

WEIGHT TRANSFER

During the golf swing weight transfer creates leverage and power when used correctly. However misunderstanding weight, what it is and the direction its goes creates problems for the majority of golfers.

If your “weight” works in the wrong direction you will need to make a compensation when making the downswing. This creates swing faults commonly diagnosed as sliding or swaying, tilting or reverse pivot, casting or scooping, coming over the top and lifting your head, just to name a few.

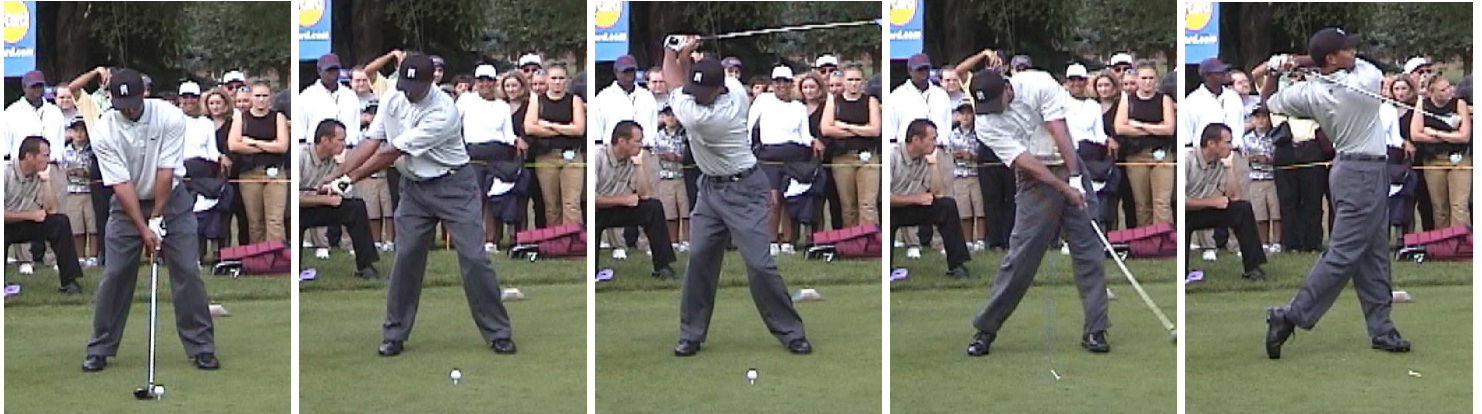
As mentioned in the last article, body shape is extremely important in creating an impact position that is powerful, repeatable and controllable, therefore weight in the golf swing is really only relevant to the shape of your body throughout the swing and can not be described as a mass (measured by a percentage on either foot) but two masses, the weight of your upper and lower body.

For Tiger (pictured below) his set up (pic 1) feels as if he has slightly more pressure on his left foot, however this is only due to his lower body, his upper body is slightly favouring his right side so it's a counter balanced equation. Therefore weight can not be measured as a percentage on either foot as it has no relevance to the shape of his body. During his backswing you will notice his shape doesn't change, his “weight” doesn't appear to go backwards nor does it appear to go forwards, it goes around. From here in the down swing Tiger can make a small bump/shift towards the target (still in the same counter balance) and bring his arms down to get to impact.



The direction Tiger moves his weight is one of the biggest improvements he has made to his swing EVER! (The other two will be discovered in the next two articles)

Looking at the swing sequence below you will notice a difference in the shape of his set up and the lateral direction it moves during the back swing, compare the position of his body at the top of his backswing, now note the difference in impact (detailed in the last article).



Yes the older swing is a driver, but why would you swing it dramatically different? Do you want 14 different swings? If you follow the broadcast of a major golfing event you will also know that his driver is also the club that causes him the most grief due to an inability to control the direction it goes.

Players who try to shift “weight” laterally during there back swing will change there shape at some point due to the body’s natural reaction to stay counter balanced. This is what creates a reverse pivot, one of our games most dreaded swing faults.

Below is an example of how misunderstanding weight, what it is (two masses not one) and the direction its goes (moves/turns around its original shape and not an attempt to shift laterally) creates almost countless swing faults resulting in poor consistency, speed, quality of contact, direction, trajectory and distance control.



Swings that are created with incorrect weight transfer appear to have more speed with the body due to the “weight” moving in the wrong direction, however this creates slower arms due to the body being out of position, producing a swing that feels strong but has little power.

Swings that transfer weight in the correct direction will appear to have slower body speed due to maintained shape, a motion that “feels” weaker but produces higher arm speed due to the arms being able to work more direct, creating a swing that is more powerful, repeatable, controllable, efficient and much better on the body.

This is why Hogan looked different to his peers during his dominance in the late 40’s, while no one could work out how he managed to have such impressive ball striking and distance control.



The great news is that creating a feel for the correct weight transfer can be established with one simple drill.

Start “the hill drill” by setting up with good shape (pic below left). Using a higher lofted iron hit some balls with a small swing concentrating on maintaining your body angles (pic below left and middle) from set up through impact. Maintaining good shape while swinging your arms back will allow your body to start turning/transferring weight around.



If your body angles change your quality of contact will suffer. This small motion is essential a basic chip shot.

Look out for next months articles on turn and creating better confidence in putting to help take your game to the next level.

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.

Good Golfing

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