

The biggest influence over creating a good impact position is starting from a position that is similar to impact, making the whole process of getting to impact simpler. Below (pics 4 and 5) is Tiger's setup he uses to create the impact position in pictures 1 and 2, notice the similarities.

Really the biggest difference between impact and setup is that Tiger has made a slight weight shift or a bump across to his left side at impact while maintaining his original body shape and posture.



Check points to create this set up

Posture - Side view

- bend from the hips
- straight spine
- legs slightly bent or flexed, not locked or excessive bent

Body Shape - Front view

- straight left side
- angle in right side
- shaft lean

The set up is the easiest aspect of your game to get right as it can be practiced at home even without clubs or balls.

Look out for next months addition on weight shift to learn more basics behind making your swing more powerful, repeatable and controllable.

If you have any questions regarding any of the information in this article please don't hesitate to contact me on 0419 588 873 or send me an email, richard@richardsladegolf.com.au.

Good Golfing

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