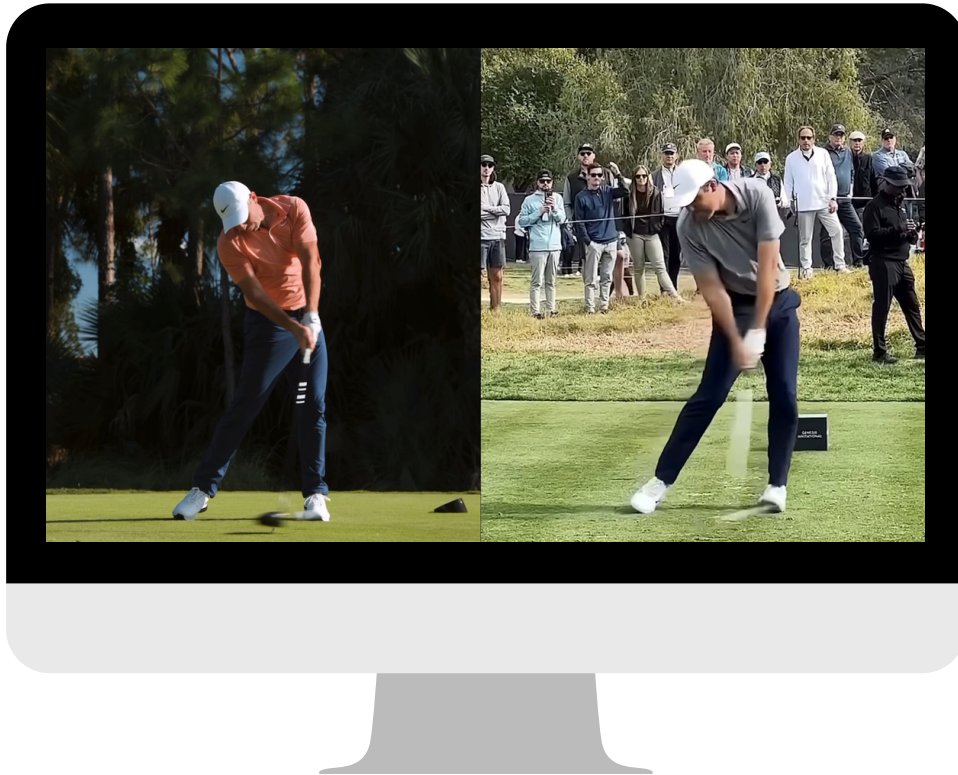




# **IMPACT POSITION**

## **GOLF SWING TRAINING GUIDE**

# Tour Swings Can Be Unique



Despite the numerous different looking golf swings utilised on the Tour, these elite players all seem to be able to perform at a consistently high level. How is this possible? Clearly, there are many ways to swing a golf club effectively.



There are no rules or fundamentals! Or are there? There is one position, which all quality ball strikers achieve, which is consistent and very similar for all elite golfers - Impact!

# It's All About Impact!



Regardless of which golf club these great players are using, there are many similarities, which can be highlighted at impact. Notice the turn of the hips and the shift of pressure towards the lead leg. Also how the shaft is leaning forward.



Many amateur golfers are nowhere close to achieving this dynamic impact position in the golf swing. Quite often, golfers hang back on their trail side, don't rotate towards the target and the shaft is vertical or even leaning backwards!

# Drill #1 - Initiate Impact



The first thing golfers must realise, is that the impact position should be very different to the address position. So, begin by training yourself to 'feel' a dynamic and pressured impact position, before we even strike the golf ball.



Start from your standard setup position, with a mid-iron. Next, without making any swing, shift your body into an impact position. Turn your hips forward, whilst shifting pressure into your front side. Simultaneously, push the grip of your club forward, to create that all important 'shaft lean'.

# Standing Up



If an amateur does produce a position at impact, which differs from address, then it is usually standing up. Standing up and losing posture through impact slows forward rotation and makes it more difficult to compress the ball.



Keep your head 'under the ceiling' until after impact. Standing up through impact is a sign that the player is searching for space to swing. Much better to create the required space with the legs and hips and maintain posture through impact.

# Drill #2 - Impact Posture



Place the golf club across your shoulders, with the clubhead to the trail side. Cross your arms over the shaft to keep it in place. Take your stance and setup to the ball with your normal golfing posture, then make a turn into your backswing.



Next, turn through towards the target and attempt to point the clubhead to the golf ball. This will require some stretch and not everyone will manage it. If the shaft of the club points outwards away from you, then you're losing posture.

# Drill #3 - Kick Start



To learn how to ‘fire’ those hips and turn towards the target earlier in the downswing, sometimes we need a little help. Take your normal setup to the ball. Before you take the club away, ‘Kick Start’ your legs and hips towards the target.



Don’t stop! From this rotated ‘impact like’ position, continue with your backswing. Most golfers have some sort of trigger, such as a forward press or a subtle shift of pressure. You’re just exaggerating this trigger.

# Turn Through to the Target



By 'Kick Starting' your forward shift of pressure and rotation before your backswing, you're much more likely to achieve this position at impact. Notice how Glen's hips are rotated more towards the target at impact.



A full finish is also important and easier to commit to, if the player has initiated the downswing with the legs and hips. Sequence is a very important part of the golf swing and is essential for power output and compressing the golf ball.

# 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.

