



STARTING THE DOWNSWING

GOLF SWING TRAINING GUIDE

What Movement is First?



This is a common question we are asked by our students. *'How should you start the downswing in golf? What should move first?'*

No doubt, you have heard many different pieces of advice from various sources. One common misconception is that the first movement you should make is to pull down with your arms.



The problem with starting the downswing with the arms, is that it is not efficient. The majority of your power would be generated from your upper body. Your legs and hips would get left behind and body rotation would be limited.

Starting with the left knee is a better option but still doesn't utilise the potential ground force energy.



Yes, we want to rotate the hips towards the target. However, this rotation is more a function of downswing mechanics and shouldn't be the first movement of the downswing.

The transition from the backswing to the downswing should be smooth and unhurried.



Actually, the world's best ball strikers all begin the downswing with a pressure shift.

From this face on view, you can see the hips 'bump' forward towards the target, as pressure shifts into the lead side.

However, this is only part of that pressure shift.



Early Extension



A very common issue amongst amateur golfers is early extension. This is when the hips move towards the golf ball in the downswing.

This is what happens when that shift in pressure doesn't quite work as effectively as you would like. This causes all sorts of problems.



With the hips moving towards the ball, you lose space to swing the golf club. The hands and club shaft raise up through the impact area. This affects the quality of your ball striking and your ability to square up the clubface consistently. That rotation of the hips we mentioned, is quite restricted.



Balance is also compromised. You might find yourself coming up onto your toes and falling forwards, as you lose your posture.

This often leads to mishits and offline shots. The hands are forced to manipulate the clubface through impact, in an effort to hit the ball straight.



The pressure shift is forwards towards the target but it should also be pushing your hips away from the golf ball in the downswing.

Tiger Woods is famous for using this drill, in which he exaggerates this 'push' away from the golf ball in his transition. This motion cannot be overdone!



Golf Swing Transition Drills



Using a Tour Stick as a reference, you can learn to push against the ground to create more space for your arms and club in the downswing. Push the Tour Stick deep into the ground at a roughly 45 degree angle, with the top of the Stick pointing towards your target.



Push the Stick deeply into the ground, so that you won't hit it with your hands during the swing. Address the ball, so that you are pressing up against the stick with the top of your knee. From the top of your backswing, attempt to push your legs and hips away from the stick.



Don't be fooled, this is hard to achieve. Essentially, you should push against the balls of your feet, to create the space required to swing freely. Notice how these brilliant ball strikers all have fairly straight right legs at impact. You don't want that trail knee popping towards the golf ball in an effort to turn the hips!



This is a similar drill to Tiger's one. Place the Tour Stick diagonally on the ground. It will be touching your right toe and your left heel (right-handed golfer). From the top of the downswing, push both of your hips along the line of the stick, forwards and away from the golf ball, in the direction of the arrow.



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**'

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