



HOW TO HIT THE DRAW PROPERLY

DRIVER TRAINING GUIDE

Closed Stance - Issues



A popular method used by many golfers to hit a draw, is to drop the trail foot back. This effectively 'closes' the stance, in an attempt to swing on an inside path. Unfortunately, setting up with a closed stance can cause unwanted side effects.



In theory, dropping the trail leg back behind the target line, increases the player's ability to turn into the backswing and approach the golf ball from an inside path. In reality, this setup can cause an inside takeaway, which can lead to problems.

Over The Top



For many golfers, this can actually make a slice worse! Following the inside takeaway, many players will start the downswing with the arms and shoulders and swing 'Over the Top'. An 'Out-to-In' swing path is produced.



With the trail leg behind the player, more rotation is possible in the backswing, but at what expense? Clearly, rotation is now limited in the throughswing. This inhibits the flow of the golf swing and can actually lead to injury.

The Inside Loop Drill



To learn how to draw the golf ball properly and safely, perform this drill. Glen is hitting an 8-iron from a short tee. Setup slightly 'Open' to the target. Take the club back very slowly, keeping the clubhead in front of the hands.



Swing to the top, still very slowly. At first, you only need to hit this shot around 30 yards. From the top of the backswing, change direction to create an 'Inside Loop'. This is the opposite motion to swinging 'Over the Top'.

Shallow the Club as in Other Sports



Swing down into the trail pocket. Exaggerate this motion in slow motion and really feel how the clubhead and shaft approaches the golf ball from the inside. This is how we move in other sports, such as tennis and baseball.



Make a full finish, even though the swing is in slow motion. Done correctly, this drill will produce a large draw shape. Perform this drill multiple times. Do NOT speed up the swing, unless the draw shape is produced consistently.

Hitting the Draw with the Driver



Following many repetitions with the 'Inside Loop' drill, work up through the set, up to the driver. Hitting a draw with the driver is slightly more challenging because of the normal forward ball position. Takeaway should still be in front.



Nothing changes here. Swing to the top, preparing to change directions to produce that 'Inside Loop'. This will need to be exaggerated, if the current motor pattern is 'Over the Top' or swinging with an 'Out-to-In' path.

Want More Coil?



One of the reasons, players choose to drop the trail foot back is to increase backswing rotation. A much better and safer way of achieving this, is to allow the lead heel to come off the ground during the backswing.



Glen has started his downswing move with his legs for better sequencing. Once again, his club shaft is tracking along his trail forearm. This indicates an excellent shaft plane in the downswing and an inside approach to the golf ball.

Release to Produce the Draw



This is a critical aspect of the draw shot and often overlooked: 'The Release'. The clubface must rotate aggressively through the impact area to produce this desired shot shape. If the club is not 'Released', the face will be 'Open' at impact.



With the stance parallel to the target line, it's much easier to rotate through to a full finish. Transfer pressure to the front foot and allow the trail side to fire towards the target. Swing freely over the shoulder and enjoy watching the golf ball fly further with a slight draw.

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.

