



DRIVING DISTANCE FOR WOMEN

TRAINING GUIDE

Driver Power Leaks



Many women golfers are quite flexible but this advantage is often misused. In an effort to hit the golf ball further, you might be tempted to take the club back too far in the backswing. If you overswing, the club comes much closer to the trail shoulder. You can lose width in the downswing and therefore, clubhead speed.



The overly long backswing can also translate into a short followthrough. If the finish of your golf swing resembles this position, you have decelerated through impact. Any distance achieved is generated from the upper body. These are common power leaks for women but can easily be rectified.

Short to Long Golf Swing



Former World No.1 Nelly Korda demonstrates here, where she wants the driver to be at the top of the backswing - away from her trail shoulder! This creates width for her downswing. Just like a water-skier, the further away from your engine (your body) you swing the club, the faster you go.



As you can see here, Nelly has rotated her legs and hips towards the target, accelerating through to a full release and followthrough. There is no 'chicken wing' or holding back here. She swings the driver freely and fast! More speed from a shorter, wider backswing.



Acceleration Drill



Choose a short to mid-iron for this golf swing Acceleration Drill. Glen is using an 8-iron here. Tee your ball up on a low tee, to assist in that free-flowing and faster swing. Take your normal setup, with one slight adjustment: Position the golf ball slightly forward in your stance.



Swing your iron back half-way. Your lead (left arm for right-handed golfers) shouldn't swing past this horizontal point. This looks easy but most golfers find this incredibly difficult to achieve. Video yourself, check to see how far back you actually swing the club!



From the short backswing, attempt to hit the golf ball as far as you can. Using the ground as a platform to push against, drive your legs and hips through towards the target. You will likely mishit the first few shots but it is important to persevere with the drill.



If you accelerate effectively, from the ground up, the momentum will take you through to that desired, full finish. This is your goal, to learn to complete your followthrough. This drill is designed to activate the legs and glutes, because the role of your arms has been restricted.



Swinging The Driver



Perform plenty of repetitions of the drill, and we do mean plenty! Check to make sure the backswing is short enough. You might still be overswinging!

Next, take practice swings your driver, keeping the backswing very short at first. Gradually increase your coil but still swinging the club back short and wide, away from your trail shoulder.



As you learn to fire the legs and glutes to initiate the downswing, your swing sequence will improve, along with your club lag and speed.

Emulate that feeling you gain from practising the drill. Feel the power and acceleration from the ground.



Then hit some shots with your driver. If you are performing the downswing sequence properly, then your drives will fly further.

Of course, this won't happen overnight. Your clubhead speed will gradually improve, the more you increase your acceleration with the help of the drill.



Always strive to finish in a complete and balanced followthrough position. This is a good indicator that the swing sequence is improving.

You should finish tall, with the majority of your weight on your lead leg. The laces on your trail shoe will be facing the target and your club will be over your lead shoulder.



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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