



CHICKEN WING

GOLF SWING POWER
TRAINING
GUIDE

Chicken Wing - Power Leak



If you struggle to generate any true clubhead speed, despite trying your best, then you are leaking power. One major power leak, is the 'Chicken Wing'. This is evident after impact, with the arms tucked into the body.



This bending of the elbows brings the club in towards the body, greatly reducing the width of the golf swing arc. As with a windmill or a water skier, clubhead speed is increased, when the width of the golf swing arc is increased.

Golf Club Release



Typically, with the Chicken Wing, the wrists release the golf club poorly. The lead wrist collapses and the trail hand scoops under the grip of the golf club. This leads to ball striking issues and quite often an open clubface at impact.



As the club continues into the through swing, it drags upward rather than towards the target. The grip of the golf club tucks in very close to the body. The elbows are the levers, instead of the wrists. Clubhead speed drops dramatically!

Body Positions



Chicken Wing is more likely to develop, if the trunk moves ahead of the golf ball. Even worse, if the zipper or buttons on the player's top point downwards after impact, the swing becomes cramped and inefficient.



It's much easier to stretch the arms outwards, away from the body, if the trunk extends upwards. The zipper should point upwards slightly after impact, thus creating more space and freedom for the arms and club to swing.

Rotation Is Key



If the body isn't rotating through towards the target, then some form of collapse of the arm structure is inevitable. Physics dictate that if the hips and torso are stuck, then the lead elbow must fold, or the trail hand will come off the club!



Notice how Glen can extend both arms towards the target, with the hips and trunk turned towards the target. The club is much further from the body, producing that all important width and easier clubhead speed.

Extend For A Wider Arc



Think of your impact position as about a foot (30cms) after the golf ball. This is where the arms and club should create that extended 'Y' position during the golf swing. Too many players hit 'at' the ball, contributing towards the Chicken Wing.



Another great visual is to trace a giant circle with your clubhead. This helps create that space and width away from the body. If there is too much tension or bending of the elbows, the size of this circle is reduced dramatically.

Effective Drills



Choose a short or mid iron and tee a ball up. Now hit the the ball with an extremely slow but full length swing. Focus solely on extending the arms during the swing to a nice, high follow through. The slow pace will remove the excess effort and tension. Gradually speed up without using strength to increase speed.



Place a Tour Stick in the ground, angled away from you. Position it just outside of your through swing, so you can't reach it with your clubhead. Now hit some shots attempting to 'reach' the Stick in your extended through swing.

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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