

Find 'THE SLOT'

MANY (RIGHT-HANDED) amateur golfers mistakenly believe that their typically stronger right arm produces all of the power during their swing. As such, from the top of their backswing, they tend to hit at the ball with their right side only. The result is that their club runs the dreaded outside to inside clubpath, missing 'the power slot' which is indicative of a lack of weight transfer, and the player tends to make contact with the ball while their weight is still on the right leg. Contact with the ball is weak and often results in wayward shots (slicing, pulling or pull-hooking depending on the clubface angle at impact).

Introducing more left side to your swing will encourage a pulling motion as weight transfers to the left side and will promote an efficient delivery position and in turn an inside-to-square swing path, resulting in improved ball striking and accuracy.

Use this drill to improve weight transfer and generate a feel for a more appropriate delivery position, otherwise known as 'the slot'. The drill educates your weak side, producing a balanced swing and, if exercised often enough, it should become part of your muscle memory.



DRILL

- 1 Place your right hand onto your left wrist (as pictured above left) and complete your swing as usual.
- 2 This forces you to turn at the top of your swing, pushing your weight onto your right side.
- 3 As you start your downswing, initiated and pulled by your left hip, your weight transfers from the right to the left side, with the club arriving at an improved delivery position. This will also help you to release your hands through contact, thus generating greater power.



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