



Move the club straight away from the ball... Why?

We often hear that we must move our club straight behind the ball to avoid a hook or a slice. This advice may not be one that you want to hear...

The problem :

Several golf enthusiasts begin their take-away swing by pushing the club head directly behind the ball so as to form a straight line between the ball and the target. By doing such a movement, their hands move away from their back leg, thereby making it difficult to create a proper rotation of the body and a proper weight transfer. The resulting take-away swing is by consequence neither strong nor consistent. Furthermore, the club head going from the outside towards the inside during the descent towards the ball can result in a left or right hook, or if you prefer, a slice.

NO



Photos : André Pichette

The suggestion :

As is the case in hockey, baseball and tennis, the movement of the golf swing is done parallel to the target in order to make an arc. Therefore, if you let your hands and arms follow the natural rotation of your body, the club head will naturally direct itself towards the interior of the target line, giving the desired arc effect, to arrive straight on the ball during impact.

YES



If you let your hands and arms follow the natural rotation of your body, the club will direct itself towards the interior of the target line, giving the desired arc effect.

Note :

According to research done by the professional-teacher Michael Hebron amongst competitive golfers, 85% feel a rotation in the shoulders and hips behind the ball when they begin their take-away swing. What do you feel when you begin your movement?