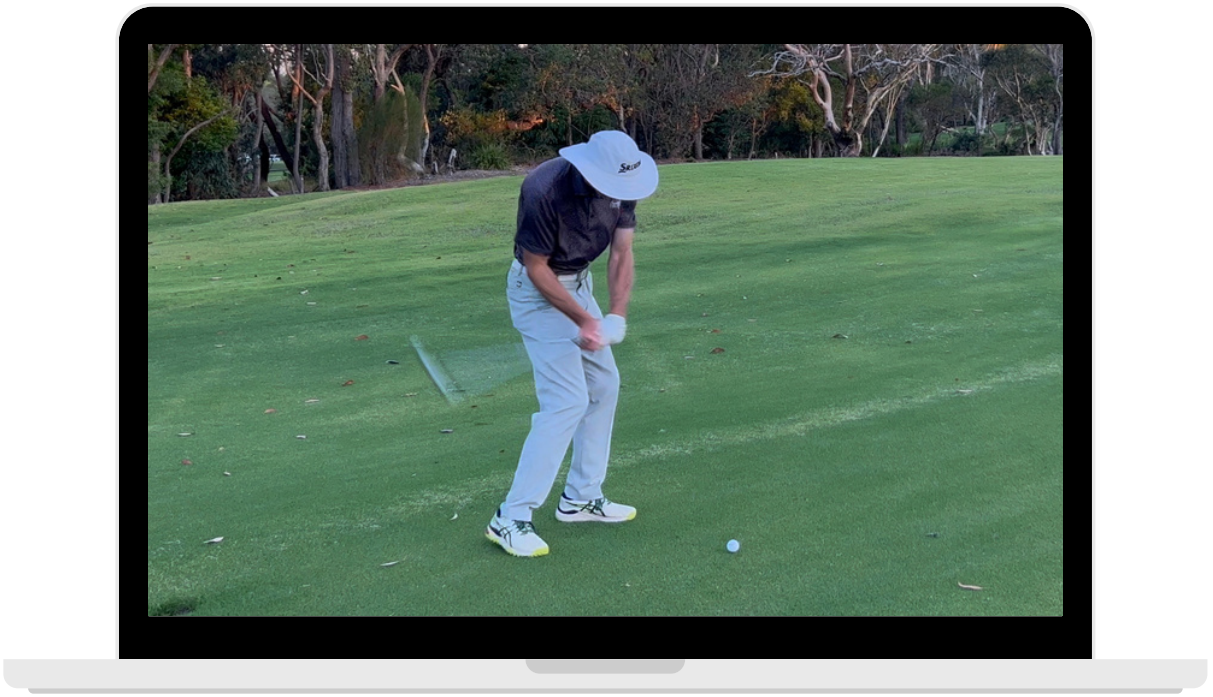


# THE ‘THROWING’ GOLF SWING

# FREE TRAINING GUIDE

# A Pushing Or Pulling Motion?

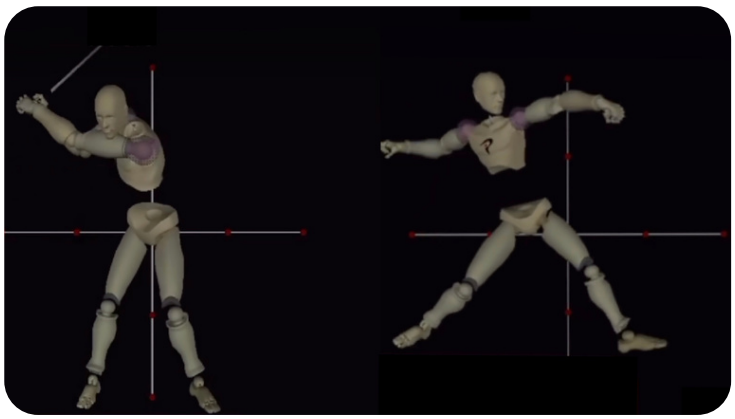
Much has been written about the golf swing in the past 100+ years.
A popular debate about the golf swing, is whether it should be a pulling or pushing motion. However, we believe that both methods create issues, including power loss and inconsistency.

Problems associated with pushing the club in the downswing and through impact, include early release and the dreaded ‘chicken wing’. The trail shoulder is likely to rotate internally with this action, which leads to power loss and even an ‘over the top’ swing.

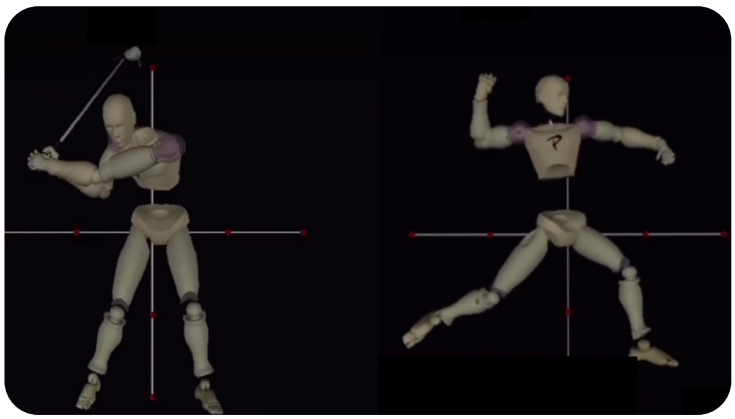
Pulling on the club can cause it’s own set of issues. Most commonly, excessive downward force on the club in the downswing, steepens the plane of the shaft. This leads to power loss, high hands at impact and inconsistent clubface angles.
Maybe we don’t need to apply all this force on the club!

There are many similarities between the way we throw a ball and the motions elite golfers perform in the golf swing.
In this Training Guide, we demonstrate these similarities and show you how you can swing the golf club more freely.

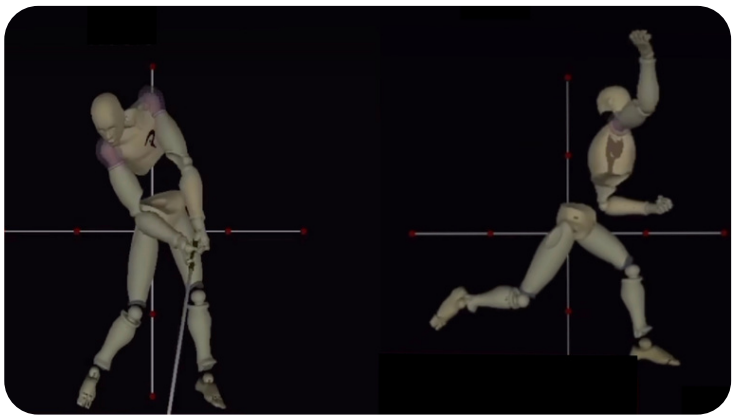
# 3D Comparison Analysis



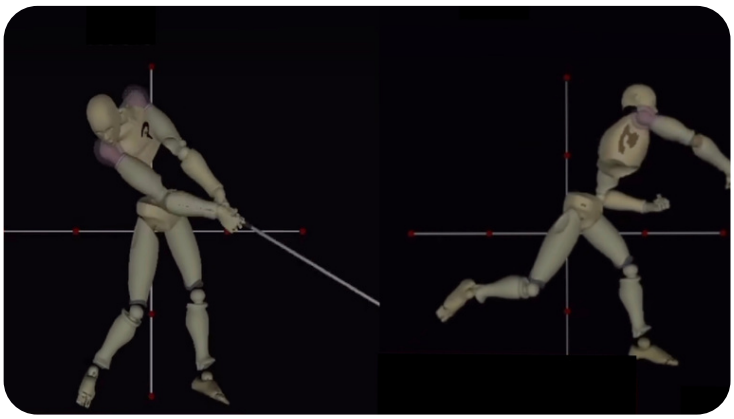
Compare the techniques of a PGA Tour Professional on the left, to the wind up of a top baseball pitcher.
Of course, the setup is different for the 2 disciplines but the similarities are uncanny.
Firstly, notice the width in the backswing of both athletes. The trail arm is only partially flexed, which maintains space from the trail shoulder.



As pressure is forced forwards and downwards into the lead foot, so now does the fold in the right arm increase. Typically, this throwing arm is now bent at about 90°, ready for that transfer of energy.
The arm, wrist and hands should be 'soft', allowing the wrist to hinge and 'lag' behind the forearm.

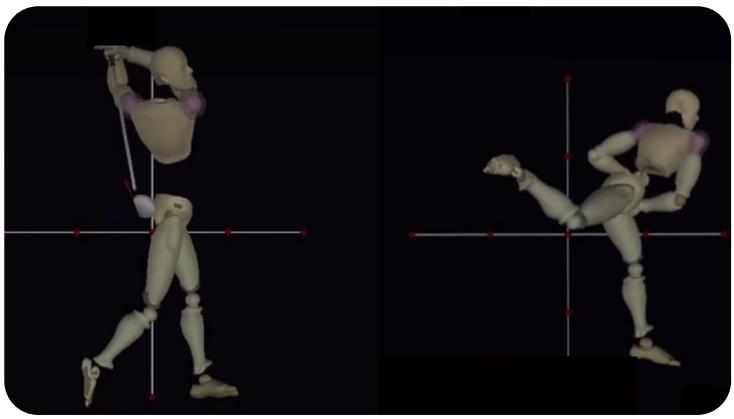


Excessive tightness will reduce the speed of the release of the ball or club.
At this point of impact for the golfer, the trail arm is straightening, but has not yet fully extended. It's the same for the pitcher - the throwing arm doesn't straighten fully until after the ball leaves the fingers.
This is crucial for achieving maximum velocity.



Only now, a few feet after impact, does the trail arm extend, for that late release of the golf club or baseball.
This ability to wait that split second longer to extend the right arm is only possible if the athlete's arm, wrist and hand is quite relaxed.

# Back To Your Childhood



A full finish is another consistency for baseball pitchers throwing a fast ball and golf professionals swinging the driver.
The trail shoulder moves right through towards the target. All of the momentum generated, takes both athletes right through to a complete but relaxed and balanced finish.


You might not be able to achieve the swing speed that some of the tour pros can but you can still 'free up' your golf swing by employing a relaxed throwing motion.
Try this drill: Take a golf ball and throw it into the ground, a few feet in front of you, towards the target.


Take yourself back to your childhood, when you skimmed stones across the water. Try to get the golf ball skimming across the fairway.
This angle and motion closely recreates the desired lag and release pattern we would like to perform during the golf swing.


After skimming a few golf balls, try the motion with a club. Attempt to 'throw' the club to the same point, a few feet in front of you. Just don't let go!
Notice how Glen has extended his arms towards that point, thereby achieving that nice, late release, swinging freely for optimum clubhead speed.

# 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.