

### STRIKE FORCE

IT is true to say that what has gone before will definitely show up at impact. Try this drill with a tyre, at a steady pace, so you can capture these feelings – your left arm and shaft returning in a straight line, your hips and right knee shifting to the left side and your eyes not looking towards the target too early. Although impact with the ball is a movement at speed this drill makes you focus on the actual strike point at the back of the tyre.



### TYRE TROUBLE

THIS is the classic wrong position. Here we have not got our weight moving into the left side meaning the hands are way behind the clubhead which causes, among many other faults, a hook or a fat.

### SHAKE HANDS

LOOKING down the line it is quite noticeable how in the lower half, my hips and left leg have rotated on the downswing which in turn has shifted my weight to the left-hand side. Again, an important factor is the position of the right hand – it has come back to its original position. I could shake hands with the tyre if I were to open my palm up and point my fingers at the strike area.



### GET A GRIP

THE back of the left hand has remained towards the target with the right palm looking like it is actually holding the back of the clubhead square at impact, a feeling you can use for all shots.

# THE FULL impact

Improve your ball striking with this simple drill

### FACTFILE

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