



ROLE OF THE LEAD ARM IN THE GOLF SWING

FREE TRAINING GUIDE

The Neglected Side



The lead arm has a very important role to play in the golf swing.

The lead side is the weaker side for many golfers. Unfortunately, this means it is often neglected in golf and the bottom hand takes over. This begins with the setup.



Golf is a two-sided game. If the bottom hand controls the golf swing, then you can develop issues with any aspect of the golf swing, affecting consistency and power output.

The backswing can become a lifting motion, creating a motion that is too upright.



If the lead arm is weak, this can result in a collapsed position at the top of the backswing.

See how close to the shoulders Glen's club is? His left arm has collapsed, leading to an overswing.

From here, Glen might 'cast' the club in an effort to regain lost width.



Some players drag the club behind themselves in the takeaway, with the stronger bottom hand.

A weak lead side and overactive trail arm affect golfers' backswings in different ways.

The common theme is a lack of control of the plane of the swing, causing inconsistency and power loss.



A Strong Bottom Hand



The downswing can be massively affected too. Typically, the club might be swung 'over the top', as the whole trail arm and shoulder take over from the weaker lead side. This of course leads to poor strike, pulled shots and big slices!



This player has a weak top hand position with a strong bottom hand. Early release in the downswing is inevitable. With poor timing of the downswing, the infamous 'chicken wing' is evident after impact. Width is lost, as is the player's power potential.

Lead Arm Training Drill



To train the lead arm, we first need to reduce the power the trail side has over the golf swing. Take hold of the club with your lead hand only, with the wrist on top of the grip. Clasp your forearm with your trail hand, with your thumb underneath and your knuckles on top.



Take some swings with this 'weird' one-handed grip. It will likely feel extremely weak at first - that's ok. Keep the swings as short as you need to, even beginning with chip shots. The important factor is to maintain width, with the shaft of the club keeping well away from the body.



Lead Side Benefits



Our student is learning different feelings and motions in the golf swing. Utilising the drill and swinging well within himself, he is improving width and lag instantly.

This is because his stronger, usually overpowering trail side, has been neutralised.



The impact position will be completely different for many golfers.

While performing the drill, forward shaft lean is exaggerated. With practice, this will encourage better compression, leading to better contact with the golf ball.



No chicken wing here! Great extension after impact is much easier with a stronger lead side.

The lead arm will fold after impact, when the normal position of the bottom hand is restored on the grip. This drill is all about learning the feelings of the golf swing, which the lead side should help to create.



After some practice, your swing will gradually extend to possibly even a full swing. This takes time.

Be patient with yourself. You will mishit many shots. Maintain form as much as possible and your lead arm will regain its role as an equal partner with the trail side in the golf swing.



THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

If you love our content, have a question,
or just want to say '**G'day**'

please go to our YouTube channel to comment.

