



# **SWING SPEED FOR SENIOR GOLFERS**

## **GOLF DRIVING TRAINING GUIDE**

# Getting Stuck



Senior Golfers often get stuck on their back foot. It's almost as if they have 8 inch nails driven into their feet!

Without good footwork, any power is generated from the arms and shoulders. This not only limits the potential clubhead speed, it also affects consistency and accuracy.



This is not an issue caused by a lack of flexibility. This static swing is often the result of poor balance. Golfers tend to set up to the golf ball with a very wide stance, in the mistaken belief that this helps them be more stable.

Unfortunately, this wide stance reduces footwork and rotation, important keys to longer drives.



Our Golf Swing Model is Jim. His age is 71 years at the time of filming and this drive travelled an impressive 300 yards!

Jim sets up with a fairly narrow stance, which is relaxed and comfortable. This allows him to move more freely in both the backswing and downswing.



See how Jim's left heel is allowed to lift off the ground, as his left knee comes across to point behind the golf ball.

His head and shoulders are behind the golf ball but he hasn't swayed back. He has turned his hips about 60° and his back is facing the target.

# Move Your Feet



Here Jim demonstrates a full and committed follow through. His feet have moved! His left foot has turned towards the target and his right foot has slid forward as he shifts pressure onto his lead side. He hasn't held back either, allowing the arms and club to swing over his lead shoulder.



This is a very effective drill for anyone wishing to activate and improve their footwork in the golf swing.

Start with a short iron and place the golf ball on a low tee. Set up as you normally would and then bring your lead foot back towards your trail foot.



Swing your club back, turning into and around your trail leg. As you approach the top of your backswing, step forward to recreate your normal stance width. The timing is critical here. You need to step forward, whilst still completing your backswing. This ensures better sequencing of your downswing.



This drill resembles the motion you might make in other sports, such as baseball or tennis. It's more reactive and natural, thus activating your footwork and a more dynamic shift of pressure during the golf swing.

You'll find it much easier to finish on your front foot.

# Turn, Don't Sway



You can't sway quickly. We see this power leak all too often. This golfer is attempting to transfer weight into the backswing but isn't really rotating the hips. The upper body has swayed back to a position too far behind the golf ball but hasn't stored much energy at all.



Predictably, the swaying motion has continued into the followthrough. At least he has completed his finish onto his front foot. Unfortunately, the majority of his power is once again generated by the arms and shoulders, rather than with the legs and hips.



You can rotate much more quickly than you can sway. This is because you can use the ground more efficiently, as a platform from which to drive. To learn how to turn into the backswing and coil effectively, try this drill without a club. Setup to the ball, with both arms outstretched in front of you. Draw your trail arm back as you turn.



Next, reverse the motion. Return your trail arm towards the golf ball, whilst drawing your lead arm behind you. Continue the motion backwards and forwards. This motion helps activate the legs and hips, encourage a fuller turn in the backswing and follow through.

# A Committed Finish



This is the extent of this golfer's followthrough. It's as if there is a tree in the way, limiting his extension and finish position. Once again, we see the wide stance, with little footwork or rotation. Clearly, this reduces his swing speed, as the player must decelerate in the downswing.



A free-flowing swing, without restricting the finish position, is a great indicator of acceleration and speed through impact. Jim has turned through towards the target, rather than swayed and he has allowed the arms and club to continue to a full and committed finish.

# Swing Speed Drill



Here is a simple but effective drill to help Senior Golfers to learn to generate more swing speed naturally. It's called 'Overspeed Training'. To lighten the 'feel' or 'swing weight' of your driver, hold down the bottom of the grip. Starting slowly, make some practice swings with your 'lighter' driver.



Continue for 10 swings or so, gradually speeding up the downswing. Your last couple of swings should be really fast! This is made possible with the lighter swing weight. Now repeat the process 'cack-handed'. You will be training your muscles to become used to swinging faster. Speed is as much mental as it is physical.

# 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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