



Using Your Hips to Unlock Your Swing

In golf, low point refers to the absolute lowest spot in the arc of the golf swing. It is the exact moment the clubhead reaches its maximum depth before starting its upward ascent.

While most golfers focus on the point of impact (where the club hits the ball), the low point is a separate measurement that determines the quality of your ball striking.

Why is your low point so crucial? Because it's the difference between that perfectly crisp shot and a fat or thinned shot.

Here are four of the drills that I use to help people improve their golf swing.

Hip Sway Drill

By focusing on increasing proper hip sway, golfers can develop better control throughout the motion, and hit the ground in front of the ball.

One key area I work on is how the trail leg finishes, encouraging players to use it to help push their body forward toward the target. This movement promotes a more efficient weight shift and helps direct the sway toward the target instead of drifting away from it. Many golfers struggle with keeping their lower body active, so this drill reinforces how important the trail side is in generating forward motion and balance.

For players who struggle with their body angles, particularly at P8 (just after impact and the shaft is pointing towards the target), I like to introduce

a drill where they hold the clubface pointing up toward the ceiling during half swings. This encourages better control of the clubface and helps prevent excessive breakdown in the wrists and posture. It also gives players a better awareness of where the club is throughout the swing, which is something many golfers lack.

One of the most common issues I see in students is a lack of control, especially when it comes to swing length and tempo. Many players simply do not realize how far they are taking the club back or through.

To address this, I use cameras to provide immediate visual feedback. I have my students perform waist-high to waist-high swings only, focusing on staying compact and controlled. After each swing, I ask them where they think they stopped the club. Most are surprised to see that they have gone well beyond their intended positions, often swinging over their head or dropping too low past their waist. This drill is extremely effective in helping students understand and value control, particularly with their wrists and shoulder bends (bending shoulders backwards, as if their chest is pointing towards the sky rather than to the ground).

Door Frame Drill

This is done without a club and helps players feel how their shoulders should rotate while maintaining proper weight

distribution toward the lead side, or target side. By holding on to a door frame and practicing the motion, golfers can build awareness of how their upper body and lower body should work together.

Step Into It Drill

This helps transition from the top of the swing and creates that lateral "re-centering" move toward the target. It is another one of the most effective ways to feel the proper sequence.

This drill helps convert a "sway" into more of a "shift" (a lateral move toward the target) that leads the downswing. It also uses momentum to force your lower body to lead the way.

The Setup: Take your normal stance with a mid-iron, but bring your lead foot (the left foot for a right-hander) back so it is touching your trail foot.

The Backswing: Start your backswing normally. As the club reaches the top of the swing, you should feel your weight centered over your trail leg.

The Move: Before the club begins its descent, take a small step (about four to six inches) with your lead foot toward the target.

The Trigger: Plant that lead foot firmly. That "plant" is the signal for your hips to begin moving laterally toward the target.

The Finish: Swing through to a full finish, ensuring your chest is facing the target and almost all your weight is on your lead side.



Wall Bump Drill

If you aren't at the range, stand with your lead hip about two to three inches away from a wall.

Take a slow backswing. Now, the first move of your downswing should be your lead hip "bumping" the wall before your hands even move even an inch downward. This teaches you that the downswing starts from the ground up, not with the shoulders.

Overall, these drills are simple but highly effective in helping golfers develop better control, balance, and consistency in their swing.

Ariel Jagmin is a PGA Associate and Certified Professional Coach teaching at GOLFTec in Orland Park. Born and raised Chicago, Ariel has over 15 years of experience teaching, club fitting, and coaching golfers of all skill levels. Ariel went to the University of St. Francis where she played collegiate golf for all four years. After college, Ariel moved to Naples, Florida, and studied under PGA Master Professionals, and then moved into the Professional Golfers' Management Program. Ariel has earned several Outstanding Achievement Awards in golf instruction and has taught more than 10,000 lessons.

"The Wave of the Future in Golf Instruction and Practice"

Dr. Jim "Doc" Suttie, PGA Golf Professional and Teacher

CHAMPION Golf Mat is the revolutionary mat perfect for home practice!

- Real Grass
- Take Divots
- Uses Long Tees
- Accurate Feedback
- Sand Bunker
- Minimize Injury



Shown: PRO Series 60"x 60," 25 sq. ft. of a real grass encounter. Five other series available.

EVERY SHOT ENTERTAINED



With over 35 years in the golf industry Green Pro can help you transform your home into an experience everyone can enjoy. From the green to the big screen, we help you make the most of your space—with style, performance, and a whole lot of fun.

Over 35 years

at home.

WHAT WE DO

- We listen (to you)
- We evaluate (your space)
- We identify (your needs)
- We facilitate (the process)
- We assist (with your purchase)
- We deliver (your expectations)
- We support (you)
- We install (your golf sim bay)



Cutting Edge Technology + Unmatched Customer Care = GreenProGolfSimulators.com