



EXCLUSIVE BY
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POWER FROM THE GROUND UP

EVER taken a shot for goal in netball or basketball? Imagine doing so with your legs straight, not bending at all ... notice how much more work you need to do with your arms. Now imagine bending your knees as you throw (pic 1) ... it would be difficult to throw hard enough with your arms to even make the ring! Now throw properly. You will notice that you don't have to use much leg movement to create the force to throw the ball to the ring. There is far less effort required with the arms, even though you haven't used your legs very much.



This is a great analogy for how the legs should work in the golf swing: if the sequence is correct, then power and speed will come with little effort, exactly what is required for golf.

This article will focus on how to use your legs correctly in the golf swing and how to use the ground to create power for your shots.

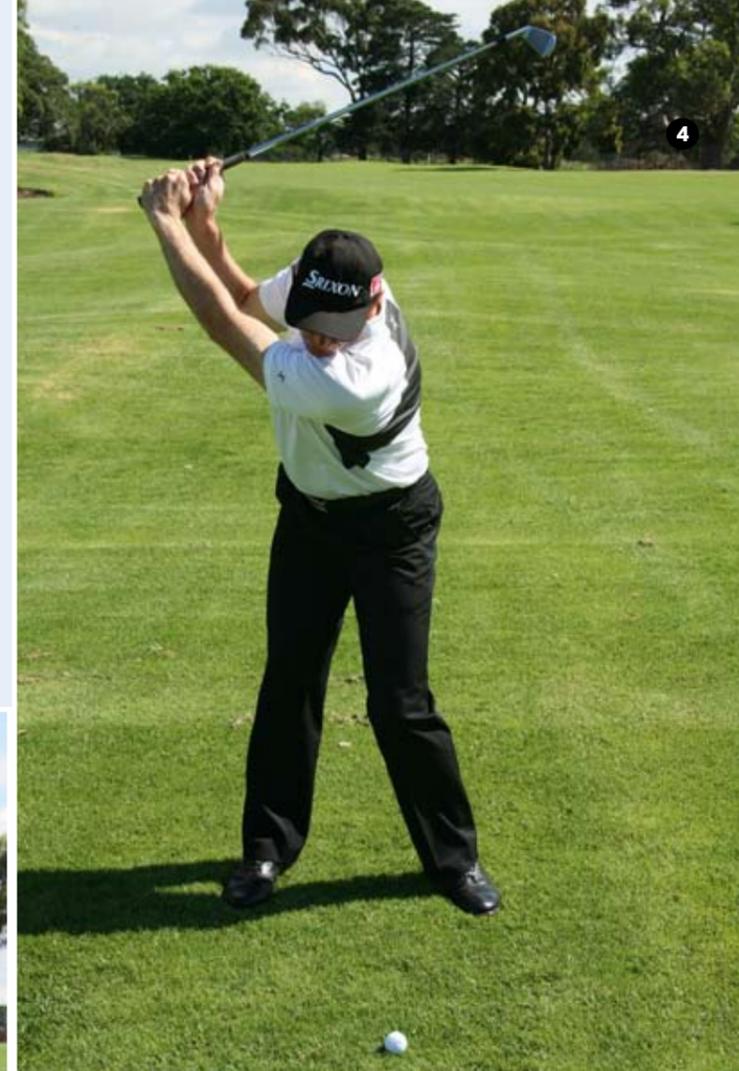
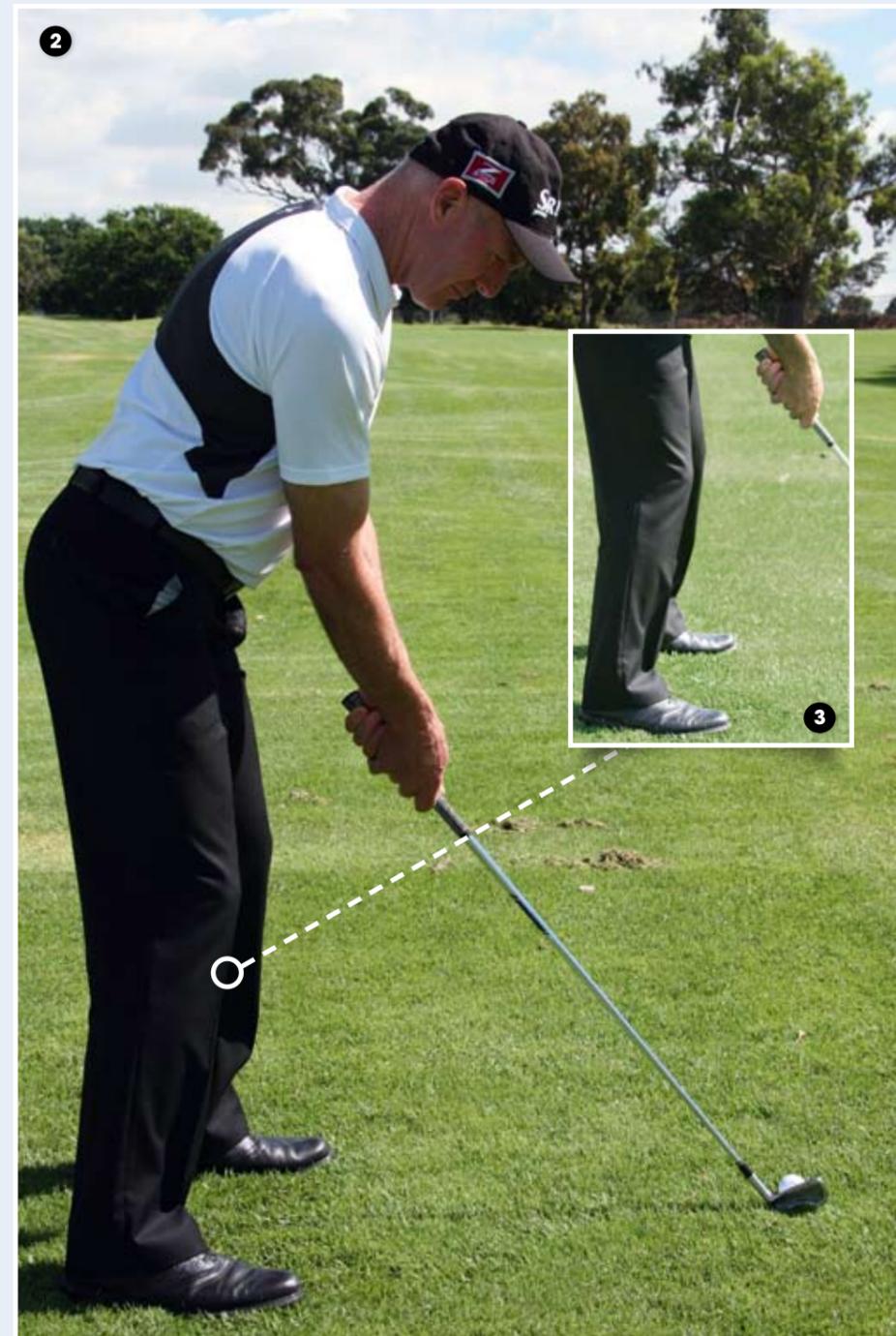
At address, your knees will be slightly flexed (pic 2). A checkpoint is that the front of the knee will be over the middle of your foot (pic 3). Your balance will be even on both feet and the weight distributed evenly

through each foot, not favouring the heels or toes.

When you get to the top of the backswing (pic 4), your balance will have shifted to the back foot (65 percent of

weight on the back foot and 35 percent on the front foot). Both knees will be flexed with the front knee bent more than the back knee, because the hips have turned.

About halfway down into impact (pic 5),



your knees will be flexed similarly to what they were at address. You might notice a feeling of your legs being like springs, just as they would be just prior to throwing a shot for goal with a basketball or netball. Your balance at this point will again be even on both feet as it shifts toward the front foot.

As the club approaches impact, there will be a subtle push into the ground through your feet. This is part of a sequenced movement where energy is transferred from the ground, through your legs and trunk to your arms and club. Done properly, you will feel this movement creates speed for your swing without your arms or hands having to manipulate the club.

At impact, your front leg will be reasonably straight (pic 6). If the front knee is bent, it will be difficult to sequence your body movement correctly and you will need to use your arms much more. You will have more weight on your front foot (approximately 75 percent), but it will be distributed fairly evenly through the foot, slightly favouring the heel.

Practise your swing with awareness on how your balance moves from foot-to-foot and the timing of how you apply force to the ground through your feet. Pushing into the ground through your feet is quite subtle, so there is no need to exaggerate it, however you will be aware of it.

The best part of doing this well is that you will reduce unnecessary body movement, which will give you better balance, greater consistency and better quality shots. ●

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