



**BEST
DRIVING
TIPS**

**FREE TRAINING
GUIDE**

Spine Angle



Why is it that Tour Professionals like Rory McIlroy believe the Driver to be the straightest club in the bag but many amateur golfers struggle to hit it? Today's training guide highlights the 3 major differences between the driving techniques of Professionals and club golfers.



Let's begin with the setup. Above is a typical address position for many amateur golfers. The ball position is forward in the stance, which is great but body angles have not adjusted accordingly. The spine is still in a vertical position. This is not powerful and the angle of approach into the golf ball is likely to be downwards.



This is a much more powerful setup. As with many sports, we can deliver more energy into the ball, when we are behind it. The spine is tilted away from the target, with the lead shoulder quite high. The eyes are positioned well behind the golf ball.



We should maintain this spine angle throughout the backswing and downswing. This promotes better rotation and reduces stress on the back. In addition, with the spine tilted away from the target as it is here, we can produce a more upward strike, enhancing launch conditions.



Transfer Pressure, Not Weight



Another common power leak we witness every day, is the golfer transferring weight.

'Aren't we supposed to transfer weight during the golf swing?'

Not exactly! This can lead to swaying and slower swing speeds. Instead, we need to shift pressure,



This close up of Rory McIlroy's leg work portrays how he is exerting much force into the ground on his lead side.

His legs and hips bump towards the target as he unwinds into his downswing but he doesn't sway his upper body forwards.



After applying pressure into the ground, Rory almost 'jumps' up on his lead side.

Notice how extended his lead leg is and how high his lead hip is? Rory is generating plenty of ground force energy, leading to higher clubhead speeds.



This 'Posting' onto his lead side encourages better rotation of the hips into the downswing and followthrough.

Staying behind the golf ball promotes a freer motion throughout the swing, This is safer, more powerful and enables an ascending angle of attack.



Shoulder Plane



For straighter drives, we need to pay attention to the plane, on which the shoulders rotate. Here, Glen demonstrates what can happen if the upper body 'spins' out. Posture is adversely affected and the club path can easily swing across the intended target line. Big slices are often the result.



By staying 'In Posture' and moving the trail shoulder underneath the lead shoulder, we produce a more stable shoulder plane. Above, Glen demonstrates a more preferable impact posture. The trail shoulder is tracking more underneath, towards the golf ball at impact.



McIlroy's body positions are truly impressive, as he seeks to drive the golf ball as far and as accurately as possible. Of course, a certain amount of flexibility is required to achieve this steep shoulder plane. It's much easier to hit straight drives with a more stable posture and shoulder plane.



One final important piece of advice - Stay as balanced as you can. Rory is well known for achieving perfect balance right through to the finish of his swing, despite generating extremely high clubhead speeds. You'll find this 'pose' much more attainable if you follow these 3 Driving Secrets.



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.

