



Throw in the Towel

Finally, spring is here! Maybe you put the clubs away for the winter and are just getting back to the game, or perhaps you spent countless hours looking at golf instruction tips on YouTube and are now on your 10th swing thought of the week. Here is a great drill for you to get back to solid contact and clear your mind of all the swing thoughts that are fogging your brain.

One common issue I see in many students at the start of the season is lack of rhythm in their swings and lack of connection between the arms and body. Our bigger muscles forget their roles in the swing after a prolonged layoff. There is a strong tendency for the hands and arms to take over and to do more work than they need to in the backswing. The hands will swing too fast and try to do the work. The swing becomes an arm-only method. This can lead to off-plane swings, over swinging, poor impact, and a list of other potential issues.

To get your body and arms working together in the takeaway, take the towel off your bag and place it under your armpits [Photo 1]. Use a wedge or 9 iron and make some small half-length swings back and through. You want the towel to stay in place through the entire swing. You should feel pressure in your armpits as you do this. On the takeaway, try to get the butt of the club and your belly button starting the backswing together. This movement will get the bigger muscles engaged and start working with the hands in unison. This is referred to as a one-piece takeaway. The result of this is the club being on plane in the backswing. You will feel your torso turning more and being more active in the takeaway. This is a good thing.

After a few practice swings, put a ball down and try the drill. You only want the ball to travel 20 yards or so at first. The slow speed movement will make it easier for you to feel, and the parts will start to work together. Do not worry about trying to hit the ball far at first. After 20 swings with the towel drill, take the towel away and try to copy the feel without the towel.

Use the Towel to Fix Your Faults

If the towel falls out of your lead arm in the takeaway, you used your hands to start the backswing, the club has traveled behind your hands, and your lead arm has separated from your chest [Photo 2].

If the towel falls out of your trail arm, your chest has not turned in the takeaway and your arms are doing all the work, leading to an upright swing [Photo 3].

If the towel falls out of both arms, the arms are working independently without the chest and the backswing will be too long [Photo 4].

Give this towel drill a try the next time you go to the range. It will help you to get all your body parts working together in the correct sequence. You will start to use your body to create speed and power

and not arms and hands only. Ball striking will improve, you will hit more greens, and have more fun on the course in 2021. 🏌️

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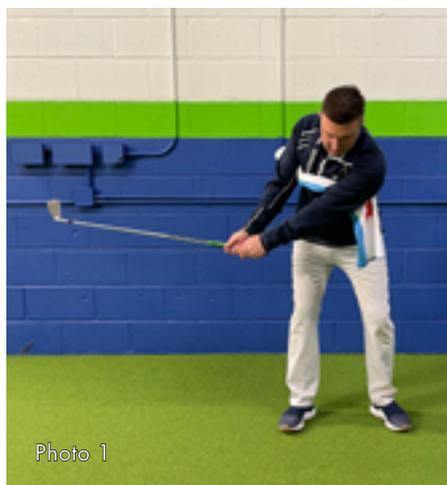


Photo 1



Photo 2

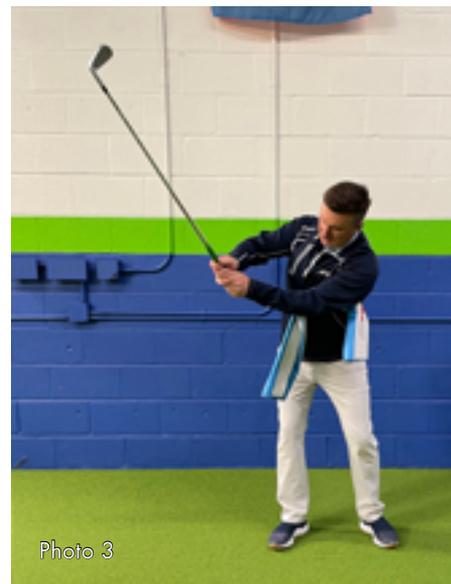


Photo 3

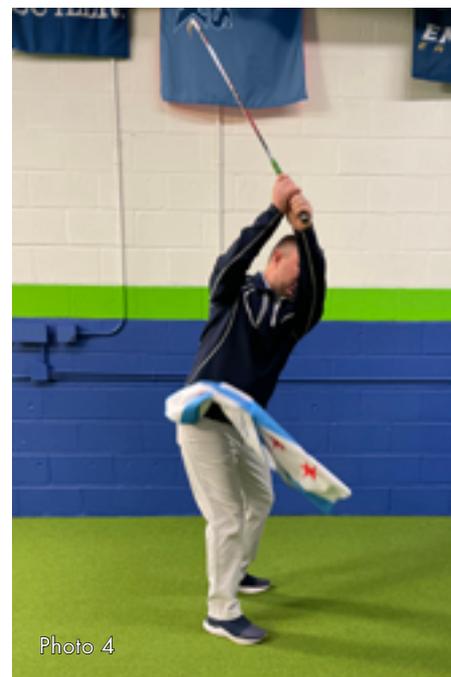


Photo 4