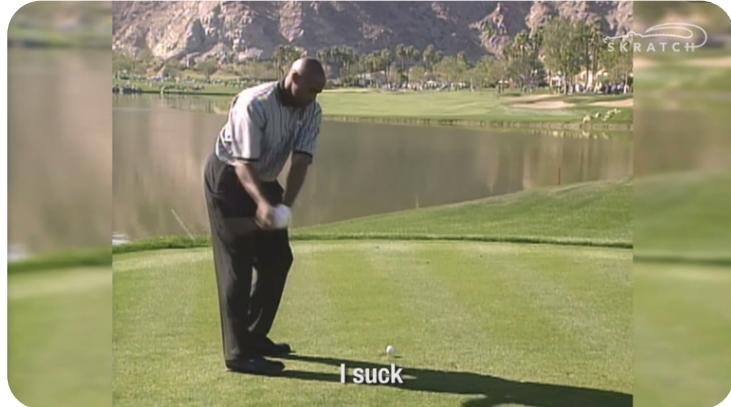




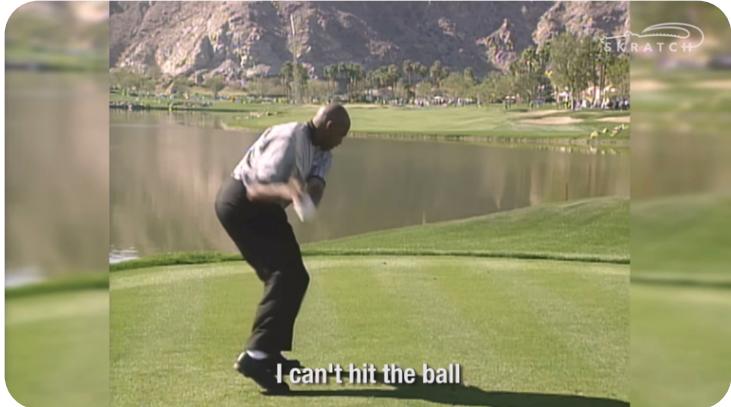
GOLF SWING TECHNIQUE THE TAKEAWAY

**FREE TRAINING
GUIDE**

The Inside Takeaway



Poor Charles Barkley is a perfect model for this demonstration. His struggles with the pause in the downswing are legendary. Although much of this is mental, let's for a moment focus on his technique. Here is the classic 'Inside Takeaway' Oh ho! This manipulation of the wrists and club are going to make it very difficult for him to get back on plane.



This downswing position portrays the consequence of Charles' inside takeaway - He has brought the club forward and 'Over the Top'. See how steep the angle of his club shaft is? It's vertical! This is primarily caused by his takeaway. The caption is spot on! It takes much talent to hit the golf ball from here!



Unfortunately, we see this mistake every day on the golf course. In an effort to hit a draw, the golfer is attempting to approach the golf ball from the inside. However, as we have just witnessed, taking the club away behind the player, on the inside is fraught with issues.



The most common move is the continuous motion of bringing the club 'Over the Top'. Not every player does this of course. Some players do manage to return the club to a decent position in the downswing. This is often at a cost though - power and accuracy are typically affected.



Other Sports



This attempted 'outside takeaway' will also require some sort of recovery in the transition from backswing to downswing.
Glen has kept his arms in front in the backswing. However, the club shaft has slipped behind him. This demonstrates poor wrist mechanics.

Admittedly, this is an exaggeration of an 'In Front' takeaway. Matthew Wolff is priming his swing for a massive loop to the inside in the downswing. Yes, it looks weird but Wow! It is so Powerful!
See how the shaft points to his midsection at this P2 position in the golf swing.



Let's learn something from how we 'naturally' move to generate power in other sports.
Here, Djokovic is in that wind up phase of his forehand. Notice how he has 'loaded' his backswing by keeping his racquet in front of him.
He wouldn't generate nearly as much speed if he had dragged the racquet behind him.



Power baseball hitter Cabrera, has the same idea - he's primed and ready to shallow the angle of the bat, as he steps forward into his hit.
Imagine how he would struggle to even contact a fast pitch if this was his downswing!
Steep to shallow, not shallow to steep.



Inside Loop Drill



Let's reverse that flawed motion, so that you can more easily control the plane of your swing, deliver increased power and clubface control.

Push a Tour Stick into ground, about 3 feet directly behind the golf ball. Angle the stick away and parallel to your shaft plane. Always cover the stick!

Safety is of course essential with these types of 'barrier' drills. There is a high probability of hitting the Tour Stick at some point.

Place the Stick in the ground, so that the club can make touch it but there is no chance of you contacting the Stick with your hands or arms.



Start with this drill very slowly, perhaps even with a few takeaways, keeping your club in front of the Tour Stick.

It's vitally important to control the club with your wrist angles here, not to push the club in front of you with your arms.

The goal is to learn how to shallow the shaft sufficiently to miss the headcover in the downswing. It might look easy but certainly is not!

Expect plenty of mishits and to hit the Stick, especially if you swing too fast, too early. This drill requires much patience and discipline.



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.

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or just want to say **G'day**,
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