



Build Accuracy and Speed with Your Hands First

The key to achieving maximum speed and accuracy lies in the creation of levers on both sides of the swing and the development of a functional grip that enables such motion. Without these levers, speed is significantly reduced, making it almost impossible to match the swing motion with the body's natural movement. Consequently, accuracy suffers as a result.

Let us commence with a drill designated as L to L. This drill is predominantly executed with the hands generating a lever in the backswing, and as the club executes its swing through impact, it subsequently establishes a second lever on the forward swing or the follow-through phase.

During the backswing, when the lead arm reaches a parallel position with the ground, the club should be positioned at a 90-degree angle, establishing the initial hinge or lever in the swing. This technique allows for the capture of speed within the lever system while simultaneously creating a straight lead arm and maintaining the desired production width throughout the swing. [Picture 1]

As the club unhinges due to the force of the club head on the downswing, it re-hinges on the forward swing, with the front side of the ball. Conversely, the front side of the club now has the trail arm parallel to the ground, and the club creates a 90-degree angle once again. This is the most significant speed producer in the swing. These levers must be constructed to generate speed and a well-sequenced swing, and then the body begins to move. As the body turns and moves, it transports the levers from one side of the ball to the other, creating harmony between the hands, wrists, arms, and body. [Picture 2]

Before proceeding with the swing, it is imperative that your hands are positioned correctly on the club to facilitate proper hinge movement. The lead hand should be positioned on top of the grip, aligning with the shoulder socket. This hand will function as the "chopper," similar to a baseball bat swing. The trail hand should be placed on the side of the grip, acting as the "thrower." The pocket in the palm of the trail hand should fit into the thumb of the lead hand, which is slightly offset from the side of the

grip, thereby molding the hands together. [Picture 3]

The grip should be positioned in the fingers of both hands. This placement is paramount to facilitate maximum wrist movement, enabling a complete hinge on both sides of the swing. [Picture 4]

A highly effective drill to enhance the hinging motion is the shoulder-to-shoulder drill. Stand tall and maintain a vertical posture. Place the club on your trail shoulder. This action promotes the club's movement through your fingers, enabling you to perceive the relaxed state of your hands and arms during the swing. By adopting this

technique, you can achieve increased speed and mobility. [Picture 5]

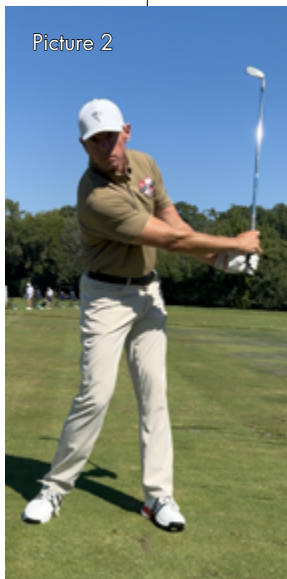
From your trail shoulder swing, propel the club onto your lead shoulder. This motion imparts the sensation of how the club head generates motion in your hands and the club "breaks" or levers through the center of your body. It also establishes the stability of your body as the levers are developed. [Picture 6]

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Picture 1



Picture 2



Picture 3



Picture 4



Picture 5



Picture 6

