

Consistency = Good Footwork!

At the beginning of the first lesson with every student I ask what their goals are for our lessons and for their golf game overall. The overwhelming response is “I want to hit the ball consistently!”

Too often players make swings with just their arms and hands and neglect the large muscles of their body that help produce power and overall better swings. The first thing every player must do to hit more “consistent” golf shots is to improve their footwork and weight shift in the lower body. Imagine a pitcher in baseball throwing a pitch with just his arms and hands and no lower body weight shift. The pitcher would not have much velocity on the ball, he wouldn’t be able control the direction as well and if he did throw a strike the batter would treat the pitch like Bubba Watson with a driver in his hands!

Try this drill to help incorporate your legs into your golf swing. Set up for a practice swing with your driver (or any club you like). While remaining in your address posture, slide your right hand half way down the shaft of the club and hold it in front of you with the shaft pointing at your target. From this position start your backswing keeping the shaft of the club parallel to the ground and your arms extended. You should feel your weight shift into your right foot. Once you have rotated your shoulders as far as you can, start your downswing and continue into a full follow through while keeping the club parallel to the ground. When you complete the swing, your shoulders and hips should match each other, the shaft should point to the target and your weight will have shifted into your left foot. This new motion in your lower body will set you on the path to more “consistent” golf shots.



Poor footwork and lower body activity. Too much arms and hands in this swing.



Try this drill to get your feet and lower body active.