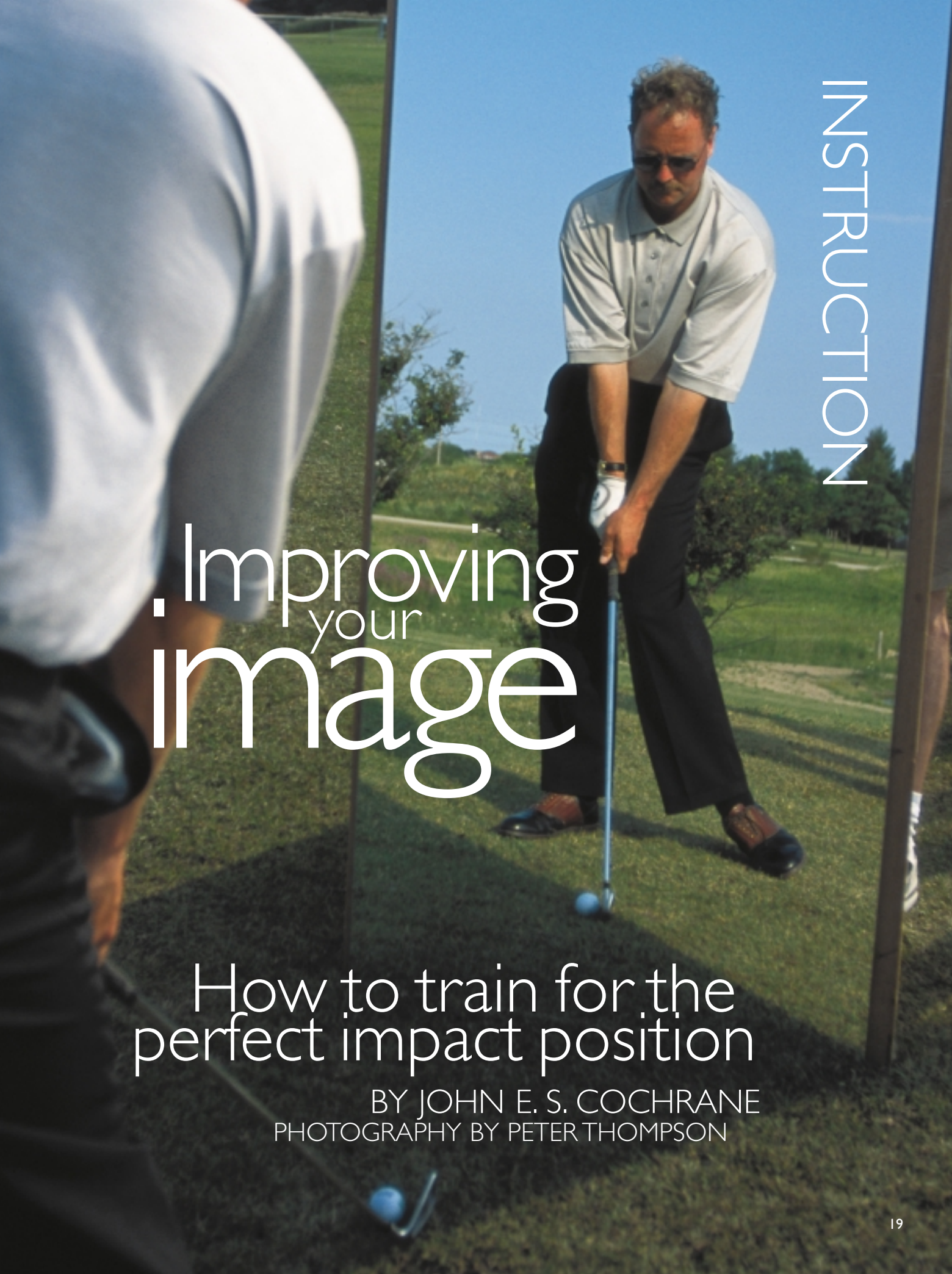




INSTRUCTION

Improving your image

How to train for the
perfect impact position

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PHOTOGRAPHY BY PETER THOMPSON

In the first three instructional segments of the season, David Kaufman, Mark Evershed and Perry Curiston discussed the key elements of impact, the most important position in the golf swing. Now that the end of the season is near, I would like to provide you with an impact drill that can be performed indoors or out. Along with a winter conditioning program, this drill will prepare you to be longer and more accurate than ever before.



Components of impact

My goal for this article is to help you achieve a strong impact position by:

- Reviewing the components of the impact position
- Teaching you to train the impact position with drills which will strengthen and develop your technique, thereby creating more distance, accuracy and consistency.

At impact:

1. Both arms are fully extended, the shaft angle is leaning forward of its original address position and your hands are forward, off of the inside of your front thigh.

2. Your shoulders are square to slightly open to your target line.

3. Your left leg is straight with about 80 to 85 per cent of your weight flat-footed on top of it.

4. Your hips are between 30 and 45 degrees open and your right knee points toward your left toe.

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Shift and turn drill

The shift and turn drill can be trained at home in the mirror and at the range. This drill is used to achieve the correct components of the impact position.

Put yourself into your set-up position at address. Shift your hips laterally towards the target until you feel your weight move into your front hip. If you were to place a broken shaft in the ground adjacent to the outside of your front foot, your hip should be touching it. Now your weight has transferred from your right side to your left side (assuming that you are a right-handed golfer). At this point, rotate your left hip around to the left so that your weight is centred over your left leg (the left leg should be straight, the left foot flat on the ground, the right knee pointing to the left toe, and your right foot rolling inward and up on the toe. Your hips are turned approximately 30 to 45 degrees, depending on your flexibility. Allow your right heel to lead your toe. That way, 80 to 85 per cent of your weight will have transferred to your



left leg.

Note: A common error is allowing your toe to lead your heel. This indicates that



your right heel is spinning backwards and your weight is unable to transfer forward through the shot.



Impact bag

The second drill is the impact bag. This drill is designed not only to strengthen your impact position but also to provide you with the feeling of striking the ball at the bottom of the swing arc. Be sure to incorporate the use of a mirror or your sliding glass doors in the backyard. It is very important to be able to see the correct position while training and striking the bag.

Your first step is to simulate the impact position with the shift and turn drill. This is going to be the exact position you will be in when you strike the bag. Start by taking your club back to hip height. Turn your

shoulders to approximately 45 degrees, allowing your hips to follow. The club will be parallel to the ground and parallel to the target line. At this point, swing the club into the impact bag, achieving the impact position you have trained with the shift-and-turn drill. Remember, you must watch the mirror from the takeaway position through to impact to be certain that the correct impact position has been achieved. Be certain to check all components of the impact position in the mirror. Make sure to correct any errors before continuing.

Practise this drill one to two times prior to each golf shot. The key to training this position when ball-striking is to make certain that you produce the components of impact as you swing through to your finish.